Syllabus

HNSC 1200: Food Facts and Fallacies

(A01, Winter 2023)
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**COURSE DETAILS**

**Course Title & Number:** HNSC 1200 Food Facts and Fallacies (A03)

**Number of Credit Hours:** 3

**Class Times & Days of Week:** Mondays, Wednesdays, Fridays 11:30 AM - 12:20 PM

**Location for classes/labs/tutorials:** In-person Classes at Drake Centre 343. Remote lectures via UMLearn WebEx will be conducted in case of instructor’s unavailability due to illness.

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

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**Instructor Contact Information**

**Instructor(s) Name & Preferred Form of Address:** Dr. Chamila Nimalaratne  
Instructor will respond to any civil form of address such as first name, last name or Dr. etc

**Office Location:** Room 244, Ellis Building (Email to schedule an appointment)

**Office Hours or Availability:** Wednesdays 1:00 PM - 2:00 PM; Other times by appointment.

**Office Phone No.** 204-474-6287  
780-966-1320 (mobile)

**Email:** Chamila.Nimalaratne@umanitoba.ca (preferred method of communication). I will try my best to return your email within 24-48 hours on weekdays.  
*Note: All email communication must conform to the Communicating with Students university policy.*

**Contact:** Email is the most preferred mode of communication. All emails should contain HNSC 1200 at the subject line.  
Don’t forget to write your name in the email. I teach multiple courses. Without this information, I won’t be able to respond to your email meaningfully. For urgent reasons, you can contact by mobile phone.

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**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.

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**Course Goals**

Upon completion of the course you should be able to:

1. Identify the standards for healthy eating that exist in Canada, and the challenges that Canadians face to healthy eating.
2. Understand the barriers to food security in Canada and in the world, and suggest strategies to mitigate food insecurity.
3. Develop an understanding of the impact of primary and secondary food production on human health and sustainability.
4. Identify food and agricultural factors that affect nutrition and health
5. Analyze the role of food composition (chemistry) on food quality
6. 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.
7. Analyze the industrial methods used for food processing and preservation

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**Course Learning Objectives**

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

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**Textbook, Readings, and 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 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.

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**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 the Instructor, 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

Students are required to have a computer with enough battery life (~2.5 hrs) and have access to UMLearn to be able to attempt the quizzes, discussion posts, assignment, midterm test and the final exam. Access to UMLearn will be required to access course material and to complete course assessments.

The instructor’s general policy is that students should refrain from any behaviour that may be distracting to other students. Accordingly, all technology resources are to be used in a responsible, efficient, ethical and legal manner. The course lectures will be delivered in person and the lecture material will be available through UMLearn. The labs will be in-person and the lab manual and other relevant information will be available through UMLearn.

Expectations:

- 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/quizzes etc. either at the start of the class or at the end. Refrain from asking about these during a lecture.
- 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 follow these policies around Class Communication, Academic Integrity, and Recording Class Lectures.

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. 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.
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 from Dr. Chamila Nimalaratne. Course materials (both paper and digital) are for the participant’s private study and research only.

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
Do in-class revisions before the exams.
Respond to your emails related to class within 24-48 hr.
Be available for questions/clarifications related to course content by appointment.

CLASS SCHEDULE AND COURSE EVALUATION
The schedule provided below is subject to change at the discretion of the instructor but such changes are subject to Section 2.8 of the – ROASS- Procedure.

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Content &amp; Teaching Strategies</th>
<th>Required Readings or any Pre-class Preparation</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Introduction to the course</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 09-13</td>
<td>Unit 1: Basics of Nutritional Sciences</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 2</td>
<td>Unit 1: Basics of Nutritional Sciences</td>
<td>Canada Food guide (2019)</td>
<td></td>
</tr>
<tr>
<td>Jan 16-Jan 20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 3</td>
<td>Unit 2: Food Production</td>
<td>Unit 1 quiz</td>
<td>Due Jan 27</td>
</tr>
<tr>
<td>Jan 23-Jan 27</td>
<td></td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>Week 4</td>
<td>Unit 2: Food Production</td>
<td>Discussion post 1</td>
<td>Due Feb 03</td>
</tr>
<tr>
<td>Jan 30-Feb 03</td>
<td></td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>Week 5</td>
<td>Unit 3: Food Security</td>
<td>Unit 2 quiz</td>
<td>Due Feb 10</td>
</tr>
<tr>
<td>Feb 06-Feb 10</td>
<td></td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>Week 6</td>
<td>Unit 3: Food Security</td>
<td>Discussion post 2</td>
<td>Due Feb 17</td>
</tr>
<tr>
<td>Feb 13-Feb 17</td>
<td></td>
<td></td>
<td>3%</td>
</tr>
</tbody>
</table>
### Feb 21-24 Winter Term Break (No Classes)

<table>
<thead>
<tr>
<th>Week 7</th>
<th>Unit 4: Food Chemistry</th>
<th>Unit 3 quiz</th>
<th>Midterm Exam (Units 1-3)</th>
<th>Due Feb 27</th>
<th>3% 25%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 8</td>
<td></td>
<td></td>
<td></td>
<td>Mar 03</td>
<td></td>
</tr>
<tr>
<td>Mar 06-Mar 10</td>
<td>Unit 4: Food Chemistry</td>
<td></td>
<td></td>
<td>Mar 03</td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>Unit 5: Food Safety</td>
<td></td>
<td></td>
<td>Mar 17</td>
<td>3%</td>
</tr>
<tr>
<td>Mar 13-Mar 17</td>
<td></td>
<td></td>
<td></td>
<td>Mar 26</td>
<td>8%</td>
</tr>
<tr>
<td>Week 10</td>
<td>Unit 5: Food Safety</td>
<td>Assignment</td>
<td></td>
<td>Mar 31</td>
<td>3%</td>
</tr>
<tr>
<td>Mar 20-Mar 24</td>
<td></td>
<td></td>
<td></td>
<td>Mar 07</td>
<td></td>
</tr>
<tr>
<td>Week 11</td>
<td>Unit 6: Food Processing</td>
<td>Unit 5 quiz</td>
<td></td>
<td>Mar 31</td>
<td>3%</td>
</tr>
<tr>
<td>Mar 27-Mar 31</td>
<td></td>
<td></td>
<td></td>
<td>Apr 10</td>
<td></td>
</tr>
<tr>
<td>Week 12</td>
<td>Unit 6: Food Processing</td>
<td>Discussion post 3</td>
<td>Final exam (scheduled by Registrar’s Office during Fall Term Exam period:</td>
<td>Apr 07</td>
<td>40%</td>
</tr>
<tr>
<td>Apr 03-Apr 07</td>
<td>Catch up and Final Exam Review</td>
<td></td>
<td></td>
<td>Apr 28, 2023</td>
<td>100%</td>
</tr>
</tbody>
</table>

### Grading

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

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percentage out of 100</th>
<th>Grade Point Range</th>
<th>Final Grade Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100</td>
<td>4.25-4.5</td>
<td>4.5</td>
</tr>
<tr>
<td>A</td>
<td>80-89.9</td>
<td>3.75-4.24</td>
<td>4.0</td>
</tr>
<tr>
<td>B+</td>
<td>75-79.9</td>
<td>3.25-3.74</td>
<td>3.5</td>
</tr>
<tr>
<td>B</td>
<td>70-74.9</td>
<td>2.75-3.24</td>
<td>3.0</td>
</tr>
<tr>
<td>C+</td>
<td>65-69.9</td>
<td>2.25-2.74</td>
<td>2.5</td>
</tr>
<tr>
<td>C</td>
<td>60-64.9</td>
<td>2.0-2.24</td>
<td>2.0</td>
</tr>
<tr>
<td>D</td>
<td>50-59.9</td>
<td>Less than 2.0</td>
<td>1.0</td>
</tr>
<tr>
<td>F</td>
<td>Less than 50</td>
<td></td>
<td>0</td>
</tr>
</tbody>
</table>

### Voluntary Withdrawal

The last day to drop the class and receive 100% refund is **20th January 2023**. And the last day to withdraw with no refund (voluntary withdrawal) is **22nd March 2023**. Students who did not drop the course by the VW deadline would be assigned a final grade. However, withdrawal courses will be recorded on official transcript. Please refer to the [Registrar’s Office](#) web page for more information.
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, assignment, midterm exam, and final examination for this course will be written on UM Learn.

There are three unit discussions, one assignment, six online quizzes, a midterm exam and the final exam.

Unit quizzes (18%): Six quizzes must be completed through UMLearn> assessments> quizzes (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 Feb 27th, 4:30 PM so that I can accommodate you. The midterm exam is 50 minutes in length and consists of 50 multiple choice or true/false questions, focusing on the learning objectives found in each unit. The midterm will test units 1, 2, and 3. 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.

Referencing Style

Assignment Feedback

Your unit discussions and assignment will be marked by TAs and returned to you within 10 working days after the due date. You will be able to access your marked discussions and assignment 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. 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.

Should you need an extension for an assignment/test/quiz, you must contact me as soon as possible to make arrangements. 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.

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](http://bit.ly/WcEbA1) or name: [http://bit.ly/1tJ0bB4](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](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) 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](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](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/](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](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](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](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/](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/](http://umanitoba.ca/academicintegrity/) View the *Student Academic Misconduct* procedure for more information.
• The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected conduct yourself in an appropriate respectful manner. Policies governing behavior include the:

Respectful Work and Learning Environment
http://umanitoba.ca/admin/governance/governing_documents/community/230.html

Student Discipline
http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html and,

Violent or Threatening Behaviour
http://umanitoba.ca/admin/governance/governing_documents/community/669.html

• If you experience Sexual Assault or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The Sexual Assault policy may be found at:
http://umanitoba.ca/admin/governance/governing_documents/community/230.html
More information and resources can be found by reviewing the Sexual Assault site
http://umanitoba.ca/student/sexual-assault/

• For information about rights and responsibilities regarding Intellectual Property view the policy 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.  
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*

<table>
<thead>
<tr>
<th>Content Area</th>
<th>Foundational Knowledge</th>
<th>Cognitive Complexity Level</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical properties and chemical composition of food</strong></td>
<td>Physical properties and chemical composition of food</td>
<td>2</td>
</tr>
<tr>
<td><strong>Food preservation, storage and packaging</strong></td>
<td>Food preservation, storage and packaging</td>
<td>1</td>
</tr>
<tr>
<td><strong>The role of ingredients and their interaction in food preparation</strong></td>
<td>The role of ingredients and their interaction in food preparation</td>
<td>1</td>
</tr>
<tr>
<td><strong>Household food preparation</strong></td>
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