



UM | Faculty of Agricultural
and Food Sciences

Syllabus

HNSC 1200 A02: Food Facts and Fallacies
(Summer 2022)



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COURSE DETAILS

Course Title & Number:	HNSC 1200 Food Facts and Fallacies
Number of Credit Hours:	3
Class Times & Days of Week:	4-5:15 TR May 9- June16. July 4- August11
Location for classes/labs/tutorials:	FLETCHER ARGUE 100
Pre-Requisites:	There are no pre-requisites for taking this course.
Office hour:	Before and after the class. Or arranged time by email

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Aysheh Shuaibi, PhD
Office Location:	Room 404HE
Office Hours or Availability:	Send me email and we can schedule one.
Office Phone No.	204-228-2707 (please leave a message that includes your name, course, and call back number)
Email:	Aysheh.shuaibi@umanitoba.ca . I will try my best to return your email within 48 hours. <i>Note:</i> All email communication must conform to the Communicating with Students university policy.
Contact:	If you need to contact me during the course, the best way to reach me is through email (Aysheh.shuaibi@umanitoba.ca). Please ask general questions in the course discussion forum rather than sending an email. That way all students can see the answer to the question. Throughout the course, I will relay important messages to you through the "Course Announcements" on the home page. Please be sure to check this regularly.

Course Description

U of M Course Calendar Description

HNSC 1200 Food: Facts and Fallacies (Formerly 030.120), 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. Not to be held with 030.119.

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 Goals

Upon completion of the course, you should 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
- Analyse 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.
- Analyse the industrial methods used for food processing and preservation.

Course Learning Objectives

You will find the learning objectives for each unit in the course readings.

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 Face to face course. 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 as well. Midterm exam and final exam for this course will be written in the Class.

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 you system is configured properly.

Expectations: I Expect You To

I strongly encourage you to carefully read the course notes, including all links to external sites, and all video and audio recordings, as all of these will be testable on the unit quizzes, midterm exam and final exam.

You should plan on the reading, writing, and studying to take approximately six hours per week. Six hours is equivalent to three hours of regular course contact plus three hours of study time, if you were a student attending an on-campus course.

The unit discussions, assignment, midterm exam and the online quizzes at the end of each unit relate directly to what you can expect on the final exam. You should complete the online quizzes regularly, as this help to prepare you for the midterm exam and the final exam.

Class Communication:

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic

Communication with Student Policy:

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

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Plagiarism or any other form of cheating in examinations, midterm exam or academic work is subject to serious academic penalties (e.g. suspension or expulsion from the faculty or university). Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., crib notes, pagers, or cell phones). Exam cheating can also include exam personation. A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalty.

Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently. 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](#). An assignment which is prepared and submitted for one course should not be used for a different course. This is called “duplicate submission” and represents a form of cheating because course requirements are expected to be fulfilled through original work for each course.

When in doubt about any practice, ask your professor or instructor. Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Recording Class Lectures:

The instructor and the University of Manitoba hold copyright over the course materials, presentations and lectures which form part of this course. No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of the instructor. 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

My goal is to return emails and answer discussion questions within 48 hours of submission. I keep an active presence on the course page and expect you to log in to the course regularly as well. I hope that the mixture of readings, audio files and video clips will help you in understanding the material of this class.

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](#).

Date	Class Content & Teaching Strategies	Required Readings or any Pre-class Preparation	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade

Week 1 May 9-13	Introduction to the course Unit 1: Basics of Nutritional Sciences	Unit 1 course notes			
Week 2 May 16-20	Finish Unit 1:		Online quiz	Unit 1 quiz due May 20 by 11:55pm	3%
Week 3 May 24-27	Unit 2: Food production	Unit 2 course notes			
Week 4 May 30-June 3	Finish Unit 2: Food Production Start Unit 3 Food Security	Unit 2 course note Unit 3 course note		Unit 2 quiz: due June 3 by 11:55 pm Discussion posting 1 due June 5 by 11:55pm	3% 3%
Week 5 June 6-10	Finish Unit 3: Food Security	Unit 3 course notes	Unit 3 course note	Discussion posting 2 due June 10 by 11:55 pm	3%
Week 6: June 13-16	Catch up with the first three units and the Midterm exam		Midterm Exam June 16	Unit 2 quiz due June 14 by 11:55 PM Midterm Exam will be in class June 15	3% 25%

July 4-8	Unit 4 Food Chemistry			Assignment will open online	
July 11-15	Unit 4 Food Chemistry				
July 18-22	Unit 4 Food Chemistry			Unit 4 quiz due July 22 by 11:55 PM	
VW: July 21					
July 25-29	Unit 5 food safety			Unit 5 quiz due July 29 by 11:55 PM	
August 1-5	Unit 6 food Processing			Discussion posting 3 due August 5 by 11:55 PM Assignment due August 5 by 11:55 PM	
August 8-11	Catch up unit 4, 5 and 6			Unit 6 quiz Due August 11 by 11:55 PM	3%
August 15-20	Final Exam (Scheduled by RO)			Final exam	40%
					100%

Grading

Marks are not rounded (this is the same procedure followed in all sections of this course).

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

The last day to withdraw with no refund is July 21, 2022. Students who do not drop the course by the deadline will be assigned a final grade. Please note that withdrawal courses will be recorded on official transcript. Please refer to the [Registrar's Office](#) web page for more information. I am always willing to discuss student's progress and strategies for improvement prior the withdrawal date.

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 are online. midterm exam, and final examination for this course will be written in Class.

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:

In class Midterm Exam

The 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 on class. 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.

In Class 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 in class, 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. 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. (2020). *Publication manual of the American Psychological Association* (7th ed.). Washington, DC.

There are resources available on APA reference style on the University of Manitoba Library page: www.umanitoba.ca/libraries.

Assignment Feedback

My goal is to have your unit discussions and assignment marked and returned to you within 7 working days of the due date. You will be able to access your marked discussions and assignment rubrics on UM Learn.

Assignment Extension and Late Submission Policy

Be sure that you plan your time accordingly throughout the term, as extensions will not be granted for reasons other than medical or compassionate circumstances. 10% will be deducted from your mark for each day late. You must email me in order to submit a late discussion posting, as the discussion boards will automatically close on the due date. Discussion postings submitted more than 10 days after the due date will automatically receive a mark of 0. For the online quizzes or midterm exam, please email me if you have missed the deadline with the reason you missed the deadline. Again, extensions will only be granted for medical or compassionate circumstances.

UNIVERSITY SUPPORT OFFICES & POLICIES

Section (a):

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.

Section (b):

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 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 <http://umanitoba.ca/student/health-wellness/welcome.html>
Katie.Kutryk@umanitoba.ca
469 University Centre
(204) 295-9032

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>

Section (c):

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.

Section (d):

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

Foundational Knowledge Content Areas for Dietetics Education

This dietetic education program is an accredited program recognized by the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for registration with a provincial dietetics regulatory body.

Highest level achieved: 1= demonstrate broad knowledge; 2= demonstrate comprehension; 3 = analyze, interpret and apply knowledge

Content Area	Foundational Knowledge	Cognitive Complexity Level
Food	Physical properties and chemical composition of food	2
	Food preservation, storage and packaging	1
	The role of ingredients and their interaction in food preparation	1
	Household food preparation	1
	Application of dietary requirements, guidelines, and guidance tools to food planning	1
	Food labeling	1
	Food-borne illness	1
Food Service Systems	Hazard Analysis and Critical Control Points (HACCP)	1
Human Nutrition across the Lifespan	Nutrition recommendations and guidelines	1
Microbiology	Classification of microbes	1
	Microbes in food safety	1
	Microbes in food production including prebiotics and probiotics	1
Pharmacology	Nutrients and nutraceuticals as pharmacological agents	1
	Natural health products	1
Population Food Systems and Food Security	Food production, preparation, processing, distribution and waste management	1

	Global and local food systems and factors affecting the supply of food	
	Sustainable food practices	1
	Factors affecting access to food	1
	Food consumption patterns and trends	1
Professional Practice in Dietetics	Time and workload management	1
	Role of research and new knowledge	1
Research and Evaluation	Theoretical foundations of research	1
Social and Psychological Foundations	Behavioural theories relevant to eating and food choice	1
	Social and psychological aspects of eating and food choice, in health and disease	1
	Social justice, diversity and equity in society	1
	Cultural competence	2