

Welcome! FNH 250—Nutrition Concepts and Controversies

Note 1: Our **first class** will be **Monday, January 10** at 11:00AM in Zoom on Canvas. With this course being held entirely online for the first few weeks and perhaps even beyond that, 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 your options in the course and my expectations.

Attending all classes is the best way to get the most from this course. Due to the breadth of this course, 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. The pre-recordings 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 **April 12 – 27** final exam period in your calendar. The exam schedule will be released mid-February. **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. 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 any of the TAs – Joanne, Lucy, or Chanel 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 ways in which our bodies handle them. Each one of us engages with food on a daily basis (on average, over 200 food decisions each day!): 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 framework that consists of 6 concepts: what the nutrients are, why we need them (not how we use them, you will learn this in 3rd/4th 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 selected 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. Upon completing each topic module, you will answer the questions in a Clicker quiz that will be open for a short period of time. **No extensions are granted for the Clicker quizzes**, so you must complete them 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**—each Overview page includes module-specific Learning Objectives, Slides, Notes, Videos, Resources, and links to Assignment Instructions, the Discussions board & Piazza

- [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)

- [CBEL Project with Nutrikids](#)—detailed instructions
- [Controversial Media Analysis Project](#)—detailed instructions
- [Personal Dietary Assessment](#)—detailed instructions

Discussions

- [Class-wide discussion board](#)—communicate with your classmates, TAs or Instructor
- [Piazza](#)—get support from your peers and give support to your peers

iClicker

- [Clicker questions presented as quizzes](#)—throughout the course (no need to register your iClicker)

Grades

- [Watch Your Progress](#)—not all components will be in the Grades area, but you will be able to keep track of major evaluation components

Course Evaluation

- [Important feedback from YOU](#)—be sure to complete the Course Evaluation at the end of the term—your input is valuable for improving the course

Student Time Zones

- Please complete this survey for my information. You will be expected to write the final exam at the time (Vancouver time) it is scheduled during exam period, **April 12 – 27**.

Evaluation Components

Exams

- [Midterm 1](#): opens at 12:00PM on Friday Feb 11 and closes at 11:59PM on Saturday, Feb 12
- [Midterm 2](#): opens at 12:00PM on Friday March 18 and closes at 11:59PM on Saturday, March 19
- [Final exam](#) (online): sometime between Tuesday, April 12 and Wednesday, April 27. **You are expected to write the final exam at the time it is scheduled (Vancouver time).**

Term Assignments

You are offered several term assessment weighting 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 conducting a deep analysis of a [CBEL project](#).
- **Option B** offers dispersion of evaluation components (low stakes approach), with the term assignment being engaged in a [Controversial Media Article](#).
- **Option C** offers dispersion of evaluation components (low stakes approach), with the term assignment completing a 3-day [Personal Dietary Assessment](#).
- **Option D** offers no term assignments (high stakes final exam).

If the [CBEL project](#) interests you, you must choose **Option A** by [Sunday, January 23 at 11:59PM](#).

If one of the other evaluation options interests you, you must make your choice by [Monday February 7 at 11:59PM](#). Access to the sign-up form is in the Module named: [22W-250-Selecting Evaluation Option](#). If you do not make a request by the [February 7](#) 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)	Jan 23, Pre (1%); April 10, Post (1%)	2
Clicker questions	throughout course	5
Midterm 1: Introduction & Diet Quality; Water & Electrolytes; Antioxidants	Friday, February 11 @ noon to Saturday, February 12 @ 11:59PM	15
Midterm 2: Digestion, Absorption & transportation; Carbohydrates; Lipids	Friday, March 18 @ noon to Saturday, March 19 @ 11:59PM	15
2 Concept maps: Antioxidants, Bone Health (final map due dates)	Friday, Feb 4 (4%); Friday, April 1 (4%)	8
CBEL Project	Sunday, April 10 @ 11:59PM	25
Final exam	tba: April 12-27	30

Option B Evaluation Components — Controversial Media Article Analysis		
Component	Date/Date due	% of Final Grade
2 Learner surveys	Jan 23, Pre (1%); April 10, Post (1%)	2
Clicker questions	throughout course	5
Midterm 1: Introduction & Diet Quality; Water & Electrolytes; Antioxidants	Friday, February 11 @ noon to Saturday, February 12 @ 11:59PM	15
Midterm 2: Digestion, Absorption & transportation; Carbohydrates; Lipids	Friday, March 18 @ noon to Saturday, March 19 @ 11:59PM	15
2 Concept maps: Antioxidants, Bone Health (final map due dates)	Friday, Feb 4 (4%); Friday, April 1 (4%)	8
Controversial Media Article Analysis	Sunday, April 10 @ 11:59PM	25
Final exam	tba: April 12-27	30

Option C Evaluation Components — Personal Dietary Assessment		
Component	Date/Date due	% of Final Grade
2 Learner surveys	Jan 23, Pre (1%); April 10, Post (1%)	2
Clicker questions	throughout course	5
Midterm 1: Introduction & Diet Quality; Water & Electrolytes; Antioxidants	Friday, February 11 @ noon to Saturday, February 12 @ 11:59PM	15
Midterm 2: Digestion, Absorption & transportation; Carbohydrates; Lipids	Friday, March 18 @ noon to Saturday, March 19 @ 11:59PM	15
2 Concept maps: Antioxidants, Bone Health (final map due dates)	Friday, Feb 4 (4%); Friday, April 1 (4%)	8
Personal Dietary Assessment	Sunday, April 10 @ 11:59PM	25
Final exam	tba: April 12-27	30

Option D Evaluation Components (no term assignment)		
Component	Date/Date due	% of Final Grade
2 Learner surveys	Jan 23, Pre (1%); April 10, Post (1%)	2
Clicker questions	throughout course	5
Midterm 1: Introduction & Diet Quality; Water & Electrolytes; Antioxidants	Friday, February 11 @ noon to Saturday, February 12 @ 11:59PM	15
Midterm 2: Digestion, Absorption & transportation; Carbohydrates; Lipids	Friday, March 18 @ noon to Saturday, March 19 @ 11:59PM	15
2 Concept maps: Antioxidants, Bone Health (final map due dates)	Friday, Feb 4 (4%); Friday, April 1 (4%)	8
Final exam	tba: April 12-27	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. Your engagement with the students will likely occur online this term. 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

Controversies are plentiful 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 article of your own choosing that is found in the popular media. 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 doing the analysis. Moreover, this assignment prepares you for the final exam. 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 this option (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 (DW+)** to generate your reports, then you can analyze the results and write your discussion as we proceed through the course content. Time is set aside for you to ask questions in class on **February 28**. Make sure you have recorded and entered all your data into DW+ before this date. DW+ is available in the MindTap package, or as a standalone from Cengage (refer to FNH 250 Orientation slides).

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 as a component of the MindTap bundle that provides many supportive learning tools, including: flashcards, practice case studies, quizzes, **Diet & Wellness Plus**. You may also purchase an individualized instant access code to **DW+**, which is **required to complete the personal dietary assessment**. Refer to slide #5 in the Orientation slide deck for a customized course link to the bundle and the standalone DW+ options. If you purchase the software from

an external 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, Controversial Media Article Analysis, Personal Dietary Assessment), and other materials and 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 option and make the best choice that fits your needs. The deadline for selecting Option A (CBEL) is **11:59PM on Sunday, January 23**. If one of the other evaluation options interests you, you must make your choice by **Monday February 7 at 11:59PM**. Access to the sign-up survey is in the 'Assignments' section of the course: **22W-250-Selecting Evaluation Option**. If you do not make a request by the **February 7** deadline, you will be assigned, by **default, Option C** (personal dietary assignment).

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. Pre- and post-review sessions will be hosted by TAs 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 or in Piazza so your classmates can help to answer your question.
4. And finally, if you don't understand the material, talk to me after class, come to my office hours, or make an appointment with a TA or me.

Remember, if you miss a class, it is your responsibility to talk to other students in the class and/or request information about the material we covered in class in Piazza or the Discussion area. Due to the special circumstances in which we find ourselves with COVID-19, all lectures have been pre-recorded. There will be minor differences between 'live' classes (they will also be recorded and released following each lecture) and the pre-recorded videos; however, both the pre-recorded videos and post-class recordings provide you with alternatives for learning when you are unable to attend the 'live' classes. Otherwise, ask your questions in class as we work through the material, or contact a TA using Canvas email. 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 classmates.

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 Piazza and in 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 Monday, April 10. We will discuss the details of each evaluation component at our first class. If you miss this class and have questions, please post them in the Class-wide Discussions area of 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 classmates can also benefit from your questions.

I look forward to meeting you soon!

Dr. Gail Hammond, PhD, RD