

Syllabus  
HNSC 1200: Food Facts and Fallacies  
(A01, Fall 2022)

## Syllabus Contents

Course Details .....	4
<b>Course Title</b> .....	4
<b>Course Number</b> .....	4
<b>Term</b> .....	4
<b>Credit Hours</b> .....	4
<b>Pre-requisites:</b> none .....	4
<b>Class Times &amp; days:</b> .....	4
<b>Class location</b> .....	4
Instructor Contact Information.....	4
Name .....	4
Email .....	4
Office Phone .....	4
Office/Student/Learner Hours.....	4
Traditional Territory/Land Acknowledgment .....	4
Equity And Inclusion Commitment .....	5
Course Description.....	6
U of M Course Calendar Description .....	6
General Course Description .....	6
Course Learning Outcomes.....	6
Required Materials.....	7
Course Schedule.....	8
Course Evaluation/Assessments .....	11
Summary .....	11
Assessment Descriptions.....	11
Assignment Feedback .....	12
Expectations.....	13
Course Policies .....	13
Academic Integrity.....	13
Accessibility.....	14

Attendance .....	14
Assignment Extension and Late Submission Policy .....	15
Class Communication .....	15
Recording Class Lectures.....	15
Referencing Style.....	15
Technology Use .....	15
Using Copyrighted Material.....	15
UM Policies .....	16
UM Learner Supports.....	16

# Course Details

**Course Title** Food Facts and Fallacies

**Course Number** HNSC 1200, A01

**Term** Fall 2022

**Credit Hours** 3.0

**Pre-requisites:** none

**Class Times & days:**

Lectures: T/H 2:30 – 3:45 PM

**Class location**

Drake Centre, Room: 343

# Instructor Contact Information

Name

Snehil Dua, PhD.

Please address me as Snehil or Dr. Dua or anything polite.

Pronouns: She/her

Email

[Snehil.Dua@Umanitoba.ca](mailto:Snehil.Dua@Umanitoba.ca) (the best way to get in touch with me).

In today's time, it is becoming difficult to maintain a balance between work and personal life. To create this balance, I will promise to respond to your emails between 8:30 am and 5 pm on weekdays. I may respond at other times, but I do not promise to do so.

Office location 408- Human Ecology Building

Office Phone

204.474.6505 (Not the best way to get in touch with me. Do not leave a message at this number. I will not get the message. Email me instead)

Office/Student/Learner Hours

Drop-in office hours on Fridays between 12:30-1:30 PM.

# Traditional Territory/Land Acknowledgment

I share the University of Manitoba's acknowledgement,

*The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and*

Department of Food and Human Nutritional Sc,  
Faculty of Agriculture and Food Sc,



*mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.*

I am an immigrant to Canada and am mindful of the fact that the land I have chosen to be my new home is the land of the Indigenous people of Canada. As a naturalized citizen of this beautiful country, I believe that it is my duty to respect the Treaties that were made on these territories.

I am aware of and will continue to learn of the injustices and traumas experienced by the Indigenous peoples, but also the richness and diversity of Indigenous cultures and knowledge, and their resilience. Too much destruction has been brought to this land, and I am committed to doing everything in my power to restore our connection to this land. Personally, I enjoy my meals the most when I have grown some of the ingredients in my garden. I truly believe that if we grow and cook our food, we are more appreciative of the food, enjoy it more, and tend to waste less. My mantra is, “Grow your own food; if you can’t grow, at least cook your own food; and if not that, then at least look at your food”. We need to build a connection with everything we consume, for our own health and wellbeing.

I am thankful for the clean water supply I often took for granted. Only recently I have learned that the water that I drink and use in Winnipeg that is sourced from Shoal Lake 40 First Nation has caused forced relocation and distress to the original inhabitants of this beautiful land.

In my classroom, I will remain open minded to all ideas and thoughts because such open-mindedness will benefit us all as a society.

## Equity And Inclusion Commitment

Fairness and respectfulness are my most important values that I would never compromise on. I assure you that if you feel that I have treated any student unfairly in any way, I would like to know it so that I can reflect and correct. Being a cis-gender female, I will encourage you to bring to my attention anything I do or say that is perceived as my insensitivity to your identity. I honor your identity and will do my best to remove any hurdles in my class that prevent you from expressing yourself freely.

I recognize that we all have travelled different journeys which have shaped our personalities. Some of us have had more privileges than the others. Some of us had to endure more hardships than others. Recognizing this, I have designed this course with care.

You will notice that your ideas will carry more weight than how you express those ideas, in my course. Though I want you to develop professional communication skills, but I recognize that we may express ourselves differently owing to our journey thus far. Some of us have had more experience with expressing ourselves succinctly in the English language while other might have more proficiency in other languages. Thus, I have designed the grading rubrics that encourage you to write professionally with clarity but give more weight to your ideas and hard work.

Recognizing that you may have different responsibilities in your personal lives, whenever possible, I will give you some flexibility in when you complete the assessments for this course.

## 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 an introduction to the basics of nutrition, food production, food preservation and food safety

## Course Learning Outcomes

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.

### 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

## Course Materials

### Required Materials

The notes for the course will be available on UMLearn under the contents for this course. I will ensure that the notes for each class are available before the respective lecture. Although the lectures are based on the notes provided, extra information will be provided during

Department of Food and Human Nutritional Sc,  
Faculty of Agriculture and Food Sc,



the lecture along with videos shown in class to clarify important and complex topics. The extra information is testable and will appear on quizzes and exams. If you must miss a class, please get the notes from your peers to avoid missing important material.

#### Readings

Please see the schedule below for any required readings.

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

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.

#### Technology

- You must bring a computer and have access to UMLearn to be able to attempt the midterm test and the final exam
- An access to UMLearn will be required to access course material and to complete course assessments.

#### UM Learn

Please watch the following demonstration video to learn how to navigate UMLearn for this course.

## 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](https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students) (<https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students>).

Date	Class Content & Teaching Strategies	Required Readings or any Pre-class Preparation	Evaluation, weight and dates
Sept 5	No class on Sept 6  Sept 8: Orientation And Unit 1	Recommended: A walk-through of the course  Course material on umlearn	
Week of Sept 12	Unit 1 Basics of Nutrition	Course material on umlearn	<b>Syllabus quiz</b> (0%) Ends on September 18, 11:59 PM



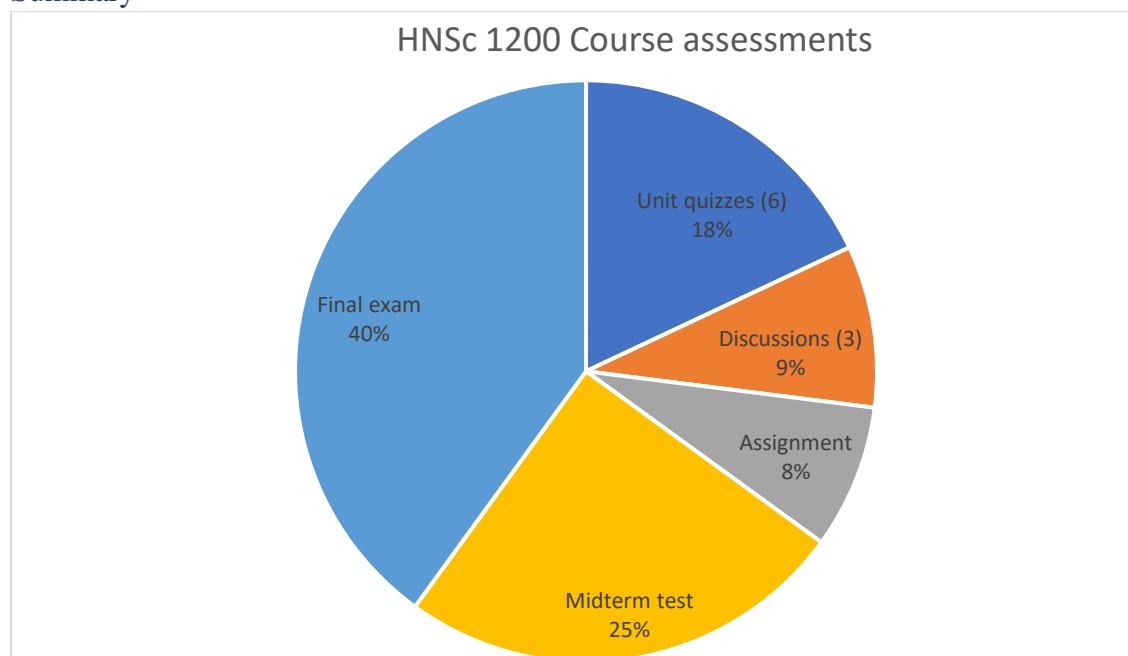
<b>Week of Sept 19</b>	Unit 1 and Unit 2: Food production	Course material on umlearn	<b>Unit 1 quiz (3%)</b> On UMLearn Syllabus Unit 1 Due date: September 18, 11:59 PM Only your first attempt counts. Available until Dec 12, 11:59 PM
<b>Week of Sept 26</b>	Unit 2: Food production	Course material on umlearn	
<b>Week of Oct 3</b>	Unit 2 and Unit 3: Food security	Course material on umlearn	<b>Unit 2 quiz (3%)</b> On UMLearn Syllabus Unit 2 Due date October 9, 11:59 PM Only your first attempt counts Available until Dec 12, 11:59 PM
<b>Week of Oct 10</b>	Unit 3: Food security	Course material on umlearn	<b>Discussion 1</b> (units 1 and 2) <b>3%</b> Ends on October 16, at 11:59 PM (no extensions under any circumstances)
<b>Week of Oct 17</b>	Unit 3 and Unit 4: Food chemistry	Course material on umlearn	<b>Unit 3 quiz</b> <b>3%</b> Syllabus: Unit 3 Due date: October 23 at 11:59 PM Only your first attempt counts Available until Dec 12, 11:59 PM
<b>Week of Oct 24</b>	Unit 4: Food chemistry	Course material on umlearn	<b>Midterm test (Units 1-3)</b> <b>25%</b> <b>Tuesday: October 25 in class at 2:30 PM</b> 50 MCQ, 50 minutes allowed Online, in-class. <u>Attendance mandatory</u> Bring your computer/cellphone/tablet to attempt the test If a deferral is needed. Please complete and submit the self declaration form on UMLearn. The deferred exam date: Friday, October 28 at 12:30 PM Location TBA
<b>Week of Oct 31</b>	Unit 4 and Unit 5: Food safety	Course material on umlearn	<b>Unit 4 quiz (3%)</b> Syllabus Unit 4 Due date: Nov 6 at 11:59 PM Only your first attempt counts Available until Dec 12, 11:59 PM &

			<b>Discussion 2 (Unit 3)</b> <b>3%</b> Ends on Nov 6 at 11:59 PM (No extensions under any circumstances)
<b>Nov 7-11</b>	<b>No classes (Fall term break)</b>		None
<b>Week of Nov 14</b>	Unit 5: Food safety	Course material on umlearn	<b>Assignment (8%)</b> <b>(Available under quizzes on umlearn)</b> <b>Availability ends on Nov 20 at 11:59 PM</b>
<b>Week of Nov 21</b>	Unit 5 and Unit 6: Food processing	Course material on umlearn	<b>Unit 5 quiz (3%)</b> Syllabus Unit 5 Due date: Nov 27 at 11:59 PM Only your first attempt counts Available until Dec 12, 11:59 PM
<b>Week of Nov 28</b>	Unit 6: Food processing	Course material on umlearn	
<b>Week of Dec 5</b>	Unit 6: Food processing & Wrap up (Final Exam format and SRI)	Course material on umlearn	<b>Unit 6 quiz (3%)</b> Syllabus Unit 6 Due date: Dec 11 at 11:59 PM Only your first attempt counts Available until Dec 12, 11:59 PM & <b>Discussion 3 (Unit 5 and 6)</b> <b>3%</b> Ends on Dec 11 at 11:59 PM (No extensions under any circumstances)
<b>Dec 13-23</b>	Final exam period	<b>Total</b>	<b>Final exam 40%</b> Format: 100 MCQs Time allowed: 105 minutes You may not leave the exam room before the end of the exam time. <b>Schedule:</b> TBA on Aurora. Online, in the examination hall. Attendance mandatory Bring your computer/cellphone/tablet to attempt your test <b>Deferral:</b> Deferral request must be formally made to student's home faculty. If approved, the deferred exam will be scheduled sometime in January 2023.

<b>Total</b>			<b>100%</b>

## Course Evaluation/Assessments

### Summary



### Assessment Descriptions

The dates are provided above in the schedule for each assessment. Please refer to the [Course Walk-through link](#) available on provided below to learn how to access and submit each assessment on UMLearn.

**Unit quizzes (18%):** Six quizzes must be completed, (one each for units 1-6). Each quiz will contain 10 multiple choice questions. You will be allowed 10 minutes per quiz. Only your first attempt will count towards the grade. You will be allowed multiple attempts for practice only, until the end date. The due dates are suggested to help you stay on track but if you miss a due date, you will still be able to complete the quiz until Dec 12 without any penalty.

**Online discussions (9%):** You will complete three online discussions on UMLearn. The guidelines are provided on the discussion forum. Rubrics are attached to each discussion topic.

**Assignment (8%):** It is an individual assignment. The assignment has been set-up as a quiz. You must type in the boxes provided. Please do not attach files to your “Assignment” quiz.

You may return to your attempt as many times as you like before the end date. Your work will be saved every time you open your attempt. **Please submit only when you are**

**finished.** If you accidentally submit an incomplete attempt and then request me to give you another attempt, please know that the new attempt will have a different set of questions and thus, you will need to start over.

Email or paper submissions will not be accepted under any circumstances.

**Paperless midterm test (25%):** The test must be completed on UMLearn in the classroom. You must bring a laptop, a tablet or a cellphone to complete the test in the class. If you do not have access to any of these, you must inform me, your instructor by Oct 20, 4:30 PM so that I can accommodate you. Attendance will be recorded. If you attempt an exam but are not present in the class, your exam will be disregarded, and a letter of allegation will be submitted to the department.

**Final exam (40%):** The final exam will be paperless. You must be present in the examination room to attempt the test. If you attempt the test but were absent in the examination room, it will be reported as an incident of academic dishonesty. If you are unable to bring a computer to the exam room, you must inform me (your instructor) by Dec 12 so that I can make alternative arrangements for you. The syllabus and format are given in the course schedule above. Final exam will be scheduled by the Registrar's office. They will release the schedule on Aurora later in the term. Please do not make requests to me asking to schedule your exam at a different date/time. I do not have authority to do so.

### Assignment Feedback

The online quizzes will be graded automatically. You will be able to view the questions you answered incorrectly.

The midterm test will be graded within 7 days of the test. If you wish to review your exam, please drop in during my office hours no later than 15 after you receive your marks for the test. Online feedback will not be available.

The assignments will be graded by the TAs. You should expect the feedback on UMLearn in about one week after the deadline.

## Grading

Please do not request me to give you opportunities for extra credits. Such requests will be denied. I will follow the following grade scheme. For example, if you score 79.96, your score will be rounded up to 80. If you score 79.6, your score will not be rounded up to 80.

Letter Grade	Percentage out of 100	Final Grade Point
A+	90-100	4.5
A	80-89.9	4.0
B+	76-79.9	3.5
B	70-74.9	3.0
C+	65-69.9	2.5
C	60-64.9	2.0
D	50-59.9	1.0
F	Less than 50	0

# Expectations

Please refer to the [Respectful Work and Learning Environment Policy \(https://bit.ly/3aMI7nE\)](https://bit.ly/3aMI7nE) of our university.

- I expect you to take notes in the class. The slides provide only the main points for each lecture. Additional information will be provided during the lecture. Please add such information to your slides.
- In the class, please pay attention to the lecture and ask me to repeat/clarify anything that is not clear. Please avoid asking your classmates to clarify during a lecture.
- If you have questions during the class, please ensure that those questions are directly related to what is being discussed at that time.
- Please ask questions related to assignments/tests/labs etc. either at the start of the class or at the end. Refrain from asking about these during a lecture.
- I expect that you join the class in time and not leave until the class is over. If you must arrive late or leave early, please do so without disturbing others.
- Where group work is assigned, I expect that you work as a team, with each member contributing equitably. Being able to work collaboratively is an important skill. In this course you will get opportunities to develop this skill.
- Please be respectful to one another. It is acceptable to disagree with one another, but it is unacceptable to be disrespectful.
- In the lab, all members of a group must participate fully. Some of you might have more experience in cooking while others might be hesitant. The lab time is an opportunity for all students to learn. Do your best to follow the instructions but don't fear making mistakes.
- Please be safe. When in doubt, ask your TA.

# Course Policies

## Academic Integrity

- The University of Manitoba's policy for academic integrity is located within the Student Discipline Bylaw and Student Academic Misconduct Procedure. Please refer to the policy and procedures as listed in the UM Policies section below.
- You are expected to complete your coursework and programs of study with integrity by making a commitment to the six fundamental values of honesty, trust, fairness, respect, responsibility, and courage.

- If a test/assignment is individually assigned, you must not work collaboratively.
- Academic integrity looks like referencing the work of others that you have used and completing your assignments independently unless otherwise specified. **Copying and pasting from other sources will be considered plagiarism.** Please paraphrase and provide references. Be very judicious in the use of quotations. Quotations are used only when something has been written very artistically or technically such that paraphrasing it may lead to the loss of its meaning. Another reason to use quotations would be when you are stating something an author has said but you don't quite agree with the statement. Or when you want your point of view to be validated by an authority, you may use quotations. In all other cases, paraphrase.
- Group members must ensure that a group project adheres to the principles of academic integrity. This means that all students are required to check that all sourced material has been cited and referenced.
- Do not share course materials (e.g., notes, exam questions, assignment instructions, article) that have been created by the instructor or were authored by another person. Unpermitted sharing of such materials with your peers or with note-sharing companies, such as One Class, Course Hero, or Chegg (or other similar websites), is a violation of Copyright Law.
- Do not submit lab reports or other types of assignments already graded in another course.
- Plagiarism, duplicate submission, cheating on quizzes, tests, and exams, inappropriate collaboration, academic fraud, and personation are violations of the Student Discipline Bylaw and will lead to the serious disciplinary action. Visit the Academic Calendar, Student Advocacy, and Academic Integrity web pages for more information and support.

### Accessibility

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](https://umanitoba.ca/student-supports/accessibility) (<https://umanitoba.ca/student-supports/accessibility>) 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.

520 University Centre

(204) 474-7423

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

### Attendance

I will strongly advise that you attend all classes, but I do recognize that circumstances may arise due to which you may have to miss a class. When you attend a class, you will have the opportunity to take notes, and get clarifications. If you must miss a class, please request your classmates to help you complete your notes. After studying the notes of a missed lecture, if something is unclear, please visit me during my office hours to seek clarifications. Please do not expect me to repeat the entire lecture for you. You must first study the notes yourself before you seek clarifications.

### Assignment Extension and Late Submission Policy

Should you need an extension for an assignment/test/quiz, you must complete the Self-declaration form for brief and temporary absence. The form is available to you on UMLearn. If you miss the final exam due to illness or compassionate reasons, please contact your own faculty to request a deferral. Your instructor, I, do not have any authority to change the schedule of your 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](http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html).

When you email me, please indicate the course number in your email. I teach multiple courses and will not be able to respond to your email if you do not mention the course number.

Please check the syllabus and UMLearn announcements to see if your question has been answered there. If not, please email me. I will try my best to respond within 24h on weekdays.

### Recording Class Lectures

My notes and lectures are my copyright material. No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission from me (Snehil Du). Course materials (both paper and digital) are for the your private study and research.

### Referencing Style

Please use APA format wherever applicable.

### Technology Use

Please read [Respectful Work and Learning Environment policy \(RWLE\)](https://bit.ly/3OxGtnd) (<https://bit.ly/3OxGtnd>)

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

In my class, you may use computers, tablets etc. for note taking. Please use technology only for course related activities during the class.

You must bring a computer a tablet to attempt your tests and exams. You will not be allowed to attempt tests on cellphones.

### 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 (e.g., Course Hero, Chegg, etc.), unless an exception to the Copyright Act applies or

Department of Food and Human Nutritional Sc,  
Faculty of Agriculture and Food Sc,



written permission has been confirmed. For more information, see the [University's Copyright Office website](http://umanitoba.ca/copyright/) (<http://umanitoba.ca/copyright/>) or contact [um\\_copyright@umanitoba.ca](mailto:um_copyright@umanitoba.ca).

## UM Policies

- [Schedule A \(PDF\)](https://bit.ly/3NVSToL) (<https://bit.ly/3NVSToL>)

## UM Learner Supports

- [Schedule A \(PDF\)](https://bit.ly/3NVSToL) (<https://bit.ly/3NVSToL>)