



UM | Faculty of Agricultural
and Food Sciences

Syllabus

HNSC 1200: Food Facts and Fallacies

(A01, Winter 2024)

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.



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COURSE DETAILS

Course Title & Number:	HNSC 1200 Food Facts and Fallacies (A01)
Number of Credit Hours:	3
Class Times & Days of Week:	Mondays, Wednesdays, Fridays 11:30 AM - 12:20 PM
Location for classes:	In-person classes at Robert B. Schultz Lecture Theatre 172 (Remote lectures via UMLearn WebEx will be conducted in case of instructor's unavailability due to illness/ work travel etc.)
Pre-Requisites:	There are no pre-requisites for taking this course.

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
Office Hours or Availability:	Wednesdays 1:00 PM - 2:00 PM; Other times by appointment; Also available immediately after class (for quick questions and without prior arrangements; some exceptions might apply; For other times, please email to schedule an appointment.
Office Phone No.	204-474-6287 (work); 780-966-1320 (Mobile)
Email:	chamila.nimalaratne@Umanitoba.ca I will try my best to return your email within 24 hours on weekdays. <i>Note:</i> All email communication must conform to the Communicating with Students university policy.
Contact:	Email is the most preferred mode of communication. Please write the name of the course in your email subject. 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.

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.

Course Goals

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
- Analyse 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.
- Analyse the industrial methods used for food processing and preservation.

Course Learning Objectives

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

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, and it is expected that students refer to these resources regularly. 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.

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

Students should refrain from any behaviour that may be distracting to other students during classes. **Accordingly, all technology resources are to be used in a responsible, efficient, ethical and legal manner.** The course lectures will be delivered in person (except for emergencies, where virtual lectures will be used) and the lecture material will be available through UMLearn.

You can access UMLearn from the University of Manitoba homepage: www.umanitoba.ca. For login assistance, visit the [UMLearn Resources Page](#) or contact **IST Service Desk** at servicedesk@umanitoba.ca or (204) 474-8600. Please run a system check at (<https://universityofmanitoba.desire2learn.com/d2l/systemCheck>) to verify that your system is configured properly.

Expectations: I Expect You To

- I expect you to attend the classes and 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.
- I strongly encourage you to carefully read the course notes, including all links to external sites, as all of these will be testable on the midterm exam and final exam.
- 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.

You should plan on the reading, writing, and studying to take approximately 4-5 hours per week in addition to the 75 minutes (x2) of class time.

The unit discussions, assignment, midterm exam and the quizzes at the end of each unit relate directly to what you can expect on the final exam. You should complete the quizzes regularly to make sure that you know the correct answers. If you do this periodically during the course, you will perform better on the midterm exam and the final exam.

Class Communication:

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

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Plagiarism or any other form of cheating in examinations, midterm exam or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or university). Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., crib notes, pagers or cell phones). Exam cheating can also include exam personation. A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalty.

Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). An assignment which is prepared and submitted for one course should not be used for a different course. This is called “duplicate submission” and represents a form of cheating because course requirements are expected to be fulfilled through original work for each course.

When in doubt about any practice, ask your professor or instructor. Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Recording Class Lectures:

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 of the instructor. Course materials (both paper and digital) are for the participant’s private study and research.

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services

520 University Centre

Phone: (204) 474-7423

Email: Student_accessibility@umanitoba.ca

Expectations: You Can Expect Me To

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

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#).

Date	Class Content & Teaching Strategies	Required Readings or any Pre-class Preparation	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade
Week 1 Jan 08-12	Introduction to the course Unit 1: Basics of Nutritional Sciences	Course material on UMLearn			
Week 2 Jan 15-Jan 19	Unit 1: Basics of Nutritional Sciences	Canada Food guide (2019)			
Week 3 Jan 22-Jan 26	Unit 2: Food Production	Course material on UMLearn	Unit 1 quiz	Recommended to complete by Jan 26	3%
Week 4 Jan 29-Feb 02	Unit 2: Food Production	Course material on UMLearn	Discussion post 1	Due Feb 02	3%
Week 5 Feb 05-Feb 09	Unit 3: Food Security	Course material on UMLearn	Unit 2 quiz	Recommended to complete by Feb 9	3%
Week 6 Feb 12-Feb 16	Unit 3: Food Security Unit 4: Food Chemistry	Course material on UMLearn	Discussion post 2	Due Feb 26	3%
Feb 19-23 Winter Term Break (No Classes)					
Week 7 Feb 26-Mar 01	Midterm Exam (Mar 03) Unit 4: Food Chemistry	Course material on UMLearn	Unit 3 quiz Midterm Exam (Units 1-3); In-class; on UMLearn	Recommended to complete by Feb 27 Mar 01	3% 25%

Week 8 Mar 04- Mar 08	Unit 4: Food Chemistry	Course material on UMLearn			
Week 9 Mar 11- Mar 15	Unit 5: Food Safety	Course material on UMLearn	Unit 4 quiz	Recommended to complete by Mar 17	3%
Week 10 Mar 18- Mar 22	Unit 5: Food Safety	Course material on UMLearn	Assignment (Available under quizzes on umlearn)	Due Apr 01	8%
Week 11 Mar 25- Mar 29	Unit 6: Food Processing	Course material on UMLearn	Unit 5 quiz	Recommended to complete by Mar 31	3%
Week 12 Apr 01- Apr 05	Unit 6: Food Processing	Course material on UMLearn	Discussion post 3	Due Apr 08	3%
			Unit 6 quiz	Recommended to complete by Apr 10	3%
Week 13 Apr 08- Apr 10	Final exam review				
Exam period: Apr 12 – Apr 26, 2024	Final exam	Course material on UMLearn	Final exam (scheduled by Registrar’s Office during Fall Term Exam period) is based on Units 1-6, with more emphasis on units 4, 5 and 6.		40%
					100%

Grading

*****Please note that marks in all sections of HNSC 1200 are not rounded.***

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

Voluntary Withdrawal

The last day to drop the class and receive 100% refund is January 19, 2024, and the last day to withdraw with no refund is March 20, 2024. Students who do not drop the course by the deadline will be assigned a final grade. Please note that withdrawal courses will be recorded on official transcript. Please refer to the [Registrar's Office](#) web page for more information. I am always willing to discuss student's progress and strategies for improvement prior the withdrawal date.

ASSIGNMENT DESCRIPTIONS

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, midterm exam, and final examination for this course will be written on UM Learn.

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

Unit Discussions (9%)

You will **complete 3 discussions** in designated discussion forums on UMLearn (UMLearn> communications> discussions). You will find the specific questions to be answered for each discussion topic under Content, in the "Instructions for Assignments" folder on your course website, as well as on each discussion board. You must select and submit first discussion from the options for units 1-2, second from two topics from Unit 3, and the third discussion options for units 5-6. **The due dates for the discussion submissions are listed in the course schedule, and late submissions will not be accepted as the forum will be closed by the due date.**

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 recommended dates are suggested to help you stay on track but if you miss a recommended date, you will still be able to complete the quiz until August 11th without any penalty.

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.

Examinations:

Midterm exam (25%)

The test must be completed on UMLearn. You must have a laptop or a tablet to complete the test. The midterm exam is 40 minutes in length and consists of 40 multiple-choice and true/false questions,

focusing on the learning objectives found in each unit. The midterm will test units 1, 2 and 3. More details on the midterm exam will be communicated during the class.

The Final Exam (40%)

The final exam is 105 minutes in length and consists of 100 multiple choice / true and false questions, focusing on the learning objectives found in each unit. The final exam will cover materials from units 1-6, with more emphasis on units 4, 5 and 6. The Registrar's Office is responsible for the final exam schedule which is available in Aurora after the start of the course and will be administered in-person. All exams in this course should be completed individually and should be completed by the student who is registered in the course. Please review the information found on the University of Manitoba Academic Integrity website: <http://umanitoba.ca/student-supports/academic-supports/academic-integrity> for more information on academic misconduct, and how to avoid it. Students found to be engaging in any of the above behaviours will be referred to the Food and Human Nutritional Sciences Department for investigation.

Referencing Style

Assignments should use the APA reference style as outlined in the text:

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC.

There are resources available on APA reference style on the University of Manitoba Library page: www.umanitoba.ca/libraries.

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.

Should you need an extension for an assignment/test, you must contact me as soon as possible to make arrangements, however, extensions will only be granted for medical or compassionate circumstances. **If you miss the final exam due to illness or compassionate reasons, please contact your own faculty to request a deferral.** Your instructor does not have any authority to change the schedule of your final exam.

UNIVERSITY SUPPORT OFFICES & POLICIES

Section (a):

Writing and Learning Support

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns

such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor's feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries' homepage: www.umanitoba.ca/libraries.

Section (b):

For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.

Student Counselling Centre

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:* <http://umanitoba.ca/student/counselling/index.html>

474 University Centre or S207 Medical Services
(204) 474-8592

Student Support Case Management

Contact the Student Support Case Management team if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

Student Support Intake Assistant <http://umanitoba.ca/student/case-manager/index.html>

520 University Centre
(204) 474-7423

University Health Service

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

University Health Service <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus

(204) 474-8411 (Business hours or after hours/urgent calls)

Health and Wellness

Contact our Health and Wellness Educator if you are interested in 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 <http://umanitoba.ca/student/health-wellness/welcome.html>

Katie.Kutryk@umanitoba.ca

469 University Centre

(204) 295-9032

Live Well @ UofM

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

<http://umanitoba.ca/student/livewell/index.html>

Section (c):

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The Copyright Office provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

Section (d):

Your rights and responsibilities

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- If you have questions about your grades, talk to your instructor. There is a process for

term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>

- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected 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 http://umanitoba.ca/admin/governance/media/Intellectual_Property_Policy_-_2013_10_01.pdf

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site

<http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

Student Advocacy

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>

520 University Centre

204 474 7423

student_advocacy@umanitoba.ca

Foundational Knowledge Content Areas for Dietetics Education

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
Food	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
Food Service Systems	Hazard Analysis and Critical Control Points (HACCP)	1
Human Nutrition across the Lifespan	Nutrition recommendations and guidelines	1
Microbiology	Classification of microbes	1
	Microbes in food safety	1
	Microbes in food production including prebiotics and probiotics	1
Pharmacology	Nutrients and nutraceuticals as pharmacological agents	1

	Natural health products	1
Population Food Systems and Food Security	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
Professional Practice in Dietetics	Time and workload management	1
	Role of research and new knowledge	1
Research and Evaluation	Theoretical foundations of research	1
Social and Psychological Foundations	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