



UNIVERSITY OF
TORONTO

NFS 284: BASIC HUMAN NUTRITION

Instructor: Dr. Matilda Essandoh Laar (PhD, MPH)

Access Check

We understand access to be a shared responsibility between everyone in this space. We will strive to create an accessible space that reduces the need for you to disclose a disability or impairment for the purposes of gaining an accommodation. In doing this together, we strive to welcome disability, and the changes it brings, into our space.

Is there anything about the space (light, sound, temperature, layout) that we should address now?

Are there any other access needs that might affect your participation in the class that we could address?

NFS 284 _ ACCESS ISSUES



<https://forms.office.com/r/t2MrbYrJbw>

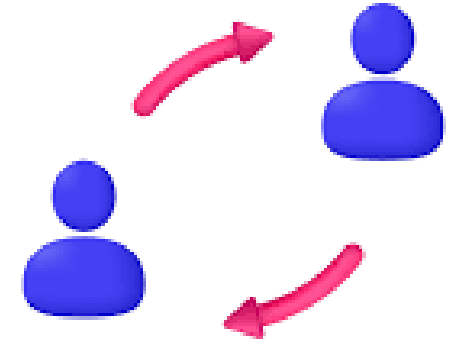
Welcome to NFS284: Basic Human Nutrition

- **Course Instructor:** Matilda Essandoh Laar
- **Email:** matilda.laar@utoronto.ca
- **Office:** Medical Sciences Building, Room 5267 (1 King's College Circle).
- **Office Hours:** Wednesdays 1:00 - 2:30 pm (Jan 6 to April 4, 2025), no appointment necessary. If you cannot make office hours, please book a virtual appointment (Jan 6 to last Friday before final exam) at:
- <https://calendly.com/matilda-laar-1t31/book-a-time-nfs284-virtual-office-hours>



Photo credit: mycutegraphics.com

Introductions



- Name
- Major/Program
- Fun Fact: Describe your favorite meal/snack. Why do you love this meal?



Photo credit: global food book.com

3 - 2 - 1

Read through the course description:

1. State **3** three nutrition topics you want to be covered in the course and why?
2. State **2** questions that come to mind when you hear the word nutrition
3. State **1** way you see this course impacting you (academics, personally, etc.)



Scan the QR code to
vote or go to
<https://forms.office.com/r/nbVA1qadDj>



Credit: Alena Dzhile (istock photos)

- 1.
- 2.
- 3.
- 4.



Credit: Alena Dzhile (istock photos)

Class starts 10min after the hour and ends on the hour:

1. Leave class quietly during lecture
2. Use of phone should not be distracting to others
3. No conversations during lectures
4. Respectful language for all communication

Course Objectives

By the end of this course, you will be able to:

a) assess the quality of your diet and use Canada's Food Guide to plan healthy meals.

Assignment: 3-day food record

b) describe the types of studies used in nutrition research and recognize their strengths and limitations

Assignment: Essay

c) explain the functions of essential nutrients

d) describe the relationship between diet and chronic disease

c & d: Case Study Assignment (MCQ)

Active
Go to S

Course Content

- **Face-to-face (F2F) lectures**
- Reading materials:
 - **Supporting documents**
 - read before lecture
 - **Textbook readings**

Term test and final exam
are based on three
components:

- 1) Lectures
- 2) Supporting documents
- 3) Textbook readings



Course Schedule

The term test and final exam will include questions on lectures and readings

WEEK	DATE	TOPICS	READINGS (supporting documents-SD & Textbook - T)	QUIZZES/TESTS/ASSIGNMENTS
1	Jan 7 & 9	<ul style="list-style-type: none"> Course overview Introduction to Nutrition DRI's 	T-1 & T-2; SD-1	
2	Jan 14 & 16	<ul style="list-style-type: none"> Canada's Food Guide Food Labelling 	T-3	
3	Jan 21 & 23	<ul style="list-style-type: none"> Nutrition Research 	T-4; SD-2	Nutrition Numbers Quiz (MCQ): Jan 26, 2025 online at 11:59 pm
4	Jan 28 & 30	<ul style="list-style-type: none"> Special short topics: <ol style="list-style-type: none"> 1) Digestive System 2) Food Safety 3) Food Intake Assessment 4) Natural Health Products 	T-4	Three-day food record: Feb 2, 2025 online at 11:59 pm
5	Feb 4 & 6	<ul style="list-style-type: none"> Carbohydrates and Diabetes 	T-5; SD-3	
6	Feb 11 & 13	<ul style="list-style-type: none"> Lipids 	T-6	Term Test (MCQ): Feb 11, 2025 during scheduled class time Science Writing Quiz: Feb 16, 2025 online at 11:59 PM
7	Feb 18 & 20	<ul style="list-style-type: none"> No classes- Fall Reading Week 		

Course Schedule

8	Feb 25 & 27	<ul style="list-style-type: none"> Protein & Vegetarian Diets continued Consequences of Obesity 	T-7, T-8, T-9, T-10, T-11; SD-4, SD-5	Essay: Mar 2, <u>2025</u> online at 11:59 PM
9	Mar 4 & 6	<ul style="list-style-type: none"> Weight Management Strategies Body Weight through the Lifecycle 	T-11, T-12; SD-6, SD-7	
10	Mar 11 & 13	<ul style="list-style-type: none"> Water-soluble vitamins Fat-soluble vitamins 	T-13; SD-8, SD-9	
11	Mar 18 & 20	<ul style="list-style-type: none"> Sodium, potassium, & hypertension Major minerals 	SD-10	Case Study (MCQ) due: March 23rd
12	Mar 25 & 27	<ul style="list-style-type: none"> Minor minerals 	T-13	
13	April 1 & 3	<ul style="list-style-type: none"> Course wrap-up 		
14	Final Assessment Period: Apr 9 to Apr 30			Cumulative Final Examination (scheduled by Registrar)

Textbook

Authors: Smolin, Grosvenor, & Gurfinkel

Title: Nutrition: Science and Applications, 3rd Canadian Edition, Wiley

Options available for Textbook:

1. WileyPLUS Standalone through the bookstore only

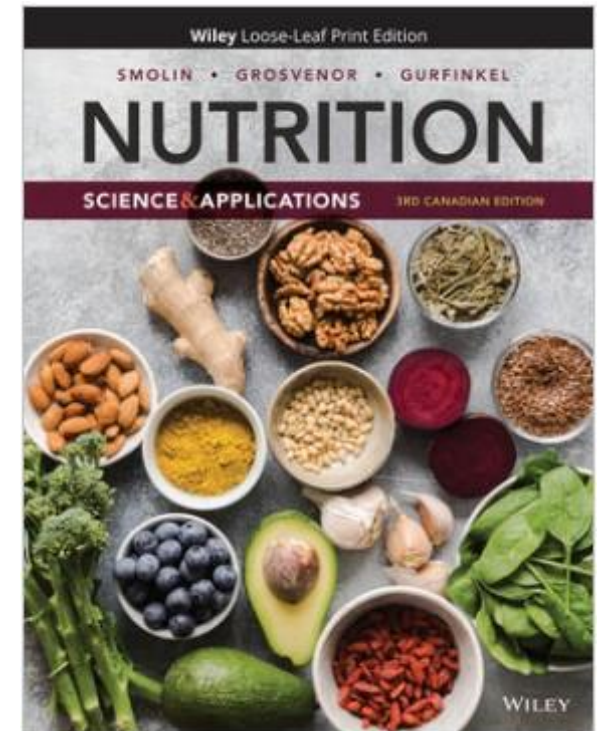
(this includes the full eTextbook, iProfile, video resources, practice questions):

\$65.00. Link to the bookstore [here](#).

2. Textbook rental: \$55.00. Link to the bookstore [here](#).

Purchase:

3. Loose-leaf textbook with WileyPLUS: \$163.95. Link to the bookstore [here](#).





How will this course run?

Tuesdays 1:00 to 3:00 pm	Thursdays 2:00 pm to 3:00 pm
In-person lecture @ OISE G162	In-person lecture @ OISE G162



How do the virtual office hours work?

The screenshot shows a web application interface for booking virtual office hours. On the left is a dark blue sidebar with icons and links for navigation, including 'Home', 'Announcements', 'Discussions', 'Grades', 'Library Resources', 'New Analytics', 'Modules', 'OCCS Instructor App', 'OCCS Student App', 'UT Advanced Group Tool', 'UT OMR Grade Upload', and 'Assignments'. The main content area has a breadcrumb trail: 'NFS284H1 F L...' > 'Modules' > 'Book a time wit...' > 'Book a time'. The central booking window is titled 'Book a time' and displays the name 'Matilda Laar' and the title 'Book-a-time: NFS284 VIRTUAL OFFICE HOURS'. It indicates a duration of '15 min' and states 'Web conferencing details provided upon confirmation.' Below this is a section titled 'Select a Date & Time' with a calendar view for 'September 2024'. A 'POWERED BY Calendly' logo is in the top right corner of the booking window. At the bottom of the page are 'Previous' and 'Next' navigation buttons.



Assessment

Assignment/Test/Quiz	Due date	Weight (%)
Nutrition Numbers Quiz (MCQ)	Jan 26, 2025 online at 11:59 pm	2
Three-day food record	Feb 2, 2025 online at 11:59 pm	15
Term Test (MCQ)	Feb 11, 2025 during the scheduled class time	24
Science Writing Quiz	Feb 16, 2025 online at 11:59 PM	1
Essay	Mar 2, 2025 online at 11:59 PM	20
Case Study (MCQ)	Mar 23, 2025 online at 11:59 PM	5
Final Exam (MCQ)	April exam period: Cumulative: 10% on material also covered on term test; 90% lecture material not covered on term test (scheduled by Registrar)	33
Total		100



Assignment: Three-day Food record

Objective: Assess the quality of diet using the CFG and HEFI-2019

- Complete a 3-day food record
- Use CFG 2007 and 2019 and Healthy Eating Food Index (HEFI)-2019 (beverages component) to assess your diet
- Due Feb 2, 2025 at 11:59pm
- Detailed guidelines on Quercus

The purpose of this assignment, which is worth **15%** of your final grade and is due **on Feb 2 at 11:59 PM**, is to:

a) Complete a three-day food record. You can begin this part of the assignment on the first day of classes.

b) Evaluate the quality of your diet by comparing it to **Canada's Food Guide (CFG)** recommendations.

Please note: You are NOT being graded on the quality of your diet, but on how you evaluate it.

a) Plan a personalized menu based on CFG.

NB: Please contact NEDIC (National Eating Disorder Information Centre) if help is needed. Please book an appointment with me or use office hours to discuss accommodations if the assignment is of concern for your well-being.

Required documents

In addition to this handout you will need the following documents, which can be found in the *3-day record* assignment page online.

- a) **2007-Canada's Food Guide.**
- b) **Answers to Questions: Blank Tables Document:** Word document containing tables referred to in questions. **Use this document** to enter your data and type your answers to **ALL** questions. **THIS FILLED DOCUMENT WILL BE HANDED IN AS PART OF THE COMPLETED ASSIGNMENT.**
- c) **Food Record Sheet:** The food record sheet can be found on page 13. **THIS FILLED DOCUMENT WILL BE HANDED IN AS PART OF THE COMPLETED ASSIGNMENT.**
- d) **Calculating Health Eating Food Index – 2019 Scores (HEFI-2019)- [Pgs 1-2](https://www.aqua-calc.com/calculate/food-volume-to-weight).** Use <https://www.aqua-calc.com/calculate/food-volume-to-weight> to calculate all gram values of beverages.

	Total Servings									

***Highly processed foods: See examples listed in the assignment handout If you have used any of these products put a check mark or X in the column.

***Any foods that don't fit into the other six categories, such as tea, black coffee, water: put a check mark or X in the column.

**** State the beverage value in grams. Use <https://www.aqua-calc.com/calculate/food-volume-to-weight> to calculate all gram values of beverages



Assignment: Essay

Objective: Describe the types of studies used in nutrition research and identify the advantages and limitations of the studies

- Complete Science Writing Quiz (plagiarism & proper referencing) before essay
- Based on the 4 studies (provided), you will be answering the question:
- **‘how convincing is the scientific evidence that the DASH diet decreases the risk of death from cardiovascular disease?’**
- Due: Mar 2, 2025 at 11:59pm (Global Classroom-International Nutrition students can submit a 500-word essay on their group project)
- Detailed guidelines on Quercus



Plagiarism Detection Tool: Our original

Turnitin

“Normally, students will be required to submit their course essays to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site.”

Please read section # 13 of the course syllabus carefully for more details on the use of the plagiarism prevention tool Turnitin



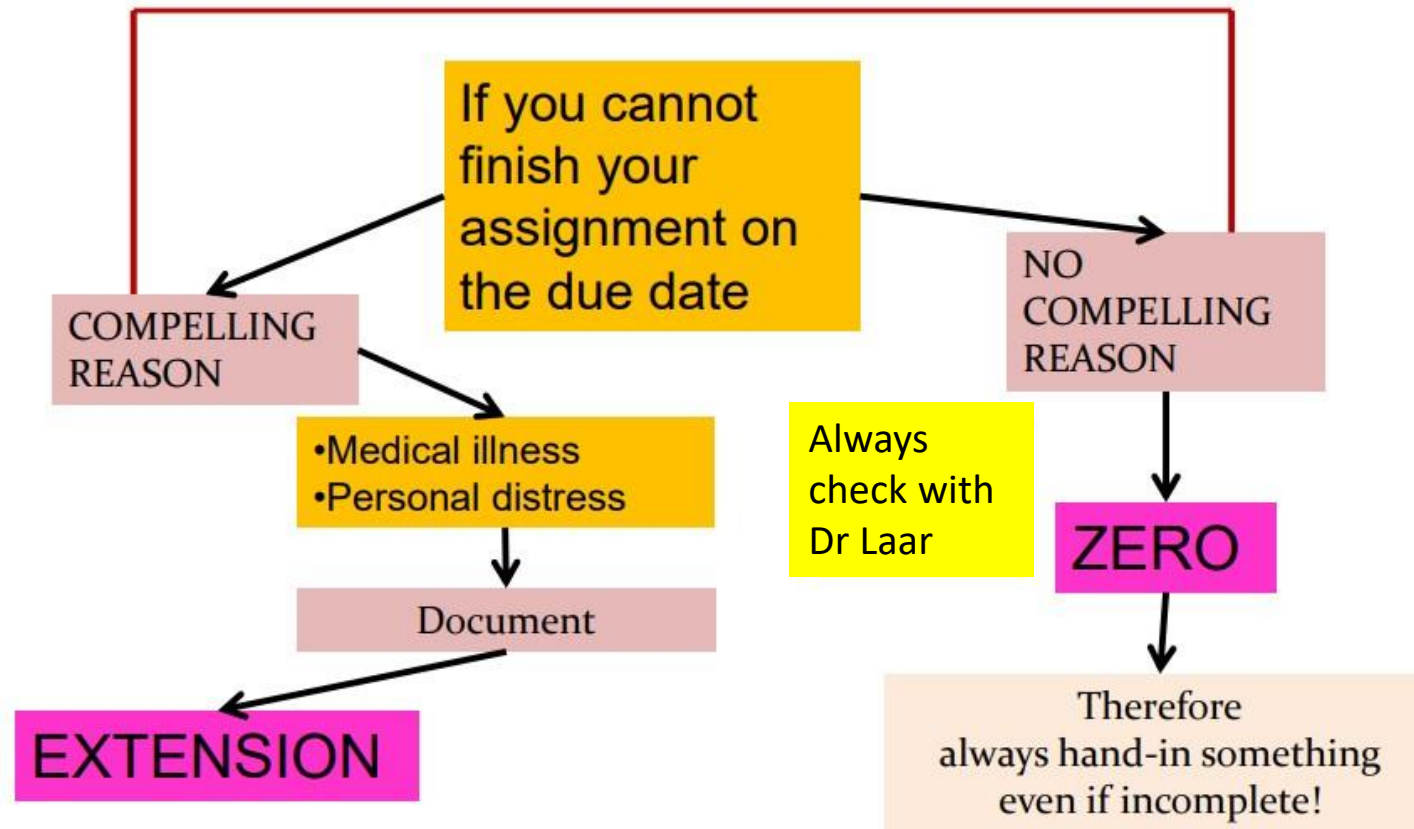
Late submission of assignments

Please read section #10 of the course syllabus carefully, for a description of the circumstances when extensions are granted. These circumstances may be stricter than what you are accustomed to in other courses. It is possible to get an extension but usually only for unforeseen circumstances and you must actively request it.

Please read section # 11
of the course syllabus
carefully for more details
on circumstances when
extensions are granted



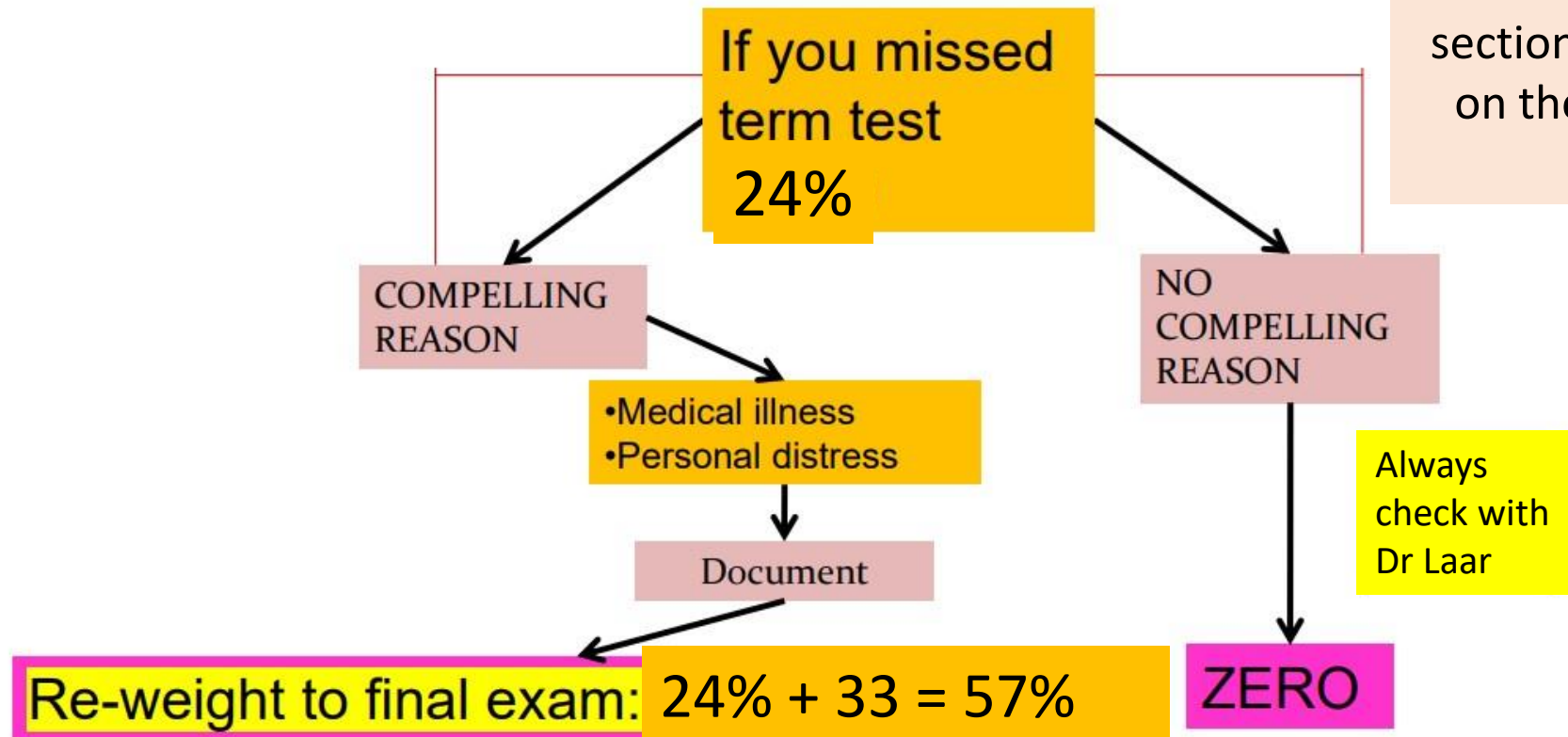
Late submission of assignments





Missed term test- No make-up tests

There is no make-up test in this course. Please read section #13 for the details on the policy on missed term test.





How to be successful in NFS 284

- Please note that the term test and final exam are based on the lecture content, supporting documents, and requires textbook readings. You are **NOT** responsible for additional information in the textbook, that is not covered in these materials

So how do you use the textbook?

- A substantial amount of the material discussed in lectures and supporting documents is derived from the textbook. Use the textbook as background reference to assist with your comprehension of the material



How to be successful in NFS 284

- 1) Powerpoint slides are posted prior to the lectures. Download and read/skim through the slides. As little as 10 minutes spent on this “preview” may enhance your ability to follow and understand the lecture.
- 2) Read all supporting documents associated with a lecture, prior to class
- 3) COME TO CLASS!!
- 4) A substantial amount of the material discussed in lectures and supporting documents is derived from the textbook so use it as a background reference to assist in your comprehension of the material.
- 5) Please note that the term tests and final exams are based on the lecture content, supporting documents, and required textbook readings. You are NOT responsible for additional material in the textbook, that is not covered in these materials.
- 6) Check out the links in #20 on the syllabus for ways to improve study skills.
- 7) Keep up-to-date with your reading. It is easy to fall behind.
- 8) Start working on assignments early- they take longer to complete than most students estimate.
- 9) In order to be successful on tests or exams, you must be able to both comprehend the material and recall it. Review your notes for comprehension regularly; use the discussion board to post questions about anything you don't understand or visit instructor during office hours to ask questions. If you have been reviewing the material during the term for comprehension, you can focus on recall in the days immediately before the exam. Become aware of how long it takes you to learn new content, so you can plan realistically. The last day before a test or exam should ideally be for review only. Finally, during an exam, persevere; don't give in to the stress.



Quercus Notifications and Announcements



Students are directed to the **Student Quercus Guide** for information on how to navigate Quercus:



Announcements are posted on the course website and it is the student's responsibility to read these regularly and to regularly check the course website for new content, upcoming due dates, and the release of grades. **It is strongly recommended that students leave their Quercus notifications on**, to be automatically be advised of Quercus announcements, posting of new course content, upcoming due dates, the releasing of grades and other course website information.



Other course policies

Be sure to carefully read the following sections of the syllabus:

- 11) Assignment re-reads
- 14) Missed final exams_ contact your college registrar
- 15) Lecture recordings – for personal use ONLY!!
- 16) Academic integrity

Help with Academic Skills

- **Academic Success Centre:** The Academic Success Centre provides workshops, peer mentoring, and other resources to help all students improve their academic skills. Check out the available services at:
<http://www.asc.utoronto.ca/>
- **English Language Learning:** Provides support to students for whom English is a second language. It also supports native speakers who would like to improve their language skills. Check out available services at:
<http://www.artsci.utoronto.ca/current/advising/ell>
- **Writing Centres:** Writing Centres provide assistance with writing assignments for all students. Check out available services at:
<http://www.writing.utoronto.ca/writing-centres>



UNIVERSITY OF TORONTO
FACULTY OF ARTS & SCIENCE

Lead or Join RSGs

Recognized Study Groups

- Meet weekly with up to 8 classmates and make friends
- Increase your understanding of course material
- Prepare for tests and exams
- Build leadership and study skills
- Get CCR recognition

SIDNEY SMITH COMMONS
uoft.me/rsgs



Activate Windows
Go to Settings to activate Windows.

Course site tour on Quercus

<https://q.utoronto.ca/courses/>