

Acknowledgement

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəyəm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on their culture, history, and traditions from one generation to the next on this site.

Course Information

Course Title	Course Code Number	Credit Value
Exploring Our Food	FNH200 99A	3 credits

Students are introduced to chemical and physical properties of foods; issues pertaining to safety; nutritive value and consumer acceptability of food, food quality, and additives; food preservation techniques and transformation of agricultural commodities into food products; foods of the future.

This course is required in the Food, Nutrition and Health Program and will also be of value to students in other programs in the Faculty of Land and Food Systems, or in other disciplines including those in the life sciences, healthcare professions, human kinetics or physical education, who wish to enhance their understanding of the science of food.

This section of the course is online distance education. There are no meetings, lectures, tutorials or exams at the UBC campus.

Prerequisites

There is no prerequisite for this course. Second-year standing is required.

Co-requisites

There is no co-requisite for this course. If you are interested in taking additional courses through FNH, we suggest looking at FNH250 which focuses on nutrition.

Contacts

Course Instructor	Contact Details	Office Location	Office Hours
Ana Noee, M.Eng	ana.noee@ubc.ca	n/a	As an online course, there are no in-person office hours. Virtual meetings can be arranged. Please contact the instructor to schedule.

To know your instructor, go to [Instructor Biographical Statement](#) on the week 1(course orientation).

Other Instructional Staff

Teaching Assistant	Contact Details	Office Location	Office Hours
Catherine Wong	Please use Canvas Inbox	n/a	Virtual meetings can be arranged.

Course Structure

You are responsible to read the 13 lessons throughout the term. It is expected that you will spend about 10 hours on this course on average each week. To help you focus on important concepts in each lesson and to keep pace you will complete the lesson quizzes each week. For the majority of lessons, there are also journals which help you reflect on your learning. The course content is connected to the real-world through a term project, which is composed of several smaller assignments. The course material is examined through a midterm and final exam, both of which are remotely proctored using Proctorio and administered online through Canvas. All assignments are completed online.

There is a general rhythm to this course and it is recommended that you keep the following schedule.

- Monday - New lesson is assigned. Read weekly summary to understand what is expected of you. Read this lesson throughout the week while making notes that relate to each of the lesson's objectives. Complete your reading by the weekend.
- Saturday/Sunday - Complete the journal and quiz that accompany the assigned lesson.
- If your week gets too busy to finish your readings by Friday take the weekend to read them. Make sure you do your journal by Monday morning.

Schedule of Topics

Weeks	Dates	Description	Assignments Due
Week 1	Sep. 8-13	Course Orientation	Introductory message, Welcome Survey
Week 2	Sep. 14-20	Lesson 1: Food Science & the Canadian Food System	Proctorio Practice Exam
Week 3	Sep. 21-27	Lesson 2: Chemical and Physical Properties of Food	Journal 1 & Quiz 1 Term Project group selection

Week 4	Sep. 28- Oct. 4	Lesson 3: Fat Substitutes & Alternative Sweeteners, Sensory Perception of Foods	Journal 2 & Quiz 2
Week 5	Oct. 5-11	Lesson 4: Food Standards, Regulations, and Guides – Food Additives	Journal 3 & Quiz 3
Week 6	Oct. 12-18	Lesson 5: Rationale for Food Preservation	Journal 4 & Quiz 4
Week 7	Oct. 19-25	Lesson 6: Thermal Preservation of Foods	Journal 5 & Quiz 5 Term Project- Part 1
Week 8	Oct. 26- Nov.1	Lesson 7: Preservation of Food by Low Temperatures Lesson 8: Dehydration as a Food Preservation Method	Journal 6 & Quiz 6 Course Feedback Survey
Week 9	Nov. 2-8	Lesson 9: Food Preservation with Biotechnology	July 6: Midterm (lesson 1-5) Quiz 7 & Quiz 8
Week 10	Nov. 9-15	Lesson 10: Preservation of Food with Ionizing Energy	Journal 7/8 Journal 9 & Quiz 9
Week 11	Nov. 16-22	Lesson 11: Effects of Food Processing Operations on Nutrient Retention in Foods	Journal 10 & Quiz 10
Week 12	Nov. 23-29	Lesson 12: Toxicants in Food and Foodborne Disease	Term Project-Part 2 Quiz 11
Week 13	Nov. 30- Dec. 3	Lesson 13: Foods of the Future or Trends in Foods for Nutrition and Health	Journal 12 & Quiz 12 Quiz 13
	Dec. 7-22	Final exam (TBD)	

Learning Outcomes

Upon completion of this course, students will be able to:

1. Describe tissue-based (both plant and animal) food systems, fluid food systems and various dispersions important to food quality and sensory perception
2. Describe the role of chemical reactions, enzymes and microorganisms in food spoilage, food preservation and food-borne disease

3. Describe the regulations and agencies that are in place to ensure the quality and safety of the Canadian food supply
4. Describe food processing methods and their application in the conversion of raw materials into food products
5. Develop personal food selection and food handling habits that will minimize the risk of contracting a foodborne or waterborne disease
6. Describe various types of food processing and packaging systems
7. Articulate a personal set of values related to your decisions pertaining to the selection of food products for both your personal and your family's consumption
8. Demonstrate an ability to critically evaluate the validity of the information that commonly appears in newspapers, magazines, radio & television

Learning Materials

All required reading is presented in Lessons 1-13, and through the weekly summaries. There is no additional textbook for this course. Weekly summaries are found from the Home Page. They outline the material you are responsible for that week. Additionally, it provides links to additional required readings as well as optional material.

We will be using a remote proctoring service, Proctorio, for both the midterm and final exams. In order to use Proctorio you must have the following:

- You need to use a regular computer (Windows/Mac computer or laptop). You cannot take the exams from mobile devices (e.g., iPhone, iPad, Android device, etc). You need a working webcam and microphone.
- You must use the **Google Chrome** web browser & the **Proctorio Extension**.

Learning Activities

Within this course, there are several different types of activities in which you will be engaged. All activities are completed online. All represent individual work. Details on each of the below can be found in the Assessment of Learning section.

- Lesson readings - This is done on your own and is not evaluated.
- Terminology sheets - Completing these sheets is optional but creates a good resource for the midterm and final exams.
- Journals - Reflections on your learnings from the lessons and how it connects with your everyday life. It is completed as a discussion post and contributes to your final course grade.
- Quizzes - Test your comprehension of the lessons and contributes to your final course grade.
- Midterm - is an online and limited-open-book exam, using Proctorio as a proctoring platform.
- Final Exam - is an online and limited-open-book exam, using Proctorio as a proctoring platform.

- Term Assignments (project) - The term project is divided into three distinct parts, group selection, Part 1, and Part 2.

Assessment of Learning

Assessment	Final Course Grade %
Journals	5
Quizzes	5
Term Project	25
Midterm	25
Final	40
Bonus marks	2

All the journals, quizzes, midterm, and final must be completed by the indicated deadlines. The term project assignments alone are subject to the late work course policy (see below). Extensions are only granted for short-term illness, emotional/mental challenges, family emergencies, or specially approved UBC activities (as defined by [UBC policy](#)) with proper documentation. Extensions should be asked for in advance when possible. There are no additional assignments in this course that can be done in lieu of the assignments or in addition to the assignments.

An inability to sit the final exam due to illness or special circumstances must be taken up with the LFS Student Services Office (students@landfood.ubc.ca). More information can be found [here](#).

Late course work policy. Below is a table indicating the percentage removed from the total of late assignments. This applies to the term project assignments only.

Hours late	> 0 - 24 hours	>24-48 hours	>48-72 hours	>72-96 hours	>96-120 hours	>120 hours
Amount of total mark reduced	5%	10%	20%	40%	80%	100%

Journal Discussions

The purpose of the journals is to create awareness of your learning and connect the course material to your everyday world. Each journal should take about 30 mins to complete. There is a minimum of 200 words and a maximum of 500 words.

Your journal response should include a statement of opinion, which is explained in the context of personal experience and course content. It concludes with how your new knowledge could impact future actions or understanding.

The journals are graded for completeness as judged by the length (minimum 200 words and maximum 500 words), appropriate response to prompt, and punctuality. If the journal is complete, 1 mark is awarded. Late submission is **NOT** acceptable, even if a journal is as little as one minute late, automatically, a score of 0 is awarded. You only need to complete 8 journals on time to receive full marks. Please note that there are total of 10 journals.

Instructors and TA's will leave limited comments on your journal discussions. Journals are due Mondays by 11:59 pm.

Quizzes

The quizzes are graded and you have as many attempts as you like for each quiz until the last day of class. There are suggested deadlines for each quiz. The deadlines are to assist you in keeping pace with the course. If you don't get the quiz done before the suggested date, it will be marked as late but this does not affect your grade. All quizzes are due on the last day of class at 11:59 pm. Afterwards, your marks will be calculated and the final grade will appear under the heading "Quizzes Grade Final."

Term Project

The goal of the term project is to find real-world examples of our lessons in Food Science; and bring the course material to life. By completing this project, you can apply the concepts of the course to evaluate your understanding of the rationale and processes used for food preservation.

You are encouraged to form a group of 2-3 students, or you may work individually on this project. The same criteria will be used to mark individual and group Projects. I highly recommend you to create a group for the term project. In this way you can learn from each other and also the **workload will be divided**. Students who work collaboratively within their group will be awarded with **1% bonus mark**. For more details, please go to the "[Term Project](#)" page in the "**Home**" section. The term project is composed of the following steps.

- Term Project group selection (1% bonus mark if you work collaboratively within a group)
- Term Project - Part 1(12%)
- Term Project- Part 2 (13%)

Once your Project marks are out, you can access your Project and review the comments provided by your TA along with the details of the points deducted. The grade and feedback on your project will appear under the "Term Project" in the "Grades" section.

Important Note: Please review the "**Project Format**" section prior to writing your Project. Correct citation and format compliance are necessary. Projects without citation will not be marked. Read through the "[citation](#)" section below and follow the guidelines.

Citation

Throughout the course assignments, even in the discussion board, you will be using different sources (lessons, lecture notes, reading materials, video clips, provided links, etc.) which need to be cited individually and correctly. In your assignment, you need to have a bibliography or list of references as well as in-text citation (listing all your resources at the end, is not enough for meeting the requirements.)

Please use **APA style** for citation-review the following links to learn about APA style.

<https://help.library.ubc.ca/evaluating-and-citing-sources/how-to-cite/>

<https://owl.english.purdue.edu/owl/resource/949/01/>

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html

Midterm

The midterm is a limited-open-book exam which will cover lessons 1-5. It will incorporate a variety of question formats (true/false, matching terms to definitions, multiple-choice, and short answer). The midterm will be conducted online using Canvas and the remote proctoring program, Proctorio. You will be given a window of time on a specific day on which you can take the midterm. Once you begin the midterm there is a set time limit in which to complete it.

If you are unfamiliar with Proctorio it is important that you try the practice exam prior to the midterm so that you ensure you meet the technical requirements. Please read all the instructions prior to the exam.

Final Exam

The final examination will cover material from lesson 1-13. The final exam will be a limited-open-book exam remotely proctored by Proctorio. You will not need to come to campus to take the final exam. The exam will consist of a combination of multiple-choice, fill in the blank, matching and short answer questions. The final examination will be scheduled by the Registrar's office and will be held during the final examination period.

Bonus mark

Learning (1%)-Throughout the term, there will be several opportunities to contribute to the learning enhancement of the class. Students, who contribute by answering others' postings and questions on the discussion board, will be awarded with bonus marks. I will post a note acknowledging your correct contribution. (Each correct answer has 1 mark, 10 marks equal 1% bonus mark)

Group activity (1%)-For the term project, students are encouraged to form a group of 2-3 members and have a group activity instead of working individually. Students who work collaboratively within their group will be awarded with 1% bonus marks.

University Policies

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions.

Details of the policies and how to access support are available on [the UBC Senate website](#).

A condensed list of policies and support.

- **UBC Policies and Regulations:** Students are reminded that they are subject to the [University's Policies and Regulations](#), and are directed especially to "Student Declaration and Responsibility", "Academic Honesty and Standards", and "Academic Freedom" sections.
- **Academic Concession:** Students facing any medical, emotional, or personal circumstances that may negatively impact academic attendance or performance are expected to notify their instructor as well as their home [Faculty's Academic Advising Office](#). Instructors and Advisors can help by explaining your options and working with you to access supports or explore a form of [academic concession](#).
- **Change of Registration:** Students are permitted to change their registration, by adding or dropping courses, but must be mindful of the [deadlines](#), such as the last day to drop without a W standing through the student centre.
- **Personal Support:** Students experiencing personal challenges that are impacting their academics and well-being are strongly encouraged to learn more about the resources available on the [Health and Wellness](#) website.
- **Academic Support:** Please visit [Academic Success](#) to learn more about campus resources to support your success.
- **Accommodations for Students with Disabilities:** Students requiring accommodation in this course, or in need of support for an on-going medical condition please let me know as soon as possible and/or provide me with documentation and recommendations from Access & Diversity. You can find more information about the services provided by [Access & Diversity](#)

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct

regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at <http://calendar.ubc.ca/vancouver/index.cfm?tree=3,54,111,0>.

Learning Analytics

Learning analytics includes the collection and analysis of data about learners to improve teaching and learning. This course will be using the following learning technologies: Canvas and Proctorio. Many of these tools capture data about your activity and provide information that can be used to improve the quality of teaching and learning. In this course, I plan to use analytics data to:

- View overall class progress
- Track your progress in order to provide you with personalized feedback
- Review statistics on course content being accessed to support improvements in the course

Learning Resources

Faculty of Land and Food Systems - [Student Services](#). Provides you will questions about registration in the course as well as degree requirements. You can contact them by email at: students@landfood.ubc.ca.

There are many other resources for you as a UBC student.

- [UBC's Learning Commons](#): a web portal for academic support, developed with students, for students.
- [Digital Tattoo](#): the goal of the Digital Tattoo project is to raise questions and provide resources encouraging you to think about your presence, identity, rights, and responsibilities as a digital citizen.
- [Student Toolkits](#): how-to pages and other support for student projects using digital resources—blogs, wikis, audio, and video. Other resources on the UBC Wiki include pages on [mind mapping](#), [social web tools](#), [professional networking](#), and [online tutoring](#).
- [Why Should You Care About Copyright?](#): this page will answer that question, and many more. Check out [this one](#) on how to properly cite images.

There are also many student clubs which you may be interested in. Check them out [here](#).

Reach Out for Success

University students often encounter setbacks from time to time that can impact academic performance. If you encounter difficulties and need assistance, I encourage you to contact me at any time by e-mail. We can also arrange a time to meet virtually. I will do my best to support your success during this term. This includes identifying concerns I may have about your academic progress or well being through Early Alert. With Early Alert, faculty members can connect you with advisors who offer support and assistance to help students get back on track to success. Only specialized UBC advisors would be able to access any concerns I may identify, and Early Alert does not affect your academic record. For more information, visit the program website: www.earlyalert.ubc.ca. For information about addressing mental or physical health concerns, including seeing a UBC counsellor or doctor visit: <http://students.ubc.ca/livewell>.

Copyright

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