



UM | Faculty of Agricultural
and Food Sciences

Syllabus

HNSC 1200: Food Facts and Fallacies
(Winter 2021)

Department of Food and Human Nutritional Sciences

COURSE DETAILS

Course Title & Number:	Food Facts and Fallacies, HNSC 1200
Number of Credit Hours:	3 credit hours
Class Times & Days of Week:	11:30 AM – 12:20 PM Monday, Wednesday and Friday
Location for classes:	Online (hosted through Zoom)
Pre-Requisites:	There are no prerequisites

Instructor Contact Information

Instructor Name:	Ala'a Eideh
Office Location:	I will be available right after the class for 15 minutes. Also, you can find me Friday (12:20 – 1:00 PM) through Zoom (class Zoom link)
Email:	alaa.eideh@umanitoba.ca

Course Description

U of M Course Calendar Description

HNSC 1200 Food: Facts and Fallacies, 3 credit hours. (This course will present facts and fallacies about food from harvest to market forms. Emphasis will be placed on technological development, consumer concerns and factors affecting nutritional quality. Current issues related to food safety and nutritional trends will also be discussed.)

General Course Description

This course provides you with a basic introduction to food production, preservation and safety, as well as the role that nutrients play within foods.

Course Learning Objectives

Upon completion of this course, the student will be able to:

- Identify the standards for healthy eating that exist in Canada, and the challenges that Canadians face to healthy eating.
- Understand the barriers to food security in Canada and in the world, and suggest strategies to mitigate food insecurity.
- Develop an understanding of the impact of primary and secondary food production on human health and sustainability.
- Identify food and agricultural factors that affect nutrition and health

- Analyze the role of food composition (chemistry) on food quality
- Describe common physical, chemical and biological food hazards, and discuss the governments' industry's and consumers' role in minimizing the risk of illnesses caused by these hazards.
- Analyze the industrial methods used for food processing and preservation.

Textbook, Readings, and Course Materials

There is no required textbook for this course. All course readings are available on UM Learn.

Using Copyrighted Material

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Course Technology

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner.

This course is delivered online. Lectures and meetings will be delivered via Zoom.

All course materials are available on UM Learn. The unit discussions will be submitted through the discussion boards, the assignment will be submitted into the assignment folder on UM Learn and the unit quizzes, midterm exam and final exam for this course will be written on UM Learn.

You can access UM Learn from the University of Manitoba homepage: www.umanitoba.ca. For login assistance, visit the [UM Learn Resources Page](#) or contact **IST Service Desk** at servicedesk@umanitoba.ca or (204) 474-8600. Please run a system check at (<https://universityofmanitoba.desire2learn.com/d2l/systemCheck>) to verify that your system is configured properly.

Expectations: I Expect You To

- Please keep checking your UofM email and UofM Learn regularly for any class updates.
- Students must attend the Midterm Tests and Final Examination on the specified date and time for the course section in which they are registered.
- Any student who misses the Midterm Test or assignment must notify the instructor by email within 48 hours of the missed test or assignment deadline and provide appropriate documentation (medical certificate required) or compassionate reasons (documentation required). **If a student misses the midterm test for any reason, upon approval, the weight of**

their midterm test will be carried to the final exam. There will be NO deferred midterm test under any circumstances.

- Students who miss the Final Examination and wish to write a deferred exam **must contact me ASAP..**

Academic Integrity:

Example: Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Refer to specific course requirements for academic integrity for individual and group work such as:

- I. Group projects are subject to the rules of academic dishonesty;
- II. Group members must ensure that a group project adheres to the principles of academic integrity;
- III. Students should also be made aware of any specific instructions concerning study groups and individual assignments;
- IV. The limits of collaboration on assignments should be defined as explicitly as possible; and
- V. All work should be completed independently unless otherwise specified.

Recording Class Lectures:

Example: No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission (Ala'a Eideh). Course materials (both paper and digital) are for the participant's private study and research.

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services
520 University Centre
Phone: (204) 474-7423
Email: Student_accessibility@umanitoba.ca

Expectations: You Can Expect Me To

- Start class on time, be prepared for each class by providing a lesson plan at the beginning of the class in a way that will facilitate your learning experience.
- Be available to meet with you during the week, shortly after the class or during the regular weekdays. If you are unable to find me during my office hours, you can send an email to arrange for an alternative time for our meeting.
- Return the graded material as a soft copy in a timely manner (allow 1 week for exams, 2 weeks for assignments), providing a meaningful and easy to understand feedback.

- I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).

CLASS SCHEDULE AND COURSE EVALUATION

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#).

Course notes will be available 1-2 days prior to the class (UM Learn).

Class recordings will be available 1-2 days after the class (UM Learn).

Date	Class Content & Teaching Strategies	Evaluation		
		Assessment	Due Date	Grade
Week 1 Jan 18 - 22	Course introduction Start Unit 1: Basics of Nutritional Sciences			
Week 2 Jan 25 - 29	Finish Unit 1: Basics of Nutritional Sciences Start Unit 2: Food Production	Unit 1 quiz	Jan 29 by 11:55pm	3%
Week 3 Feb 1 - 5	Finish Unit 2: Food Production Start Unit 3: Food Security	Unit 2 quiz	Feb 5 by 11:55pm	3%
Week 4 Feb 8 - 12	Finish Unit 3: Food Security	Discussion posting 1	Feb 8 by 11:55pm	3%
		Unit 3 quiz	Feb 12 by 11:55pm	3%
Week 5 Feb 22 - 26	Start Unit 4: Food Chemistry	Discussion posting 2	Feb 22 by 11:55pm	3%
	<u>Midterm Exam</u>	<u>Online Midterm Exam</u>	<u>February 26 (in class)</u>	25%
Week 6	Continue Unit 4: Food Chemistry			

Mar 1 - 5				
Week 7 Mar 8 - 12	Finish Unit 4: Food Chemistry	Unit 4 quiz	March 12 by 11:55pm	3%
Week 8 Mar 15 - 19	Start Unit 5: Food Safety	Group Assignment	March 19 by 11:55pm	8%
Week 9 Mar 22 - 26	Finish Unit 5: Food Safety	Unit 5 quiz	March 26 by 11:55pm	3%
Week 10 Mar 29 – Apr 2	Start Unit 6: Food Processing			
Note: No classes April 2 (Good Friday)	<u>Course VW date: March 31</u>			
Week 11 April 5-9	Continue Unit 6: Food Processing	Discussion posting 3	April 9 by 11:55pm	3%
Week 12 April 12-16	Finish Unit 6: Food Processing Catch up and Final Exam Review Complete and send in the course evaluation (UM SRI) on UM Learn.	Unit 6 quiz	April 16 by 11:55pm	3%
		Final exam: TBA (April 19 – May 1, 2021)		40%
				100%

Evaluation due date	Assessment	Grade %
January 29 th (11:55 PM)	Unit 1 quiz	3%
February 5 th (11:55 PM)	Unit 2 quiz	3%
February 8 th (11:55 PM)	Discussion posting 1	3%
February 12 th (11:55 PM)	Unit 3 quiz	3%
February 22 nd (11:55 PM)	Discussion posting 2	3%
February 26 th (in class)	Mid-term exam (Units 1, 2 & 3)	25%
March 12 th (11:55 PM)	Unit 4 quiz	3%
March 19 th (11:55 PM)	Group assignment	8%
March 26 th (11:55 PM)	Unit 5 quiz	3%
April 9 th (11:55 PM)	Discussion posting 3	3%
April 16 th (11:55 PM)	Unit 6 quiz	3%
TBA (April 19 th – May 1 st)	Final examination (Units 1, 2, 3, 4, 5 & 6)	40%

Grading

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	90-100	4.25-4.5	4.5
A	80-89.9	3.75-4.24	4.0
B+	75-79.9	3.25-3.74	3.5
B	70-74.9	2.75-3.24	3.0
C+	65-69.9	2.25-2.74	2.5
C	60-64.9	2.0-2.24	2.0
D	50-59.9	Less than 2.0	1.0
F	Less than 50		0

Voluntary Withdrawal

Winter 2021 voluntary withdrawal (VW) date with a refund is January 29, 2021 and the last date to VW (with no refund) is March 31, 2021.

Please check the [Registrar's Office](#) web page for more information. If you need to discuss your progress in the course prior to any of the given date please let me know.

ASSIGNMENT DESCRIPTIONS

All work in this course is to be completed independently unless otherwise specified. **Note:** Detailed instructions about the unit discussions, including marking rubrics are found on UM Learn. Unit discussions will be submitted on the discussion boards on UM Learn and the unit quizzes, midterm exam, and final examination for this course will be written on UM Learn.

There are three unit discussions, one assignment, and six online quizzes:

Unit Discussions

Discussions will be completed online in designated discussion forums. You will find the specific questions to be answered for each discussion topic on each discussion board. To access the discussion boards on UM Learn, click on the Communication tab and select Discussions. The due dates for the discussion submissions are listed in the course schedule.

Group Assignment

Detailed instructions about the assignment can be found on UM Learn in the Assignments folder under the Content tab.

Quizzes

There will be timed online quizzes for each unit on UM Learn. There are 10 multiple choice / true and false questions in each quiz, and you are allotted 10 minutes for each quiz. Only your first attempt at each quiz will be recorded into the gradebook, so ensure that you have completed the assigned readings for the unit before attempting the quiz. You can complete the quizzes as many times as you like before the due date as practice for the midterm and final exam.

Examinations:**Online Midterm Exam**

The online midterm exam is 50 minutes in length and consists of 50 multiple choice / true and false questions, focusing on the learning objectives found in each unit. The midterm will test units 1, 2 and 3. The midterm exam will be administered online through UM Learn. The midterm will be available for the time period listed in the course schedule, however once you open the exam, you will have 50 minutes to complete the test. Therefore, it is important that you do not open the midterm until you are ready to complete the entire exam. The midterm will be proctored (supervised), and, it is expected that you will complete the midterm without using unauthorized materials (such as notes, textbooks or other websites). Midterm should also be completed individually, and should be completed by the student who is registered in the course. Please review the information found on the University of Manitoba Academic Integrity website: <http://umanitoba.ca/student-supports/academic-supports/academic-integrity> for more information on academic misconduct, and how to avoid it. Students found to be engaging in any of the above behaviours will be referred to the Food and Human Nutritional Sciences Department for investigation.

Online Final Exam

The online final exam is 105 minutes in length and consists of 100 multiple choice / true and false questions, focusing on the learning objectives found in each unit. The final exam will cover materials from units 1-6, with more emphasis on units 4, 5 and 6. The Registrar's Office is responsible for the final exam schedule which is available approximately one month after the start of the course. This exam will be administered online through UM Learn and will be available for a scheduled time period, however once you open the exam, you will have 105 minutes to complete the exam. Therefore, it is important that you do not open the exam until you are ready to complete the entire exam. The final exam will be an proctored exam (supervised), and, it is expected that you will complete the final examination without using unauthorized materials (such as notes, textbooks or other websites). This exam should also be completed individually, and should be completed by the student who is registered in the course. Please review the information found on the University of Manitoba Academic Integrity

website: <http://umanitoba.ca/student-supports/academic-supports/academic-integrity> for more information on academic misconduct, and how to avoid it. Students found to be engaging in any of the above behaviours will be referred to the Food and Human Nutritional Sciences Department for investigation.

Referencing Style

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2009). Publication manual of the American Psychological Association (6th ed.). Washington, DC: Author.

Assignment Feedback

I will do my best to ensure that I/ our graders/markers return the graded material as a soft copy in a timely manner (quizzes and mid-term exam will be graded immediately once submitted online, please allow 1-2 weeks for group assignment and discussion postings), providing a meaningful and easy to understand feedback.

Assignment Extension and Late Submission Policy

Should you have a genuine need to request an extension for the online assignment, please contact me as soon as possible, preferably before the deadline.

UNIVERSITY SUPPORT OFFICES & POLICIES

Here is a list of academic supports available to Students:

- **Writing and Learning Support**

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor's feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

- **University of Manitoba Libraries (UML)**

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries' homepage: www.umanitoba.ca/libraries.

- **For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.**

Student Counselling Centre

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:*

<http://umanitoba.ca/student/counselling/index.html>

474 University Centre or S207 Medical Services

(204) 474-8592

Student Support Case Management

Contact the Student Support Case Management team if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

Student Support Intake Assistant <http://umanitoba.ca/student/case-manager/index.html>

520 University Centre

(204) 474-7423

University Health Service

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

University Health Service <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus

(204) 474-8411 (Business hours or after hours/urgent calls)

Health and Wellness

Contact our Health and Wellness Educator if you are interested in [peer support from Healthy U](#) or information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.

Health and Wellness Educator <https://umanitoba.ca/student/health-wellness/welcome-about.html>

britt.harvey@umanitoba.ca

Live Well @ UofM

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

<http://umanitoba.ca/student/livewell/index.html>

▪ Copyright

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The Copyright Office provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

▪ Your rights and responsibilities

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate respectful manner. Policies governing behavior include the:

Respectful Work and Learning Environment

http://umanitoba.ca/admin/governance/governing_documents/community/230.html

Student Discipline

http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html and,

Violent or Threatening Behaviour

http://umanitoba.ca/admin/governance/governing_documents/community/669.html

- If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault** policy may be found at:
http://umanitoba.ca/admin/governance/governing_documents/community/230.html
More information and resources can be found by reviewing the Sexual Assault site
<http://umanitoba.ca/student/sexual-assault/>
- For information about rights and responsibilities regarding **Intellectual Property** view the policy http://umanitoba.ca/admin/governance/media/Intellectual_Property_Policy_-_2013_10_01.pdf

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site

<http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

Student Advocacy

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>

520 University Centre

204 474 7423

student_advocacy@umanitoba.ca