Syllabus

Human Nutritional Sciences

3350: Culture and Food Patterns

(Winter 2023)
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Course Details

Course Title & Number: HNSC 3350: Culture and Food Patterns
Number of Credit Hours: 3.0
Class Times & Days of Week: Asynchronous
Location for classes/labs/tutorials: Delivered via UM Learn January 9, 2023 – April 12, 2023
Pre-Requisites: (PSYC 1200 or SOC 1000 or the former SOC 1200) and (HNSC 1200 or HNSC 1210)

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address: Dr. Leslie Redmond, PhD, MS
Pronouns: she/her/hers
Preferred form of address: Dr. Redmond, Dr. Leslie, or Leslie
Office Location: Ellis 242
Office Hours or Availability: Tuesdays 9am – 11am via Zoom, or by appointment
Office Phone: (204) 480-1816
Email: Leslie.Redmond@umanitoba.ca
Contact: Email is the preferred method of communication. Email is checked consistently Monday through Friday between 8am – 5pm, and less frequently on weekends and holidays. Students can expect an email reply within 48 hours (weekends and holidays may require exceptions). Voicemails are checked when they are received, but email is preferred over voicemail.
Traditional Territories 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 mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

I would personally like to acknowledge that the University of Manitoba campuses and my home residence in Winnipeg are located within the heartland of the Métis Nation and traditional territories of other Indigenous peoples of the region. The water that I drink and use in Winnipeg is sourced from Shoal Lake 40 First Nation and this resource, that we now have in abundance, has caused forced relocation, and distress to the original inhabitants of this beautiful land.

In my own engagement with reconciliation, I am aware and will continue to learn of the displacements, socio/economic and cultural traumas experienced by Indigenous peoples, but also the unique richness and diversity of Indigenous cultures and their resilience. I am committed to minimizing those harms within the capacity of my work at UM.

Course Description

U of M Course Calendar Description
A study of the cultural, sociological and psychological aspects of food patterns and behaviour.

General Course Description
Based on the U of M course calendar description, write a simplified course description for students and describe the value of the course from your perspective as the instructor. For example, how does the course fit into the broader program of studies (i.e., particularly relevant for professional programs)? Which students would benefit most from taking the course (i.e., someone with interest in the field vs. someone who needs a foundational course for a particular discipline)?

Course Goals
The course will provide adequate information for learners to promote their learning and intellectual development in the area of cultural, sociological and psychological factors which can influence dietary patterns and behaviours.
Course Learning Objectives
The learners who successfully complete this course should be able to:

- Recognize the role culture plays in influencing group and individual food selection, preparation, consumption and in producing different attitudes and beliefs around food
- Have a sound understanding of cultural beliefs and food habits of most common ethnic and religious groups
- Describe the role that individual and psychological factors play in influencing food behaviour
- Learn how to take cultural difference into consideration in dietary planning

Textbook, Readings, & Course Materials
Course notes and readings will be provided on UMLearn.

Required textbook
There is no required textbook for this course.

Supplementary Readings
Most supplementary readings will be provided on UMLearn at no cost. You may also choose to access the following:

  - One physical copy at the Dafoe Library
  - Digital copy can be read online via the library
  - One physical copy at the Dafoe Library, digital copy can be read online via the library.

Other Required Materials
Reliable access to a computer (desktop or laptop) or tablet device and a stable Internet connection is required for successful completion of this course. It is not recommended that students attempt to complete this course using only a mobile phone device.

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 or contact um_copyright@umanitoba.ca.

Course Technology

UM uses UM Learn for all online course environments. All course materials will be provided on UM Learn; therefore, it is essential that all students have reliable access to a computer (desktop or laptop) or tablet device and a stable Internet connection. All users log into UM Learn using their UMNetID and password.

Access to some course content may require use of Office 365. Students can access Office 365 for free for PC or Mac as well as iPhone, Android, and Windows smartphones. Other content may require use of PDF viewing software, such as Adobe Reader or Preview (Mac).

There is a group assignment in this course. It is recommended that students have access to a video/webcam, microphone, and/or smartphone to enable effective group communication.

It is the policy of the UM that all technology resources are to be used in a responsible, efficient, ethical, and legal manner. Students need to be aware that policies such as the Respectful Work and Learning Environment policy (RWLE) are applicable in all University-related activities, including those happening in online environments such as online classes and social media platforms.

Course Policies

Attendance Policy

As this is an asynchronous course delivered via UM Learn, there is no attendance taken. I will not track if and/or when you access the materials on the UM Learn website. There are no marks associated with attendance or accessing materials.

Class Communication

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

For general course questions, please consult the syllabus or connect with your peers. For more specific questions about course material or your
progress in the course, you may email me directly. In your email, please include your name, the course number, and your student number.

Recording Class Lectures
No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of the instructor, Dr. Leslie Redmond. Course materials (both paper and digital) are for the participant’s private study and research.

Expectations: I Expect You To
As members of the UM community, we all have the right to feel safe and accepted. We also have a responsibility to act with integrity, to be accountable, and to demonstrate respectful behaviour, online or in person.

Respectful Work & Learning Environment
The subject of nutrition can be triggering, as many people have complicated relationships with health, food, weight, body image, and other related topics. As we will be discussing some of these things in this course, it is essential that we work together to establish a respectful and caring learning environment in which all students feel welcome and safe.

See the Respectful Work and Learning Environment Policy or Engaging in Respectful Conduct.

To help establish a respectful work and learning environment, please adhere to the following Community Guidelines for this course. Even though this course is asynchronous, we can still follow these guidelines in an online setting, for example when utilising the discussion forums or the group pages.

- We will listen actively and with respect.
- We will monitor our own participation in the conversation, stepping up and stepping back as appropriate.
- We will keep this conversation confidential, sharing ideas but not specific stories or names.
- We will speak from our own experiences using “I” statements and not assume that one person’s experiences represent those of a whole group.
- We will adopt a non-judgmental attitude, assuming good intentions while not ignoring impact.
- We will accept that it is OK not to know, both for ourselves and others, and ask questions when we need to.
Students who are unable to adhere to the above guidelines may be asked to leave class. If unacceptable behavior continues, further disciplinary action may be taken.

**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.

Refer to specific course requirements for academic integrity for individual and group work such as:

- Group projects are subject to the rules of academic dishonesty;
- Group members must ensure that a group project adheres to the principles of academic integrity;
- All work should be completed independently unless otherwise specified.

**Expectations: You Can Expect Me To**
You can expect me to adhere to the same guidelines listed above. In addition, you can expect me to:

- Care: Who you are, where you have been/are going, how your current circumstances are affecting you, what you think and feel, what you are interested in and curious about, and your overall well-being matter.
- Support: I honour your identities (e.g., race, gender, sexual orientation, class, size, ability, etc.) and commit to interrupting any form of oppression based on these categories and amplifying underrepresented voices. As I am still working on challenging my own assumptions as a cis, white woman, I invite you to bring to my attention anything I say, do, or allow that conflicts with this aim by submitting anonymous feedback to me.

**Diversity in Dietetics**
One of the ways in which I practice the above is through a commitment to diversifying the field of dietetics. The US Academy of Nutrition and Dietetics "encourages diversity and inclusion by striving to recognize, respect and
include differences in ability, age, creed, culture, ethnicity, gender, gender identity, political affiliation, race, religion, sexual orientation, size, and socioeconomic characteristics in the nutrition and dietetics profession."

There are many initiatives to encourage diversity and inclusion in dietetics and the healthcare industry in general, and progress is being made. However, it is important to recognize that change can be slow. Much of the research that is used for evidence-based recommendations does not yet fully embrace a diverse sample population. For example, dietary reference intakes are still established for just males and females, as evidence has not caught up to provide specific nutrient recommendations for other groups such as non-binary or trans individuals. Additionally, textbooks and materials do not always use gender-inclusive language, for example stating "pregnant women" and not "pregnant individuals" or "individuals who experience pregnancy." Other examples include lack of diversity in images used, poor compliance to accessibility standards, and overall lack of cultural competency among educators and healthcare providers.

While I cannot change the materials that are available, my commitment to you is to encourage an environment of diversity, equity, and inclusion in any and all ways that I can, whether it is use of inclusive language in lectures or diverse patient scenarios in assignments. I will likely make some mistakes, but I appreciate your patience and support as the field shifts to reflect the diverse communities that we serve.

To learn more about the state of diversity in dietetics and nutrition, please read the following materials:

- Canadian Journal of Dietetic Practice and Research article: “Diversity and Equity in Dietetics and Undergraduate Nutrition Education in Manitoba”
- Dietitians of Canada article: “Dietetic Diversity: From Mentorship to Practice”
- Best Health Magazine article: “Canada’s Dietitians Are Lacking in Diversity—But Things Are Changing”
# Class Schedule & 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Content &amp; Teaching Strategies</th>
<th>Required Readings &amp; Pre-class Preparation</th>
<th>Evaluation</th>
<th>Type of Assessment</th>
<th>Due Date</th>
<th>Value of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Jan. - 15 Jan.</td>
<td>Unit 1: Introduction</td>
<td>Unit 1 items on course Reading List</td>
<td></td>
<td>Unit 1 Quiz</td>
<td>Sunday 15 Jan., 11:59 PM</td>
<td>7.1% of Quizzes</td>
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<tr>
<td>23 Jan. - 29 Jan.</td>
<td>Unit 3: Food Ideology and Categorization of Food</td>
<td>Unit 3 items on course Reading List</td>
<td>1. Unit 3 Quiz  2. Assignment 1 Topic</td>
<td>1. Sunday 29 Jan., 11:59 PM  2. Sunday 29 Jan., 11:59 PM</td>
<td>1. 7.1% of Quizzes  2. 5% of A1</td>
<td></td>
</tr>
<tr>
<td>6 Feb. - 12 Feb.</td>
<td>Unit 5: Social Functions of Food</td>
<td>Unit 5 items on course Reading List</td>
<td>1. Unit 5 Quiz Short Answer Quiz 1 (covers Units 1-5)  2. Unit 5 Assignment 2</td>
<td>1. Sunday 12 Feb., 11:59 PM  2. Sunday 12 Feb., 11:59 PM</td>
<td>1. 7.1% of Quizzes  2. 17.9% of Quizzes</td>
<td></td>
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<tr>
<td>20 Feb. -</td>
<td>Winter Term Break</td>
<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Date</td>
<td>Topic</td>
<td>Reading List</td>
<td>Assignment</td>
<td>Submission Date</td>
<td>Percentage</td>
<td></td>
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<td>26 Feb.</td>
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<tr>
<td>27 Feb. - 5 Mar.</td>
<td>Unit 7: Food and Religion (Part 1)</td>
<td>Unit 7 items on course</td>
<td>1. Discussion Forum 4 Question</td>
<td>Thursday 2 March, 11:59 PM</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>2. Discussion Forum 4 Comment</td>
<td>Sunday 5 March, 11:59 PM</td>
<td></td>
<td></td>
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<tr>
<td>6 Mar. - 12 Mar.</td>
<td>Unit 8: Food and Religion (Part 2)</td>
<td>Unit 8 items on course</td>
<td>Unit 7-8 Quiz</td>
<td>Sunday 12 March, 11:59 PM</td>
<td>7.1% of Quizzes</td>
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<tr>
<td>13 Mar. - 19 Mar.</td>
<td>Unit 9: Indigenous Food Culture</td>
<td>Unit 9 items on course</td>
<td>Unit 9 Quiz</td>
<td>Sunday 19 March, 11:59 PM</td>
<td>7.1% of Quizzes</td>
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<tr>
<td>20 Mar. - 26 Mar.</td>
<td>Unit 10: Modern Food Trends and Course Summary</td>
<td>Unit 10 items on course</td>
<td>1. Discussion Forum 5 Question</td>
<td>Thursday 23 March, 11:59 PM</td>
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<td></td>
<td>2. Discussion Forum 5 Comment</td>
<td>Sunday 26 March, 11:59 PM</td>
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<td></td>
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<td></td>
<td>3. Sunday 26 March, 11:59 PM</td>
<td>17.9% of Quizzes</td>
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<td>4. Sunday 26 March, 11:59 PM</td>
<td>17.9% of Quizzes</td>
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<td>27 Mar. - 2 Apr.</td>
<td>No new content</td>
<td>Assignment 1 Presentation</td>
<td>Assignment 1 Written Report</td>
<td>Sunday 2 April, 11:59 PM</td>
<td>25% of A1</td>
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<tr>
<td>3 Apr. - 12 Apr.</td>
<td>View classmates’ presentations</td>
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<td>Assignment 1 Group Member Evaluation</td>
<td>Saturday 8 April, 11:59 PM</td>
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<td></td>
<td></td>
<td></td>
<td>Assignment 1 Group Member Evaluation</td>
<td>Saturday 8 April, 11:59 PM</td>
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<tr>
<td>14 Apr. - 28 Apr.</td>
<td>Exam Period: The Final Exam will be scheduled by the Registrar’s Office</td>
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<td>100%</td>
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Grading

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

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<thead>
<tr>
<th>Letter Grade</th>
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<th>Grade Point Range</th>
<th>Final Grade Point</th>
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<td>A+</td>
<td>95-100</td>
<td>4.25-4.5</td>
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<td>A</td>
<td>86-94</td>
<td>3.75-4.24</td>
<td>4.0</td>
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<tr>
<td>B+</td>
<td>80-85</td>
<td>3.25-3.74</td>
<td>3.5</td>
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<tr>
<td>B</td>
<td>72-79</td>
<td>2.75-3.24</td>
<td>3.0</td>
</tr>
<tr>
<td>C+</td>
<td>65-71</td>
<td>2.25-2.74</td>
<td>2.5</td>
</tr>
<tr>
<td>C</td>
<td>60-64</td>
<td>2.0-2.24</td>
<td>2.0</td>
</tr>
<tr>
<td>D</td>
<td>50-59</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>
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Voluntary Withdrawal

The last day to drop the class and receive 100% refund is 20 January, 2023.

The last day to withdraw with no refund is 22 March, 2023.

Students who do not drop the course by the deadline will be assigned a final grade and the withdrawal courses will be recorded on your official transcript. Refer to the Registrar’s Office web page for more information.

Quizzes, Discussion Forum, Assignments, & Exam Descriptions

Detailed instructions for Quizzes, the Discussion Forum, Assignments 1 and 2, and the Final Exam are found on UM Learn. Basic overviews are provided below:

**Title**: Unit Quizzes

**Goal**: The Unit Quizzes will help you to master the content of each unit within the course.

**Procedure**: There is a timed, online quiz for each unit. Each quiz has 5 multiple-choice questions, and you have 60 minutes to complete each quiz. You can access the links to each quiz through UM Learn under Assessments. Ensure that you have completed the assigned readings before attempting each quiz.

**Submission guidelines**: Each quiz is submitted automatically when completed on MindTap.
Due date: There are different due dates for each Unit Quiz. The Unit Quizzes are NOT subject to the course late policy. Late submissions will not be accepted.

Evaluation criteria: Unit Quizzes are evaluated automatically through UM Learn. As they consist only of multiple-choice questions, each question is marked as either correct or incorrect. There is no partial credit.

Title: Short Answer Quizzes
Goal: The Short Answer Quizzes will help you to master the content of each unit within the course.
Procedure: There are two timed, online short answer quizzes in this course. Each has two questions, and you have 60 minutes to complete each quiz. You can access the links to each quiz through UM Learn under Assessments. Ensure that you have completed the assigned readings before attempting each quiz.
Submission guidelines: Each quiz is submitted automatically when completed on MindTap.
Due date: There are different due dates for each Short Answer Quiz. The Short Answer Quizzes are NOT subject to the course late policy. Late submissions will not be accepted.
Evaluation criteria: Short Answer Quizzes are marked according to accuracy, and partial credit may be awarded.

Title: Discussion Forum (DF)
Goal: The Discussion Forum will allow you to engage with the course content through meaningful professional dialogue with your peers.
Procedure: Every second week you will be expected to post one question related to course material and also one comment/response to another student's question.
Submission guidelines: Post to the appropriate DF on UM Learn.
Due date: DF questions must be posted by midnight Thursday of the weeks they are due. DF comments must be posted by midnight Sunday of the weeks they are due.
Evaluation criteria: Each post is worth 1.5% of your final mark. Added together over the term this represents 15% of your final grade. Full points will require that your postings be related to class readings and that they are well thought out. Refer to the rubric to determine what a full mark post looks like.

Title: Assignment 1: Cultural Foodways
Goal: This assignment will help you learn about the food patterns, beliefs, and attitudes of a selected country, geographical region, or ethno-cultural group.
**Procedure:** This is a group assignment. Groups consisting of 4-5 students will report on the food patterns, beliefs, and attitudes of a selected country, geographical region, or ethno-cultural group. Final assignments will consist of two components: 1) a written report; and 2) a presentation. See Assignment 1 Guidelines on UM Learn for further details.

**Submission guidelines:** Submit to the appropriate drop box and/or discussion forum on the course UM Learn website.

**Due Date:** There are different due dates for each component of this assignment. Please see UM Learn for details.

**Evaluation criteria:** The rubric for Assignment 1 is available on UM Learn.

**Title:** Assignment 2: Cultural Interview

**Goal:** This assignment will help you to identify how the food patterns of people from various cultures help them to meet their nutritional needs; understand and appreciate the challenges faced by diverse cultural groups in accessing appropriate ingredients and foods in Canada; recognize the role culture plays in influencing group and individual food selection, preparation, consumption and in the cultivation of attitudes and beliefs around food; and recognize that food practices and traditions can vary between and within cultures.

**Procedure:** Find a person who identifies themselves as a member of a specific cultural group, different from your own, who is willing be interviewed. Do not choose a member of the cultural group you are studying for your group assignment. See Assignment 2 Guidelines on UM Learn for further details.

**Submission guidelines:** Submit to the appropriate drop box on the course UM Learn website.

**Due Date:** Sunday 19 February, 11:59 PM

**Evaluation criteria:** The rubric for Assignment 2 is available on UM Learn.

**Title:** Final Exam

**Goal:** To provide a summative assessment of your learning throughout the course.

**Procedure:** The final exam is 2 hours in length and consists of 50 multiple-choice questions and two short answer questions. It covers course notes and content in your classmates’ presentations. The Final Exam should be completed individually and should be completed by the student who is registered in the course. Please review the University of Manitoba Academic Integrity website for more information on academic misconduct and how to avoid it. Students found to be engaging in academic misconduct will be referred to the Food and Human Nutritional Sciences Department for investigation.

**Submission guidelines:** The Final Exam will be submitted online after the 2-hour time limit.
Due Date: The Registrar’s Office is responsible for the final exam schedule which is available approximately one month after the start of the course.

Evaluation criteria: The Final Exam consists of multiple-choice and short answer questions. Multiple choice questions are marked as either correct or incorrect, and there is no partial credit. Short answer questions are marked according to accuracy, and partial credit may be awarded.

Referencing Style

Assignment Feedback
My goal is to have your assignments marked and returned to you within 14 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 & Late Submission Policy
To establish a fair and equitable experience for all students, no extensions will be granted for coursework unless there are extenuating medical or compassionate circumstances.

Late work is subject to reduced credit of 5% per day up to five days past the original due date.* No late work will be accepted beyond five days past the original due date unless prior notification or arrangements have been made. UM Learn provides a time and date stamp with each of your submissions, so the late penalty will be applied starting immediately after the due date and time outlined in the course schedule.

You must contact me within 48 hours of the missed assessment (Assignment 1-2 or the Midterm Exam) to qualify for an extension/deferral. Marks from missed assessments will not be transferred to the final exam.

Please review the University of Manitoba’s Self-Declaration for Brief and Temporary Student Absences Policy and Procedure.

*The Unit Quizzes and Short Answer Quizzes are NOT subject to the course late policy. Late submissions will not be accepted.

University Support Offices & Policies
UM Policies
As a student at 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 University of Manitoba (UM) website’s Governing Documents is one important source of information, in particular the Academic and Students sections. The Student Advocacy office can also help you understand policies and procedures; find their information in the UM Learner Supports section below.

**Academic Calendar**
The Academic Calendar is the University’s official publication containing course descriptions, program and graduation requirements, as well as UM and faculty/school-specific rules, regulations and policies. In particular, familiarize yourself with the sections University Policies and Procedures and General Academic Regulations.

**Academic Integrity**
In addition to reviewing your instructor’s academic integrity policy listed in their syllabus, you are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the regulation pertaining to Academic Integrity. Ask your instructor for additional information about demonstrating academic integrity in your academic work, and consult the following UM resources for more information and support:

- Academic Integrity
  - Student Resources
  - Academic Misconduct and How to Avoid It
- Student Advocacy Office (https://umanitoba.ca/student-supports/academic-supports/student-advocacy)

**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.

**Grade Appeals**
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 for more information including appeal deadline dates and the appeal form.
**Intellectual Property**
For information about rights and responsibilities regarding intellectual property view the [Intellectual Property Policy](#).

**Program-Specific Regulations**
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](#) website.

**Respectful Work & Learning Environment**
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 and respectful manner. Policies governing UM community behaviour include:

- [Respectful Work and Learning Environment](#)
- [Student Discipline](#)
- [Violent or Threatening Behaviour](#)

The UM website, [Engaging in Respectful Conduct](#), includes more details about expectations for behaviours related to university activities.

**Sexual Violence Policies**
The UM has several policies and procedures that deal with the rights and responsibilities of the University community with regards to all forms of sexual violence. For a comprehensive list of policies and associated resources, visit the [Sexual Violence Resource Centre’s information page](#). Please note that there are many supports available in addition to these policy documents (see UM Learner Supports).

**Voluntary Withdrawal**
Voluntary withdrawal (VW) is a way for students to leave a class without academic penalty once the Registration Revision Period has ended. If you opt to voluntarily withdraw from a course, you will not be eligible for a refund and, if applicable, will still be required to pay any outstanding tuition fees for the course. On your transcript, the course you have withdrawn from will be listed; however, “VW” will appear in lieu of a grade. If you do not drop a course before the VW deadline, you will receive a final grade in the course on your transcript.

Please note that there are separate deadlines for dropping a course early in a term during the Registration Revision Period. Dropping a course means you are removing that course from your schedule, will not be charged tuition fees for that course, and the course will not appear on your transcript.
The Registrar’s Office website, Withdraw from a Course, includes more information on the different ways in which you can withdraw from a course and important dates and deadlines to do so.

**UM Learner Supports**
Below you will find a select list of important supports for learners at the UM, both academic supports and otherwise. For a complete listing of all learner supports at the University of Manitoba, visit the Student Supports website.

**Academic Advising**
Contact an Academic Advisor for support with degree planning and questions about your academic program and regulations.

**Academic Learning Centre (ALC)**
The Academic Learning Centre offers one-to-one tutoring, groups study sessions and workshops, as well as video and tip-sheet resources to help you throughout your academic program. All Academic Learning Centre programming, supports, and services are free for UM students.

Make an appointment for free one-to-one tutoring. Content tutors (over 90 UM courses) can help you understand concepts and learn problem-solving strategies. Study skills tutors can help you improve your skills such as time management and goal setting, reading and note-taking, as well as learning and test-taking strategies. Writing tutors can give you feedback on your academic writing, whether you are just getting started on a written assignment or already have a draft. English as an Additional Language specialist, Antoanela Denchuk, is available for one-to-one tutoring to help you improve your English-language academic writing skills. Use the drop-down menu, read the tutor biographies, and make an appointment for tutoring on the Academic Learning Centre schedule.

Attend Supplemental Instruction (SI) sessions in historically difficult courses (including Chemistry, Engineering, and Computer Science). These free weekly review sessions are facilitated by a peer mentor who has previously taken the course and provide an opportunity to discuss course content, ask questions, compare notes, solve practice problems, and develop study strategies. See online for a list of SI courses and meeting times.

Register for an Academic Success Workshop, where you can learn strategies to improve your writing and studying. More information on topics, dates, and registration, are found online.

Register for Faculty of Graduate Studies Grad Steps Workshops. These workshops are specifically designed for students working towards Master’s degrees or PhDs. More information on topics, dates, and registration can be found online.
Access the Academic Learning Centre’s collection of videos and tip sheets to help you with many of the academic tasks you’ll encounter in university.

**Contact the Academic Learning Centre** by calling 204-480-1481 or emailing academic_learning@umanitoba.ca. Bannatyne students can contact the Bannatyne Student Services office at 204-272-3190.

**Basic Needs**  
It can be difficult to learn and succeed in courses when you are struggling to meet your or your family’s basic needs. Several UM and community resources are listed below if you would benefit from support with regards to housing, food, finances, and/or childcare:

- **Housing**  
  - UM Housing  
  - Winnipeg Rental Network  
  - Manitoba Residential Tenancies Branch  
  - HOPE End Homelessness Winnipeg Services & Supports

- **Food**  
  - U of M Food Bank  
  - Food Matters Manitoba

- **Finances**  
  - UM Financial Aid and Awards  
  - Manitoba Student Aid

- **Child Care**  
  - UM Child Care  
  - Manitoba Child Care Subsidy  
  - Manitoba Child Care Association

**English Language Centre**  
The English Language Centre (ELC) provides courses, tests, accommodations and individual support to students whose first language is not English in order to support academic success and participation in the University of Manitoba community.

**Health & Wellness**  
Physical, mental, emotional, and spiritual health and wellness play a critical role in student success. See all of UM’s resource on their Health and Wellness website, and make note of several specific UM and community supports listed below.

**Winnipeg Urgent Physical & Mental Health Care**  
If you are an adult experiencing a mental health or psychosocial crisis, contact the Klinic Community Health 24/7 crisis line at 204-786-8686, visit the Crisis Response Centre located at 817 Bannatyne Avenue or contact the Mobile Crisis Service at 204-940-1781.
To speak with a nurse for guidance on what health-care path to take for the issue you are facing or for general information about health resources available in Manitoba, contact Health Links at 1-888-315-9257 (toll free).

If you need urgent medical care, visit the Winnipeg Regional Health Authority’s Emergency Department & Urgent Care Wait Times webpage for a list of locations and current wait times.

**Student Counselling Centre (SCC)**
The Student Counselling Centre provides free counselling and mental health support to UM, English Language Centre, and International College of Manitoba (ICM) students. We are open year-round, Monday through Friday from 8:30 am to 4:30 pm. Our commitment is to offer a support service to every student who contacts us.

Visit the SCC’s For Urgent Help webpage or the urgent care resources listed above if you require immediate support.

Visit the SCC’s Our Services webpage for more information on accessing a variety of services including individual counselling, counselling workshops and groups, support resources, and learning disability assessment services.

The SCC is located at 474 UMSU University Centre (Fort Garry Campus).

**Health & Wellness Office**
Students often juggle multiple demands, and we recognize that it can be difficult to find balance. For any changes you want to make to your health and wellness, the Health and Wellness Office at the University of Manitoba would like to support you in your journey. We are here to help you take control of your own health and make your own decisions. We are a judgment-free space and we avoid labels whenever possible. For more information, please visit the Health and Wellness Office website.

**Spiritual Care & Multifaith Centre**
Spiritual care services are available to all, whether you identify as spiritual, atheist, religious or agnostic. Spiritual Services also offer specific denominational support for certain religious groups and by Indigenous Elders-in-Residence.

**Student Support Case Management (SSCM)**
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.
University Health Service (UHS)
The University Health Service offers a full range of medical services to students, including psychiatric consultation, via two health clinics:

- Fort Garry Campus: (204) 474-8411, ACW-Lot temporary trailer (behind the Isbister building)
- Bannatyne Campus: (204) 474-8411, P309 – Pathology Building

Student Services at Bannatyne Campus
Student Services at Bannatyne Campus (SSBC) offers a full range of mental health supports to students and residents in the Rady Faculty of Health Sciences, along with other academic and personal supports. Visit the SSBC website for a list of services available.

Indigenous Students
Staff, faculty and Elders are well-equipped to ensure your university experience is as beneficial, accessible, and successful as possible. Visit the Indigenous Student Experience website for more information on the supports and services available.

International Students
The transition to a new country and a new academic system can be both exciting and overwhelming. The International Centre (IC) is here to help you settle into life at University of Manitoba. Visit the International Students website.

Sexual Violence Support & Education
Sexual violence affects people of all ages, sexual orientations, genders, gender identities, abilities and relationship statuses. At the U of M, we are committed to ensuring a respectful work and learning environment for all. We want to build a safe and inclusive campus community where survivors of sexual violence know they can receive the supports they need to succeed, both academically and personally.

The Sexual Violence Resource Centre, located at 537 UMSU University Centre (Fort Garry campus) provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence.

Student Accessibility Services (SAS)
The University of Manitoba is committed to providing an accessible academic community. Student Accessibility Services 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 health, learning, medical, hearing, injury-related,
visual) are invited to contact SAS to arrange a confidential consultation. SAS is located at 520 University Centre (Fort Garry Campus).

**Student Advocacy**

*Student Advocacy* is a safe place for students. We help you navigate university processes and advocate for your rights as a student at UM. If anything in your personal or academic life is affecting your studies, contact our confidential intake assistant by phone (204-474-7423) or email (stadv@umanitoba.ca).

**University of Manitoba Libraries (UML)**

As the primary contact for all research needs, your liaison librarian can play a key 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 have about the research process. Liaisons can be contacted by email or phone and are also available to meet with you online or in-person. A [complete list of liaison librarians can be found by subject](#).

General library assistance is also available at both the Bannatyne and Fort Garry campuses by visiting any library location. When working online, students can receive help via the Ask Us chat button found on the right-hand side of the [Libraries’ homepage](#).