

# Syllabus

HNSC 1200: Food Facts and Fallacies, D01  
(Summer 2022)

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## COURSE DETAILS

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**This is a distance education course. All the course material and assessments will be available on UMLearn. There will be no lecture slots for this course.**

**Course Title & Number:** HNSC 1200, Food Facts and Fallacies

**Number of Credit Hours** 3

**Pre-Requisites:** There are no pre-requisites for taking this course.

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## Instructor Contact Information

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**Instructor(s) Name & Preferred Form of Address:** Snehil Dua  
Snehil or Dr. Dua

**Office Hours or Availability:** Please drop in during my virtual office hours on Fridays between 10-11 am, should you have any questions. Here's the link to join the office hours. [The link for my office hours on Fridays 10-11 am](#)

**Office Phone No.** 204-4746505 (Please do not leave a message)  
204-2614512 (Home, landline, no texting)

**Email:** [Snehil.Dua@Umanitoba.ca](mailto:Snehil.Dua@Umanitoba.ca)

Please indicate the course number you are write to me about. I am teaching multiple courses this term. Knowing which course your question pertains to will help me respond meaningfully to your email.

*Note:* All email communication must conform to the [Communicating with Students](#) university policy.

**Contact:** Please regularly check UMLearn announcements. This will be my primary way to inform you about any important information about this course. The best way to get in touch with me will be via email. I encourage you to join me during my office hours (virtual) should you have a question. Phone calls should typically be used for urgent matters. I check my emails more often than my phone calls.

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## COURSE DESCRIPTION

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### 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

### General Course Description

This course provides you with an introduction to the basics of nutrition, food production, food preservation and food safety.

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### Course Goals

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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
- 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.

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### Course Learning Objectives

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You will find the learning outcome of each unit at the beginning of each unit's course material.

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## COURSE MATERIALS AND TECHNOLOGY

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Be aware of copyright 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](mailto:um_copyright@umanitoba.ca).

**Required textbook** – There is no required textbook for this course. All course readings are available through UM Learn.

**Supplementary readings** – where they are located, costs, method of access if they are electronic.

**Recommended or required materials:** – In lecture notes, several resources are provided, clearly indicating the ones that are required and those that are recommended. All resources are publicly available.

You must have access to a stable internet connection to be able to access all the course material and to be able to complete all the assessments on Umlearn.

## EXPECTATIONS AND POLICIES

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### I EXPECT YOU TO:

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

I expect you to read the syllabus carefully, manage your time well, and be aware of all the deadlines for a variety of assessments for this course.

You should plan on the reading, writing, and studying to take approximately six hours per week. Six hours is roughly 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, online term tests, assignment and the unit quizzes at the end of each unit relate directly to what you can expect on the final exam. You should complete the unit quizzes and discussions regularly, as this will help to prepare you for the term tests and the final exam.

### Class Communication:

The University requires all students to activate an official University email account. For full details of the Electronic Communication with Students please visit:

[http://umanitoba.ca/admin/governance/media/Electronic\\_Communication\\_with\\_Students\\_Policy\\_-\\_2014\\_06\\_05.pdf](http://umanitoba.ca/admin/governance/media/Electronic_Communication_with_Students_Policy_-_2014_06_05.pdf)

Please note that all communication between me and you as a student must comply with the electronic communication with student policy

([http://umanitoba.ca/admin/governance/governing\\_documents/commModuley/electronic\\_communication\\_with\\_students\\_policy.html](http://umanitoba.ca/admin/governance/governing_documents/commModuley/electronic_communication_with_students_policy.html)).

You are required to obtain and use your U of M email account for all communication between yourself and the university.

The University of Manitoba is committed to providing an accessible academic community, so am I. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. If you have, or you think you may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual), please contact SAS to arrange a confidential consultation. This is a very useful service for the students with disabilities. I have made every effort to make the course content accessible and will accommodate your needs as per SAS recommendations. Please do not hesitate to contact SAS.

Student Accessibility Services  
520 University Centre

Phone: (204) 474-7423

Email: [Student\\_accessibility@umanitoba.ca](mailto:Student_accessibility@umanitoba.ca)

## Recording Synchronous Sessions/Online Lectures

I own my course content and, thus, the copyright to my courses. All the material (course content, slides, video recordings etc.) is for you to use for the successful completion of this course. **You do not have my permission to share any part of this material on any platform.**

**EXPECTATIONS:** My teaching is guided by the principle of fairness. You can expect me to be fair to all in all the assessments. You can also expect me to be available during my office hours and respond to your emails within 48h on the weekdays.

## COURSE SCHEDULE

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
May 9-13	Orientation: Please familiarize yourself with the syllabus, assessment and course schedule, and other important information  Start Unit 1: Basics of nutrition.	Required: Welcome letter and the syllabus.  Recommended: A walk-through of the course  Course material on umlearn	Syllabus quiz	May 13, 2022	0%
May 16-20	Unit 1 Basics of Nutrition	Course material on umlearn	Unit 1 quiz	11:59 PM, May 20, 2022	3%
May 23-27	Unit 2: Food production	Course material on umlearn			
May 30-June 3	Unit 2: Food production	Course material on umlearn	Unit 2 quiz	11:59 PM, June 3, 2022	3%
June 6-10	Unit 3: Food security	Course material on umlearn	Discussion 1 (units 1 and 2)	11:59 PM, June 10, 2022	3%
June 13-17	Unit 3: Food security	Course material on umlearn	Unit 3 quiz	11:59 PM, June 17, 2022	3%

June 17	-	-	-	-	-
June 27-July 1	Summer term break	-	-	-	-
July 4-8	Unit 4: Food chemistry	Course material on umlearn	<b>Midterm test (Units 1-3)</b>  <b>AND Discussion 2</b>	<b>8:30 am July 7 - 8:30 am July 8. (Time allowed 50 minutes) Discussion availability ends at 11:59 PM on July 8</b>	<b>25%</b>  <b>And 3%</b>
July 11-15	Unit 4: Food chemistry	Course material on umlearn	Unit 4 quiz	11:59 PM, July 15, 2022	3%
July 18-22	Unit 5: Food safety	Course material on umlearn	<b>Assignment (Available under quizzes on umlearn)</b>	<b>Available from May 9, 2022. Due 11:59 PM. July 22, 2022.</b>	<b>8%</b>
July 25-29	Unit 5: Food safety	Course material on umlearn	Unit 5 quiz	11:59 PM, July 29, 2022	3%
August 1-5	Unit 6: Food processing	Course material on umlearn			3%
August 8-11	Unit 6: Food processing	Course material on umlearn	Unit 6 quiz and Discussion 3	11:59 PM, August 11, 2022	3%
August 15-20	Final exam period				<b>40%</b>

### Voluntary Withdrawal

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The last date to add/drop this course: May 19, 2022

The voluntary withdrawal date (No refund of the fee): July 21, 2022

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## COURSE ASSESSMENT

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

### **Assignment**

Detailed instructions about the assignment can be found on UM Learn in the Assignments folder under the Content tab. **The assignment will be submitted through the Quizzes application in UM Learn.**

### **Quizzes**

There will be a timed online quiz 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 unproctored (not supervised), however it is expected that you will complete the midterm without using unauthorized materials (such as notes, textbooks or other websites). The 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.

**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 unproctored exam (not supervised), however 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.

## Grading

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Indicate your grading scale. A sample is given below that you can adjust to your course expectations.

**Important:** Ask your department head for the faculty/ departmental approved grading scale.

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

## 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](http://www.umanitoba.ca/libraries), as well as on UM Learn.

## 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 rubrics and assignment feedback on UM Learn.

## Assignment Extension and Late Submission Policy

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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. UM Learn date stamps your submissions, so the late penalty will be applied starting immediately after the due date and time outlined in the course schedule. You must email me in order to submit a late discussion posting, as the discussion boards will automatically close on the due date. 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. You must contact me within 48 hours of the missed assessment to qualify for an extension/deferral. Assignments submitted more than 10 days after the due date will automatically receive a mark of 0.

## Academic Integrity

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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. All assessments are individual, and any form of collaboration is prohibited;
- II. All work should be completed independently unless otherwise specified;
- III. The term tests and the final exams are closed-book assessments.

## LEARNER SUPPORT

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### Schedule “A”

**Section (a):** A list of academic supports available to Students, such as the Academic Learning Centre, Libraries, and other supports as may be appropriate:

#### 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](http://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 [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](mailto: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>

### **Section (c):** A notice with respect to 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.

### **Section (d):** A statement directing the student to University and Unit policies, procedures, and supplemental information available on-line:

#### **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](http://umanitoba.ca/admin/governance/governing_documents/community/230.html)

#### **Student Discipline**

[http://umanitoba.ca/admin/governance/governing\\_documents/students/student\\_discipline.html](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](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](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 [https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual%20Property%20Policy%20-%202013\\_10\\_01%20RF.pdf](https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual%20Property%20Policy%20-%202013_10_01%20RF.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](mailto:student_advocacy@umanitoba.ca)

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## ACKNOWLEDGEMENTS

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This course was jointly developed by Kristin Hildahl-Shawn, RD (Units 1-3) and Dr. Snehil Dua (Units 4-6)

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### Using Copyrighted Material

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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](mailto:um_copyright@umanitoba.ca).

**Note:** I hold the copyright to all of your course material that I prepared and presented. Course materials (both paper and digital) are for your private study and research and should not be shared.

#### 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
<b>Food</b>	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
<b>Food Service Systems</b>	Hazard Analysis and Critical Control Points (HACCP)	1
<b>Human Nutrition across the Lifespan</b>	Nutrition recommendations and guidelines	1
<b>Microbiology</b>	Classification of microbes	1
	Microbes in food safety	1
	Microbes in food production including prebiotics and probiotics	1
<b>Pharmacology</b>	Nutrients and nutraceuticals as pharmacological agents	1
	Natural health products	1
<b>Population Food Systems and Food Security</b>	Food production, preparation, processing, distribution and waste management	1
	Global and local food systems and factors affecting the supply of food	1
	Sustainable food practices	1
	Factors affecting access to food	1
	Food consumption patterns and trends	1
<b>Professional Practice in Dietetics</b>	Time and workload management	1
	Role of research and new knowledge	1
<b>Research and Evaluation</b>	Theoretical foundations of research	1
<b>Social and Psychological Foundations</b>	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