



UM | Faculty of Agricultural
and Food Sciences

Syllabus

HNSC 4340: Maternal and Child Nutrition
(Winter 2022)



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COURSE DETAILS

Course Title & Number:	Maternal and Child Nutrition, HNSC 4340
Number of Credit Hours:	3 Credit Hours
Class Times & Days of Week:	2:30 – 5:15 PM Friday
Location for classes:	Online (hosted via Zoom)
	https://navitas.zoom.us/j/97052848310
Pre-Requisites: Or Co-Requisites	HNSC 3310 or HNSC 3320 HNSC 3300

This course (HNSC 4340) is offered in alternate years

INSTRUCTOR CONTACT INFORMATION

Instructor Name: Ala'a Eideh

Office Hours: I will be available right after the class for 15 minutes.
Please note that I prefer meetings to emails, unless you have a quick question. Feel free to request an appointment during the week, I am available Mondays and Wednesdays (3:00 – 4:00 PM)

Email: alaa.eideh@umanitoba.ca

COURSE DESCRIPTION

U of M Course Calendar Description

The role of nutrition in normal human development from conception through childhood.

General Course Description

This course provides an overview of the basics of maternal and child nutrition. This course will provide you with information needed to promote your learning and expand your knowledge in maternal nutrition, as well as child nutrition. This course will provide you with resources that will enable you to provide sound nutritional recommendations to mothers and children for health promotion and disease prevention.

COURSE GOALS

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

1. Have a sound understanding of the basics of: Physiology of pregnancy and lactation; physiology of growth and development; nutritional needs during pregnancy and lactation; and nutritional needs during growth and development from conception to adolescence.
2. Apply individual concepts of: Nutritional management of common pregnancy complications; nutritional management of common challenges during breastfeeding; and nutritional interventions of common medical problems during growth and development from conception (or preconception) to adolescence.
3. Verbally present, discuss and interpret research findings on various topics on maternal and child nutrition.

TEXTBOOK, READINGS, AND COURSE MATERIALS

Required Readings:

Course materials including all textbook chapters, handouts, links to external resources and lecture recordings will be provided and posted on UM Learn

- Frances Sizer, Eleanor Whitney & Leonard A. Pichè. *Nutrition: Concepts and Controversies*. Fifth Canadian edition, Nelson Education (2020). Selected chapters
- Janice Raymond, & Kelly Morrow. *Krause and Mahan's Food and the Nutrition Care Process*. 15th edition (2020). Selected chapters
- Other reading materials will be provided in the form of external resources, handouts, case studies, links, webinars ... etc (please check the handout tab 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

Classes will be delivered via Zoom. Students will need to use Zoom, PowerPoint, PDF, video player, Word, other Apple/ Android apps.

EXPECTATIONS: I EXPECT YOU TO

- Please keep checking your UM email and UM Learn regularly for any class updates.
- Please read and do your best to locate information related to the course logistics and content on UM Learn before you send an email.

- Attend the classes, midterm and final exams, and student presentations on the specified date and time.
- Any student who misses the midterm test, the final test or any of the assignment(s) must notify the instructor by email within 48 hours of the missed test or assignment due date and provide appropriate documentation (medical certificate required) or compassionate reasons (documentation required).

Academic Integrity:

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:

No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without Ala'a Eideh's permission. 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 (please allow 1-2 weeks for assignments), providing a meaningful and easy to understand feedback (rubrics).
- 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 materials will be available shortly before the class (UM Learn), or shortly after the class (UM Learn).

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

Date	Class Content & Teaching Strategies
January 28 Topic 1	<ul style="list-style-type: none"> - Introductions, course outline and expectations - Lecture: Introduction to Maternal and Child Nutrition (a short lecture about the life cycle) - Research (a short lecture) and presentations - Student orientation (student presentations)
February 4 Topic 2	<ul style="list-style-type: none"> - Lecture: Maternal nutrition (Pregnancy) - Guest speaker interview: Gestational diabetes
February 11 Topic 3	<ul style="list-style-type: none"> - Lecture: Maternal nutrition (Lactation) - Guest speaker (Human milk)
February 18 Topic 4	<ul style="list-style-type: none"> - Child nutrition (Infancy) - Guest speaker: (Food allergy during childhood)
<i>February 25</i> <i>No Class - Winter Term Break</i>	
March 4 Topic 5	Mid-term exam
March 11 Topic 6	<ul style="list-style-type: none"> - Child nutrition (Childhood) - Webinar (selected topics in nutrition during childhood – TBA)
March 18 Topic 7	Student presentations (TBA)
March 25 Topic 8	Student presentations (TBA)
April 1 Topic 9	Student presentations (TBA)
April 8 Topic 10	Student presentations (TBA)
<i>April 15</i>	

<i>No Class - Good Friday</i>	
April 22	- Revision and preparation for the final exam
April 26 - May 3 Final Exam (TBA)	
*Guest speaker lectures: Please notice that dates/ topics are subject to change, students will be notified closer to the class date/ time about any changes	

Evaluation due date	Assessment	Grade %
March 4	Mid-term exam (topics 1-4)	30%
March 18 - April 8	Student presentations	25%
April 26 - May 3 (TBA)	Final exam (topics 5-10)	40%
Throughout the term	Participation (class discussions, attendance ... etc)	5%

GRADING

Letter Grade	Percentage out of 100
A+	90-100
A	80-89.9
B+	75-79.9
B	70-74.9
C+	65-69.9
C	60-64.9
D	50-59
F	Less than 50

VOLUNTARY WITHDRAWAL

Winter 2022 voluntary withdrawal (VW) date with a refund is February 4, 2022 and the last date of VW (with no refund) is April 25, 2022.

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

Class Participation: 5% of final grade.

Students will be expected to attend all classes and to participate in class activities. This may include class discussions, asking questions to guest speakers, and of course, contributing to the quality of the class by asking questions and sharing experiences.

(See evaluation criteria to be used in marking, please check the rubric on UM Learn).

Mid-term and final exam: 30% and 40% of final grade, respectively.

Your understanding of the course content will be assessed through multiple choice questions (60% of the questions in a given exam), short answer questions (30% of the questions in a given exam)

and long answer questions (10% of the questions in a given exam).

Student presentations: 25% of final grade.

Details are available on UM Learn, and will be discussed thoroughly during the class. Overall, students are expected to work in groups OR individually to cover a topic that is relevant to the course content. Students will gather the scientific literature, summarize it, and present it in front of the class.

Here is a list of some of the topics that you will be working on (this is just a shortlist, more topics will be assigned during the class):

- Diet, gut health and immunity during childhood
- Personalized nutrition and pregnancy outcomes
- Nutritional status and stillbirth
- Micronutrient deficiencies and pregnancy outcomes
- Diet, mental health and pregnancy outcomes
- Substance use and nutritional status during pregnancy and lactation
- Vegan diet and pregnancy outcomes
- Iron status and anemia during childhood
- COVID-19 pandemic, eating habits and pregnancy outcomes
- Indigenous maternal nutrition
- Indigenous child nutrition (infancy, childhood, adolescence)
- Role of diet in the management of common pregnancy complications
- Role of diet in the management of breastfeeding challenges
- Eating habits during childhood and overall health

Since one of the course goals is to enable you to present and discuss research findings in front of the class, here is some useful resources on how to make a great presentation:

- <https://umanitoba.ca/student/academiclearning/media/Preparing-an-Oral-Presentation-06.pdf>
- https://umanitoba.ca/faculties/health_sciences/medicine/units/psychiatry/media/2015-08-11-Giving_to_do_Great_Presentations.pdf

REFERENCING STYLE

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2020). Publication manual of the American Psychological Association (7th ed.). Washington, DC: Author.

1. For APA referencing style (please click the link below) – how to cite your reference if it's a paper, book, video .. etc?
https://libguides.lib.umanitoba.ca/ld.php?content_id=35726641
2. For sample papers using APA referencing style (please click the link below)
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/apa_sample_paper.html
3. For more information about APA referencing style (please click the link below)
<https://apastyle.apa.org>

ASSIGNMENT FEEDBACK

I will do my best to ensure that I/ our grader/marker return the graded material as a soft copy in a timely manner (please allow 1-2 weeks for exams/ assignments), 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/ exam, 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 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