

---

**ACKNOWLEDGMENT**

---

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	FNH 200	3 credits

---

**PREREQUISITES**

---

No prerequisites required

---

**COREQUISITES**

---

No corequisites required

---

**CONTACTS**

---

Course Instructor(s)	Contact Details	Office Location	Office Hours
Azita Madadi Noei	The best way to reach me is via Canvas internal email. I will respond within 24 hours. If you email me late on Friday afternoon or weekends please expect more response time	217-2205 East Mall	Please contact me through Canvas internal mail to make an appointment

---

**COURSE INSTRUCTOR BIOGRAPHICAL STATEMENT**

---

You can read more about me on the introduction section of Canvas and also my faculty profile at the following link.

<http://mfs.landfood.ubc.ca/faculty-staff/dr-azita-madadi-noei/>

---

**OTHER INSTRUCTIONAL STAFF**

---

The course teaching will be assisted by Aki Nilanga Bandara, Xanyar Mohammadi, Meixuan Li, and Wanyi Nara Kim

---

**COURSE STRUCTURE**

---

You are responsible to read 13 lessons found in the "Modules" section in Canvas. Lectures are based on the modules with more elaboration on specific and harder-to-understand topics. Lecture slides are also posted before the class. Please note, that slides are my teaching tools and without notes and extra information which are communicated through the lecture, they will not be useful or even meaningful. Please complete the information by taking notes in class. During the class, I will use questions and polls to check your understanding.

**Lessons:** You can find the lessons by clicking on "Modules" from the "Home page". Each lesson contains a list of lesson objectives and an overview of the topic, as well as links to additional readings.

These lessons **should be reviewed before coming to the class.** Please consult with the course schedule posted on the Home page.

**Lecture:** Lectures for FNH200 will be based on the Lessons. The lecture slides will be posted before the session. Although the lectures are based on the lessons, extra information will be provided during the lecture along with videos shown in class to clarify important and complex topics. The extra information is testable and will appear in quizzes and exams. If you have to miss a class, please get the notes from your peers to avoid missing important material.

**Reading material and links:** Throughout the course, extra reading materials and links are provided and embedded in the lessons. You need to review them and be able to answer the guiding questions and or complete activities.

**Videos:** Some videos will be shown in class or you will be requested to watch them on your own. These videos are also testable. Guiding questions will be provided. Some of the videos are already included in the lessons posted on Canvas.

**Discussion board:** This tool has been extensively used and appreciated by students. The main discussion board is a communication tool that students use to post any course-related questions. Although the instructor monitors the discussion board, students may contribute and answer the posted questions. This will help the knowledge transfer and test your in-depth understanding of the material. Furthermore, you can work towards claiming your bonus mark. See the evaluation section for more information on the bonus mark.

This board is also used to post any new or controversial topics and provides an opportunity for you to contribute your comments and thoughts to enhance learning. Depending on the raised topic, we may open a specific discussion forum for a voluntary contribution.

You can also use the discussion board to achieve your participation mark. Details are provided in the grades breakdown section

**Group Placement:** Please note that after the expiration of add/drop period, you will be assigned to "Canvas" TA groups.

You will find the groups in the "People" section in Canvas after add and drop period. A discussion board with the name of your TA and a group number will appear in the group section. This group is where you will be able to post/ask questions related to the assignment and form your study or assignment group. Please see the assignment section for more details. Each group will be monitored and facilitated by a Teaching Assistant.

### TENTATIVE SCHEDULE OF TOPICS

---

Please check the schedule posted on Canvas

### LEARNING OUTCOMES

---

The major objective of FNH 200 is to provide you with a fundamental understanding of food, and the science and technology related to food preservation and manufacture.

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

- Describe colloidal dispersions important to food quality and sensory perception
- Describe the role of chemical reactions, enzymes, and microorganisms in food spoilage, food preservation, and food-borne disease
- Describe food processing/preservation methods and packaging systems, including their application in the conversion of raw materials into food products
- Develop personal food selection and food handling habits that will minimize the risk of contracting a foodborne or water-borne disease
- 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
- Demonstrate an ability to critically evaluate the validity of the information that commonly appears in newspapers, magazines, radio, and television

### LEARNING ACTIVITIES

---

In this course, there are different activities that will help you to achieve the learning objectives. The activities are designed to cater to different learning styles, leading to the same objectives.

**Pre-readings and embedded activities and videos**-Reading the modules before coming to the lecture prepare you to absorb more information and provides an opportunity to delve deeper and to ask more in-depth questions which will help with overall class learning.

**Taking notes during lectures and watching videos**-The characteristic of an introductory course is to have a wide range of information. It is not possible to condense all information in the form of PowerPoint slides. Therefore, taking notes is necessary to record all the information required for the successful completion of the course.

**In-class participation**-I am trying to keep the course as interactive as possible by showing videos, having demos, and asking questions and polls. Your participation in these activities will help to solidify the information collected through different venues in this course. Active participation helps with the overall learning experience in this course.

**Discussion boards**-These activities are designed to help you provide your input and comment on selected topics. It also serves best for those who are more comfortable sharing their opinion in writing rather than in class.

**Quizzes**- These assessment tools are designed to test your comprehension and help you find out where you are standing.

**Assignments** are used to exercise the application of your gathered knowledge on the real product. You will also have the opportunity to work as a team and test your teamwork skills. Please note that although you are strongly encouraged to work as a team, you may choose to work individually on your assignment.

## LEARNING MATERIALS

---

All required reading and links are posted on Canvas. There is no textbook required for this course. You need to use a regular computer or other electronic devices which are compatible with Canvas and zoom.

For the exam, you need to have a working webcam and microphone. If you have any questions regarding login or access to FNH200 course material on Canvas, please consult with the Help section on the left-hand side menu bar on the course home page. If you are new to Canvas or have questions related to its use, please consult "Canvas Student Toolkit" <http://students.canvas.ubc.ca/>

## ASSESSMENTS OF LEARNING

### GRADE BREAKDOWN

---

**Assignments (2) - 16%**

**Quizzes (4) - 10%**

**Midterm Exam - 30%**

**Final Exam - 40%**

**Participation- 4%**

**Bonus mark- learning enhancement 1%**

**Bonus mark- quality control survey 0.5%**

---

### • ASSIGNMENTS

---

There will be **two assignments** for this course for a total of 16% marks. Please read the assignment instruction carefully. Failure to comply with the assignment instructions will result in your assignment being considered disqualified or subject to non-compliance penalties. The written assignments must be submitted using the **Assignment Drop Box Tool** by the set deadline (see the schedule). Late assignments will receive a 25%-mark deduction for each late day. **Please proofread the assignment before submission.**

### • ASSIGNMENT INSTRUCTION

---

You have a choice of submitting your assignments individually or in a group of a maximum of 4 students. The same criteria will be used to mark individual and group assignments.

If you choose to work in a group, your members should be from the same TA group. Your TA groups will be formed after add and drop period.

For both Assignments, we strongly encourage you to work as a group. You may form a group of up to 4 students.

- ACCESSING THE ASSIGNMENT

---

On the course home page, click on “Course Assessment” and then choose the assignment.

Read the assignment information carefully and follow the instructions on the format and word limit and download the assignment PDF.

- ASSIGNMENT-FORMAT

---

ASSIGNMENT 1:

---

- On the top right corner of the assignment write **your name (and your group members** if working in a group).
- You do not need to form an essay but please ensure completeness of the information requested.
- Save your file as a **text or doc file. The file name should be your last name and the initial of your first name (e.g. madadi-A.doc).** If you are working as a group, your **file name** should include **all the members’ names**. If your assignment is not correctly formatted your TA will not be able to mark it.
- All the required information is provided in the course, however, you may use other reliable sources, such as scientific and peer-reviewed resources, government and educational institution websites for bonus marks.

ASSIGNMENT 2:

---

- You may use your creativity in forming an electronic poster or presentation slides.
- Please read the instruction for assignment 2 and review the marking rubric before submission.
- Save your file **as PPT or PDF for assignment 2**

- CITATION

---

Throughout the assignment, you will be using different sources (lessons, lecture notes, reading materials, video clips, provided links, ...) which need to be cited individually and correctly. Please note that this course has been developed and updated several times and new information added regularly. To acknowledge the contributors of this course you need to cite the name of all the authors. For the complete list of authors please click on “**Course Instructor and Authors**” on the home page. You need to have a list of references as well as the 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 link to learn about APA style. For more information please consult with a librarian.

<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](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html)

- UPLOADING ASSIGNMENTS

---

In the assignment section, click on the file upload and attach your file through the “Browse” button.

**If you are working as a group, only the submitting member should attach the assignment file. Do not submit more than one per group.** Students are responsible for submitting the final and correct version of their work and also ensuring the assignments are uploaded.

**Important**

Non-submitting members should write the name of the group member who submitted the assignment on behalf of the group, in the comment section.  
Make sure you click on the **submit** button.

---

- **REVIEWING THE MARKED ASSIGNMENT**

---

Once your assignment marks are posted you may access your assignment and review the comments provided by your TA along with the details of the points deducted.

On the “Grades” section click on the “Assignment” and the right-hand click on the view feedback.

Please note that assignments are within the TA jurisdiction and any questions regarding the marking should be directed to your TA. I will only get involved if the issue is not resolved and will only provide a second opinion.

---

- **QUIZZES**

---

There will be **5 online quizzes** for this course and 4 of them will be considered for a total of 10% of your final grade. The lowest mark will be removed. Each quiz will consist of 25 *multiple-choice* and/or “*True or False*” questions on the material covered over 2-3 lessons.

- **TAKING THE QUIZ**

---

- You will have **25 minutes** to complete the quiz. Note: your completion time is calculated from the time you click "Begin quiz" to when you click "Finish".
- Once the time has expired, you will not be able to save or submit any more answers. You must save all your answers before submitting the quiz.
- To get you started, you will have 3 tries **only on Quiz 1** and the highest mark will be considered. The subsequent quizzes **can only be taken only once**.
- There will be **No extensions** after the quiz deadline. Therefore, before the date of the first online quiz, please ensure that you can log in to the quiz on Canvas. Do not try to complete the quiz a few hours/minutes before the deadline!

- **REVIEWING THE QUIZ RESULTS**

---

The quiz mark will be displayed after the quiz availability period. The board of instructors for FNH 200 agreed upon not giving out the whole quiz, as it is a challenging task to come up with a new and effective form of multiple-choice for each session, and spreading the quiz questions will affect the fairness of the evaluation and defeats the purpose. Please note that the quizzes are designed to help you track down your progress in the course, so use them efficiently. The quizzes might be reviewed in class or through an appointment with the instructor.

---

- **MIDTERM & FINAL EXAMINATIONS**

---

The midterm exam will cover lessons 1 to 4 and will be remotely proctored using Zoom.

The final exam is cumulative and tentatively planned for in-person.

The **Midterm** and **Final Examinations** are a combination of fill-in-the-blank, matching, multiple-choice, and short answer-type questions. Details about the examinations and their format will be given in-class closer to the exam date. More details will be provided in the exam information section of the course Canvas.

---

- **CLASS PARTICIPATION**

---

Active participation is a key to learning. To encourage participation, 4% of the final mark will be dedicated to this activity. You can earn this, simply by attending the lectures and participating in online polls and Discussions. There are 13 discussion boards and completing 8 of them will grant you the participation mark. If you are active in class in asking or answering questions 5 discussion boards will suffice.

---

- **BONUS MARK**

---

Throughout the term, there will be several opportunities to contribute to the learning enhancement of the class. Students who contribute will be awarded bonus marks for their contribution to student learning. There will be two categories for bonus marks for the potential total of 1.5%

- **LEARNING (1%)**

---

**Any 5 of the following** will make you eligible for the bonus mark.

- Answering specific questions during the lecture (not the polls)
- Answering students posting on the discussion board- I will post a note acknowledging your correct contribution
- Comments on the posted videos on the quality and their effectiveness in your overall learning process or ways to improve
- Participation in the discussion forum beyond what is required for class participation.

- **QUALITY CONTROL SURVEYS (0.5%)**

---

After the midterm, a survey of teaching effectiveness will be posted on Canvas. The results will be used by the teaching team to enhance the quality of the teaching practice. Please note that this survey is different from the course evaluation of teaching which is administered by the faculty towards the end of the term.

---

## **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](#).

**MANDATORY MASK WEARING**

---

Please note that as per the recent health order, wearing non-medical masks is required in all indoor activities including classrooms. Please review the provided information on mandatory masks and vaccination. <https://president.ubc.ca/blog/2021/08/27/masks-vaccinations/>

**OTHER COURSE POLICIES**

---

Academic honesty is a core value of scholarship. Cheating and plagiarism (including both presenting the work of others as your own and self-plagiarism) are serious academic offenses that are taken very seriously in the Faculty of Land & Food Systems. By registering for courses at UBC, students have initiated a contract with the university that they will abide by the rules of the institution. It is the student's responsibility to inform themselves of the University regulations. Definitions of Academic

Misconduct and plagiarism can be found on the following websites:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,54,111,959#10894>

<http://learningcommons.ubc.ca/resource-guides/avoid-plagiarism/>

**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: 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 to provide you with personalized feedback
- Review statistics on course content being accessed to support improvements in the course
- Track participation in discussion forums
- Assess your participation in the course

**LEARNING RESOURCES**

---

For more information, the following books are available through the UBC library

- Food Science. By N. N. Potter and J. H. Hotchkiss. Aspen Publishers Inc., Chapman & Hall, 5<sup>th</sup> edition, 1995, 1998. Available in Woodward Library
- Essentials of Food Science. By V.A. Vaclavik and E. W. Christian (online)

**COPYRIGHT**

---

All materials of this course (course handouts, lecture slides, assessments, course reading, and recordings) are the intellectual property of the course instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without the permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline.

Dissemination and distribution of recorded lectures are prohibited.

[Why Should You Care About Copyright?](#): this page will answer that question and many more. Check out how to properly cite images.