

## Welcome! FNH 250—Nutrition Concepts and Controversies

Note 1: Our **first class** will be **Thursday, September 10** at 8:00AM (!) online in Canvas. This is the first time this fall class will be held entirely online, so please have patience and show kindness toward each other and the teaching team throughout the course. I will start with an orientation to the course. If you miss this class, it is your responsibility to read the course slides and materials to be informed about the expectations of the course.

Attending all classes is the best way to get the most from this course, as it is easy to slip behind on the course content and learning activities if you don't keep up. For those who are in different time zones around the world, you may find attending all classes challenging. To support your learning and ease anxiety, I have pre-recorded the lectures to help you stay engaged with the material. They are available in each Module.

Note 2: **Carefully read the course syllabus** that is posted in Canvas to gain an understanding of the course.

Note 3: Make a note of the December 7–22 exam period in your calendar. The exam schedule will be released mid-October. **You will be required to write the final exam at the time it is scheduled (Vancouver time).**

Note 4: Use Canvas email to contact me; however, if this is inconvenient, you can reach me directly at [Gail.Hammond@ubc.ca](mailto:Gail.Hammond@ubc.ca). I will be available to respond to emails as my schedule permits from Monday to Friday, between 9:00AM-5:00PM (Vancouver time), with no weekend or evening responses, so...plan your email requests accordingly. Alternatively, you may contact Kelvin or Tim (the TAs) through Canvas email.

### Course Content

Many of you are taking this course out of your interest in nutrition, which begs the question of what is nutrition? Oftentimes students come to this class thinking they will be learning about food production (e.g., organics) or food manufacturing, but nutrition is neither...it is the study of the nutrients found in foods and the various ways our bodies handle them. Each one of us engages with food on a daily basis: by understanding what our bodies do with the essential nutrients found in what we eat, we can make informed food choices that benefit our health.

This is an introductory survey course. In it, we will balance studying the practical side of nutrition with the scientific side of nutrition. We will approach learning about each nutrient—macronutrients, water, and micronutrients—using a course-specific framework that consists of 6 concepts: what the nutrients are, why we need them (not how we use them, you will learn this in 3<sup>rd</sup> year), where we get them (rich food sources), what happens if we get too much of a nutrient (toxicity), what happens if we get too little (deficiency), and important interrelationships between certain nutrients. Overall, you'll be learning how nutrients impact your health and how to make healthy food choices.

This course uses Clicker questions to help you stay current with the material. All clicker questions will be numbered and shown in the slides for each module topic. Following the completion of each topic module, you will answer the questions in a Clicker quiz. The Clicker quizzes will be open for a very short period of time. You must complete the Clicker quizzes in the allotted time period, otherwise you will receive '0' for the quiz. Before accessing each Clicker quiz, you should have selected an answer to each question from either viewing the pre-recorded lecture videos or attending the 'live' classes.

The FNH 250 Canvas course menu includes:

### Home

- **Syllabus** (includes the tentative schedule, evaluation scheme, etc.)—**read carefully**
- **Welcome Message** that outlines key aspects of the course

### Modules

- **Overview pages for each topic**—include module-specific Learning Objectives, Slides, Notes, Videos, Resources, and links to Assignment Instructions and the Discussions area

- **Practice questions for exams**—past exam questions will be available prior to the 2 midterms and final exam

#### Announcements

- **Announcements**—important information for various updates and actions required

#### Assignments (choose one term assignment)

- **CBEL Project with Nutrikids**—detailed instructions
- **Controversial Media Article Analysis**—detailed instructions
- **Personal Dietary Assessment**—detailed instructions

#### Discussions

- **Class-wide Discussions**—communicate with your classmates, TAs or Instructor

#### Grades

- **Watch Your Progress**—not all components will be in the Grades area, but you will be able to keep track of key evaluation components

#### CoursEval

- **Important feedback from YOU**—be sure to complete at the end of the term, as I use this information to constantly improve and evolve the course

### Evaluation Components

#### Exams

- **Midterm 1** (online): opens at 12PM on Friday October 9, closes on Saturday October 10 at 11:59PM
- **Midterm 2** (online): opens at 12PM on Friday November 6, closes on Saturday November 7 at 11:59PM
- **Final exam** (online): sometime between December 7 and 22. **You are expected to write the final exam at the time it is scheduled (Vancouver time).**

#### Term Assignments

You are offered several term assessment options to help you perform to the best of your ability. Take into account your other commitments before choosing one of the following four packages that best suits your learning style, interest, and needs:

- **Option A** offers dispersion of evaluation components (low stakes approach), with the term assignment being engaged in a CBEL Project.
- **Option B** offers dispersion of evaluation components (low stakes approach), with the term assignment conducting a deep analysis of a Controversial Media Article.
- **Option C** offers dispersion of evaluation components (low stakes approach), with the term assignment completing a Personal 3-day Dietary Assessment.
- **Option D** offers no term assignments (high stakes final exam).

The deadline for choosing Option A, B, C or D is **Thursday September 17, 2020 at 11:59PM**. Access the sign-up form in the Module named: **Sign-up for Evaluation Option**. If you do not make a request by the deadline, you will be assigned, by **default, Option C** (personal dietary assignment).

Option A Evaluation Components (CBEL Project)		
Component	Date/Date due	% of Final Grade
2 Learner surveys (PRE, POST)	Sept 18, Pre (1%); Dec 4, Post (1%)	2
Clicker questions	throughout course	5
Midterm 1: Introduction & Diet Quality; Water & Electrolytes; Antioxidants	Friday, October 9 @ noon to Saturday, October 10 @ 11:59PM	15
Midterm 2: Digestion, Absorption & transportation; Carbohydrates; Lipids	Friday, November 6 @ noon to Saturday, November 7 @ 11:59PM	15
2 Concept maps: Antioxidants, Bone Health (final map due dates)	Oct 6 (4%); Nov 26 (4%)	8

CBEL Project	Sunday, Dec 6 @ 11:59PM	25
Final exam	tba: Dec 7-22	30
<b>Option B Evaluation Components (Controversial Media Article Analysis)</b>		
<b>Component</b>	<b>Date/Date due</b>	<b>% of Final Grade</b>
2 Learner surveys	Sept 18, Pre (1%); Dec 4, Post (1%)	2
Clicker questions	throughout course	5
Midterm 1: Introduction & Diet Quality; Water & Electrolytes; Antioxidants	Friday, October 9 @ noon to Saturday, October 10 @ 11:59PM	15
Midterm 2: Digestion, Absorption & transportation; Carbohydrates; Lipids	Friday, November 6 @ noon to Saturday, November 7 @ 11:59PM	15
2 Concept maps: Antioxidants, Bone Health (final map due dates)	Oct 6 (4%); Nov 26 (4%)	8
Controversial Media Article Analysis	Sunday, Dec 6 @ 11:59PM	25
Final exam	tba: Dec 7-22	30

<b>Option C Evaluation Components (Personal Dietary Assessment)</b>		
<b>Component</b>	<b>Date/Date due</b>	<b>% of Final Grade</b>
2 Learner surveys	Sept 18, Pre (1%); Dec 4, Post (1%)	2
Clicker questions	throughout course	5
Midterm 1: Introduction & Diet Quality; Water & Electrolytes; Antioxidants	Friday, October 9 @ noon to Saturday, October 10 @ 11:59PM	15
Midterm 2: Digestion, Absorption & transportation; Carbohydrates; Lipids	Friday, November 6 @ noon to Saturday, November 7 @ 11:59PM	15
2 Concept maps: Antioxidants, Bone Health (final map due dates)	Oct 6 (4%); Nov 26 (4%)	8
Personal Dietary Assessment	Sunday, Dec 6 @ 11:59PM	25
Final exam	tba: Dec 7-22	30

<b>Option D Evaluation Components (no term assignment)</b>		
<b>Component</b>	<b>Date/Date due</b>	<b>% of Final Grade</b>
2 Learner surveys	Sept 18, Pre (1%); Dec 4, Post (1%)	2
Clicker questions	throughout course	5
Midterm 1: Introduction & Diet Quality; Water & Electrolytes; Antioxidants	Friday, October 9 @ noon to Saturday, October 10 @ 11:59PM	15
Midterm 2: Digestion, Absorption & transportation; Carbohydrates; Lipids	Friday, November 6 @ noon to Saturday, November 7 @ 11:59PM	15
2 Concept maps: Antioxidants, Bone Health (final map due dates)	Oct 6 (4%); Nov 26 (4%)	8
Final exam	tba: Dec 7-22	55

### CBEL (Community-Based Experiential Learning) Project

For the CBEL project, in a small group (3-4) you will collaborate with Nutrikids to plan and teach nutrition education lessons that meet the needs of their clients (elementary school teachers): for example, teaching students in an elementary class about Canada's Food Guide. For this term assignment, you will work together to develop and deliver your lesson plans and submit a group report. As well, you will independently complete personal reflections and self- and peer-evaluations.

### Controversial Media Article Analysis

Controversy abounds in the media on a large number of nutrition-related topics from celebrity endorsements through to misinterpretation of scientific evidence. Groups of ~4-5 people will conduct in-depth research on a nutrition-related controversial media article of your own choosing. This may be a topic that you have a strong interest in learning more about, or have been debating with your friends or family members. For this term assignment, each team will prepare a report and abstract, and each team member will independently complete self- and peer-evaluations.

### Personal Dietary Assessment

You will find the dietary assessment assignment (3 days of dietary intake and minimum of 1 day of activities) requires some time to complete, yet past students have found it immensely valuable in terms of applying their nutrition knowledge to their own diet and gaining personally (and academically!) from it. Moreover, this assignment prepares you for the final exam. For this term assignment, you will look at your own diet in detail to see how healthy it actually is compared with current recommended intakes for a wide range of nutrients. If you choose Evaluation Option C, I highly recommend **NOW** is the time to start recording your food and beverage intake over 3 consecutive days – Sunday, Monday and Tuesday or Thursday, Friday and Saturday (to include one weekend day and 2 weekdays), and your activities for at least one of the weekdays (a full 24-hour period of time): do not leave your recording or entry and analysis of data until the end of term. You must use the online software program, **Diet & Wellness Plus** to generate your reports. If you do this at the beginning of the term, you can analyze the results and write your discussion as we proceed through the course. This will help you to better learn the course material as you apply it to your personal situation.

### Textbook & Software

The course is based on the [second Canadian edition](#) of the introductory nutrition textbook titled, [Understanding Nutrition](#). You can purchase the e-textbook online through the [MindTap package](#), which provides many supportive learning tools (e.g., flashcards, practice case studies, quizzes, **Diet & Wellness Plus (DW+)**...). You may also purchase an individualized instant access code for the software only, which is required to complete the personal dietary assessment. If you purchase the software from a third party supplier, you will need a minimum 1-semester access code for DW+. Be aware if you purchase a used text—you will not have access to the DW+ software as the previous owner will have used it or the access code will have expired.

### Course Materials

Handouts for this course will be posted on our FNH 250 site on Canvas. Look under the Course Menu for the various resources that will be available. At the course site, you will find the [Course Syllabus, Modules](#) (including learning objectives, slides, notes, educational videos provided as adjunct course material to improve your learning), links to the [term assignments \(CBEL Projects, Controversial Media Article Analysis, Personal Dietary Assessment\)](#), and other resources. It is your responsibility to regularly check for postings at these sites and have access to the files during class.

### Evaluation

Options A, B, C, and D are clearly outlined above. Carefully consider each one and make the best choice that fits your needs. The deadline for selecting an Option is **11:59PM on Thursday, September 17**. The exams will contain a mix of questions that may include: multiple choice, fill-in-the-blanks, true/false, matching, and short answer questions. You will be tested on concepts and nutrient-specific details. There will be pre- and post-review sessions for each exam.

Throughout the course, if you have questions about the course content, please follow these steps:

1. Ask your question in class,
2. If you remain unclear about the material, read the textbook,
3. If you still remain unclear, post your question on the Class-wide Discussion Board so your peers can help to answer your question, and finally,
4. If you don't understand the material, talk to me after class, come to my virtual office hours, or make an appointment with a TA or me.

**Remember, if you miss a class or cannot attend a class, it is *your responsibility* to talk to other students in the class and/or request information in the Discussion area about the material we had discussed in class.** For the special circumstances in which we find ourselves due to COVID-19, all lectures have been pre-recorded. There will be minor differences between 'live' classes and the pre-recorded videos; however, this does provide you with an alternative when you cannot attend 'live' classes. Otherwise, ask your questions in class as we work through the material, or contact a TA. I do not typically respond to questions regarding material/queries that we have covered in class, because it is your responsibility as a UBC student to attend classes. Also, bear in mind that announcements are often made in class that are not posted on the course website; therefore, it is ***your responsibility*** to obtain all class information from your peers.

#### **A Note about Making Appropriate Postings in the Discussion Area**

As outlined in the Policies and Regulations section of the UBC Academic Calendar, all UBC students are required to observe policies and guidelines established by the University and Faculty of Land & Food Systems. This includes a requirement to behave in a collegial manner and contribute to a learning environment that is professional, respectful, and free of discrimination and harassment. Ensure your postings on the discussion board adhere to these policies and guidelines.

**Your CBEL Project, Controversial Media Article Analysis or Personal Dietary Assessment is due at 11:59PM on Sunday, December 6.** We will discuss the details of each evaluation component at our first class. If you miss this class and have questions, post them in the Discussion board on Canvas.

Please **carefully read** through the entire **Course Syllabus** posted in the Course menu. If you have any questions, ask them in class. In this way, your peers can also benefit from your questions.

I look forward to meeting you soon!

Dr. Gail Hammond, PhD, RD