



UM | Faculty of Agricultural
and Food Sciences

Syllabus

HNSC 1210 A02: Nutrition for Health and Changing
Lifestyles

(Summer 2022)



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COURSE DETAILS

Course Title & Number:	HNSC 1210 A02 Nutrition for Health and Changing Lifestyles
Number of Credit Hours:	3
Class Times & Days of Week:	Tuesdays and Thursdays from 4:00-5:15 pm
Location for classes/labs/tutorials:	206 Human Ecology
Pre-Requisites:	There are no pre-requisites for taking this course.

Instructor Contact Information

Instructor(s) Name:	Maria Baranowski, MSc, RD
Office Location:	
Office Hours or Availability:	If you would like to schedule a meeting, please send me an email.
Office Phone No.	
Email:	baranowm@myumanitoba.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 (baranowm@myumanitoba.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 1210 Nutrition for Health and Changing Lifestyles (Formerly 030.121), 3 credit hours. This course addresses the relationship between nutrition and health. The focus is on healthy eating and on strategies for modifying food patterns within the context of lifestyle and culture. Not to be held with 030.117 or 030.323 or HNSC 1100.

General Course Description

This course provides you with a basic introduction to nutrition and health. The concepts that you will learn in the course can be applied to your own lives to improve your nutritional well being. Common myths about nutrition will be debunked and we will discuss the nutritional make up of some commonly consumed foods.

Course Goals

Upon completion of the course you should be able to:

- identify the standards for healthy eating that exist in Canada;
- identify influences on food choices;
- recognize your own nutritional needs and how to achieve them through foods;
- identify characteristics of nutrition quackery and valid nutrition information;
- identify nutrients of concern for various lifecycles and lifestyles (e.g. children, older adults, vegetarians, athletes, etc);
- recognize the relationship between nutrition and health status;
- analyze personal dietary intake in relation to Canadian standards; and
- identify functions, food sources and deficiency/toxicity symptoms for vitamins and minerals.

Course Learning Objectives

You will find the learning objectives for each unit in the course notes. The questions on the midterm and final exam will be directly focused on these learning objectives.

Textbook, Readings, and Course Materials

Required textbook – Sizer, F., Whitney, E., & Piche, L. (2021). *Nutrition concepts and controversies with MindTap*. (5th Canadian Ed.). Toronto, ON: Nelson Education Ltd.

ISBN: 9780176911720 (paper copy) or ISBN: 9780176892999 (E-book)

The required textbook is available for purchase from the University of Manitoba Bookstore in both paper and e-book format. Please order your materials immediately, if you have not already done so.

MindTap (Required) – The MindTap component of the textbook is required for this course. You will be using Mindtap (specifically the Diet and Wellness Plus app) for Assignment 2. We will also be using the quizzes on Mindtap for each chapter. **You will be provided a code when you purchase either the e-book or the hard copy of the textbook new from the bookstore.** To access our course on MindTap, you will click on the link within our UM Learn course.

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 taught entirely online. All course materials are available on UM Learn. Assignments will be submitted through the drop box on UM Learn and the unit quizzes, and midterm examination 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.

It is strongly recommended that you install and test all required software immediately. If you encounter difficulties installing your software contact **IST Service Desk** at servicedesk@umanitoba.ca or (204) 474-8600. If you are having problems with the audio or video files that are embedded within the course, there is a file at the bottom of the Contents section that has all of the audio and video files in the course in a more user friendly format. Please try listening to / viewing these files before contacting IST Service Desk.

Expectations: I Expect You To

I strongly encourage you to carefully read the chapters in the textbook that are assigned in the course schedule within the course syllabus. All topics, figures and tables covered in the course notes, during lectures, and in the assigned textbook readings will be testable on the midterm and final exam.

You should plan on the reading, writing, and studying to take approximately three hours per week.

The assignments, 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 to make sure that you know the correct answers. Review your assignments when they are returned. If you do this periodically during the course, you will perform better on the midterm exam and 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, term tests or academic work is subject to serious academic penalty (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:

Maria Baranowski 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 Maria Baranowski. 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 the 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 to deliver an interactive in-person learning experience and look forward to working together this term.

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	<ul style="list-style-type: none"> Review the Course Syllabus, Course Schedule, and Calendar. Review the requirements for all assignments. Familiarize yourself with the course materials, textbook, and readings. 				
Week 2: May 16-20	<ul style="list-style-type: none"> Complete Chapter 1. Review the requirements for Assignment 1. Choose an article to critique for assignment 1. 	Read Textbook chapter 1 and the chapter 1 course notes.	Chapter 1 quiz	May 20 by 11:55 pm.	0.5%
Week 3: May 24-27 No classes May 23	<ul style="list-style-type: none"> Complete Chapter 2. Record your 2-day diet record as outlined in assignment 1. 	Read Textbook chapter 2 and the chapter 2 course notes.	Chapter 2 quiz	May 27 by 11:55 pm.	0.5%
Week 4: May 30 – June 3	<ul style="list-style-type: none"> Complete Chapter 3. Review the information on the midterm exam. Continue to work on Assignment 1. 	Read Textbook chapter 3 and the chapter 3 course notes.	Chapter 3 quiz	June 3 by 11:55 pm.	0.5%

Week 5: June 6-10	<ul style="list-style-type: none"> Complete Chapter 4. Compile your study notes for chapters 1 – 4 for the midterm exam. 	Read Textbook chapter 4 and the chapter 4 course notes.	Chapter 4 quiz Assignment 1	June 10 by 11:55 pm. June 10 by 11:55 pm.	0.5% 10%
Week 6: June 13-16	Midterm Exam			Tuesday, June 14 during class (4:10 pm start time)	25%
Summer Term Break: June 17 – July 3					
Week 7: July 4-8	<ul style="list-style-type: none"> Complete Chapter 5. Check the U of M website for the date and time of your Final Exam. 	Read Textbook chapter 5 and the chapter 5 course notes.	Chapter 5 quiz	July 8 by 11:55 pm.	0.5%
Week 8: July 11-15	<ul style="list-style-type: none"> Complete Chapter 6. Review the requirements for Assignment 2 and begin to enter foods into Diet & Wellness Plus on MindTap 	Read Textbook chapter 6 and the chapter 6 course notes.	Chapter 6 quiz	July 15 by 11:55 pm.	0.5%
Week 9: July 18-22	<ul style="list-style-type: none"> Complete Chapter 7 Continue to work on Assignment 2. Last day for Voluntary Withdrawal: July 21 	Read Textbook chapter 7 and the chapter 7 course notes.	Chapter 7 quiz	July 22 by 11:55 pm.	0.5%
Week 10: July 25-29	<ul style="list-style-type: none"> Complete Chapter 8. 	Read Textbook chapter 8 and the chapter 8 course notes.	Chapter 8 quiz Assignment 2	July 29 by 11:55 pm. July 29 by 11:55 pm.	0.5% 15%

Week 11: Aug 2-5 No classes August 1	<ul style="list-style-type: none"> Complete Chapter 9. 	Read Textbook chapter 9 and the chapter 9 course notes.	Chapter 9 quiz	Aug 5 by 11:55 pm.	0.5%
Week 12: Aug 8-11	<ul style="list-style-type: none"> Complete Chapter 10. Complete and send in the course evaluation (UM SRI) on UM Learn. Try the sample examination on MindTap. 	Read Textbook chapter 10 and the chapter 10 course notes.	Chapter 10 quiz	Thursday, Aug 11 by 11:55 pm.	0.5%
			Final exam (scheduled by Registrar's Office during Summer Term exam period: August 15-20, 2022)		45%
					100%

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

The last day to drop the class and receive 100% refund is May 19, 2022 and 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

Note: Detailed instructions about the assignments, including marking rubrics are found on your course website. Assignments will be submitted through the folders on UM Learn and the unit quizzes for this course will be written on UM Learn.

There are two assignments, and online quizzes through MindTap at the end of each chapter:

Assignment 1 is divided into Section A and Section B. Section A is an evaluation of an online article. Section B provides a foundation for Assignment 2 and is an evaluation of your diet compared to Canada's Food Guide. It involves creating formulas in Microsoft Excel.

Assignment 2 is a detailed analysis of your diet using a nutrient analysis software program available through MindTap called Diet and Wellness Plus app. You will compare your diet to the Dietary Reference Intakes and will gain insight on what foods are sources of key nutrients.

Note: Detailed instructions about the assignments are found under "Instructions for Assignments" on your course website.

Quizzes: There will be a timed, online quiz through MindTap for each unit. Each quiz has 8 questions, and you will have 10 minutes to complete each quiz. You can access the links to each quiz through UM Learn under Course Content. 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, and your highest score will record in the gradebook.

Examinations:

The midterm exam is 50 minutes in length and consists of 50 multiple choice / true and false questions, focusing on course notes and materials in the textbook from chapters 1–4. This exam will be administered in-person during our regular class time. Example multiple choice questions are found in the textbook at the end of each chapter, as well as on MindTap. 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.

The final exam is 120 minutes in length and consists of 100 multiple choice questions, focusing on course notes and materials in the textbook. 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-person. 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 assignments marked and returned to you within 7 working days of the due date. You will be able to access your marked assignment and marking rubrics by going back into the assignment folder.

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 circumstance. 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. If you have missed the deadline for the online quizzes, please email me with your explanation to have the quiz reopened. Again, extensions will only be granted for medical or compassionate circumstances. If you miss the midterm exam, you must contact me within 48 hours of the exam with your reasoning. 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.

UNIVERSITY SUPPORT OFFICES & POLICIES

Instructors shall provide to every student the information on university support offices and policies in [Schedule "A"](#) within the first week of classes, either through a paper copy and/or via the university's student information system (i.e., Aurora, UM Learn, or such other university information system as may be approved by the university from time to time).

Schedule "A"

Section (a) sample re: 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.

Section (b) sample: re: A statement regarding mental health that includes referral information:

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>

Section (c) sample: re: 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) sample: re: 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

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 https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual_Property_Policy_-_2013_10_01_RF.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

The Undergraduate Dietetics program is accredited by the Partnership for Dietetic Education and Practice (PDEP). The program is designed to meet the Integrated Competencies for Dietetic Education and Practice (ICDEP). Following are the foundational knowledge areas that this course is designed to meet towards the ICDEP.

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

Content Area	Foundational Knowledge	Cognitive Complexity Level
Human Nutrition across the Lifespan	Ingestion, digestion, absorption, metabolism and excretion of nutrients	1
	Biochemical utilization of nutrients and energy	1
	Nutrient and energy requirements	1
	Physical activity and energy balance	1
	Nutrition recommendations and guidelines	1
	Effect of deficiencies and toxicities of nutrients	1
	Food sources of nutrients and dietary supplements	1
	Role of nutrients and other food components in health	1
Microbiology	Dietary practices	1
	Microbes in food production including prebiotics and probiotics	1
Nutrition Assessment	Microbiome in human health	1
	Food and nutrient intake of individuals and populations	1
Nutrition Care Process and Medical Nutrition Therapy	Environmental and individual factors affecting food intake	1
	Etiology and pathophysiology of nutrition-related diseases	1
	Nutrition-related disease management strategies	1