

HNSC 3220: Food and Nutrition Literacy Education

Syllabus

(Fall 2023)

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COURSE DETAILS

Course Title & Number:	HNSC 3220 Food and Nutrition Literacy Education
Number of Credit Hours:	3
Class Times & Days of Week:	Tuesdays & Thursdays, 8:30 – 9:45 am
Location for classes/labs/tutorials:	This course will be blended (most classes will be taught in-person, but some lectures & other media will be available in UM Learn for viewing asynchronously). In-person classes are held in <u>room 245 Ellis Building</u> .
Pre-Requisites:	A grade of C or better in PSYC 1200 (or SOC 1000/1200), HNSC 2130 and HNSC 2140. May not be held with the former HNSC 3320.

INSTRUCTOR CONTACT INFORMATION

Instructor(s) Name & Preferred Form of Address:	Dr. Amanda Gomes Almeida Sá, Ph.D. (she/her) Dr. Sá, Dr. Amanda, or Amanda
Office Location:	Richardson Centre for Food Technology and Research (a board room can be scheduled if meetings are needed)
Office Hours or Availability:	After class (if brief) or make appointment by UM email
Preferred Method of Communication - Email:	I will respond to your emails within 48h, excluding holidays and weekends Amanda.GomesAlmeidaSa@umanitoba.ca
Contact:	If you need to contact me about course materials, attendance or personal issue: <ul style="list-style-type: none">• Use my UM email• UM policy states that all students must use their University of Manitoba email address for all correspondence• Include 'HNSC 3220' in the subject line• Use professional language, and proper grammar and spelling

TRADITIONAL TERRITORY/LAND 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 present, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

EQUITY AND INCLUSION COMMITMENT

There are multiple ways to engage in this course to accommodate your personal circumstances and preferences. Where possible, you will be given the opportunity to make decisions about what and how you learn. I honor 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 under-represented voices.

COURSE DESCRIPTION AND GOALS

U of M Course Calendar Description and Course Goals

Students will develop a critical understanding of the influences on food and nutrition behaviors and how to positively impact these through evidence-informed food and nutrition literacy strategies.

General Course Description

Class Format: Detailed class schedule is on pages 9 - 12

This class will cover theoretical and applied aspects of food and nutrition literacy education. The class will be blended (some in-person classes and some online learning) by viewing slides and accompanying recorded video files in UM Learn, viewing documentaries, and completing course readings. The in-person classes will consist of further discussion of lecture slides (key topics); individual, small and large group discussions/activities*. Please consult the detailed class schedule in this syllabus for more information. Evaluation will consist of a series of assignments (submitted in UM Learn) and one mid-term exam (complete in UM Learn). Students are expected to keep up with the assigned readings, answer questions and contribute to discussions using course readings, materials from other courses, and their own experiences. Regular attendance of in-person classes is encouraged to achieve maximum benefit from this course.

***Group Discussions/Activities:**

Groups will not be pre-assigned: they will be randomly assigned during the class. You will be missing out on important course material if you do NOT attend the in-person classes. Groups will choose their own facilitators for each discussion/activity. Be prepared to take on this role, which involves guiding the group through the discussion/activity and reporting back to the class. Materials for the small group discussions/activities will be handed out in class.

COURSE LEARNING OBJECTIVES

Upon completion of this course, students should be able to:

1. Describe food education, nutrition education, public health nutrition, health promotion and their relationship to each other.
2. Describe the concept of food and nutrition literacy, and related competencies for children and young adults.
3. Describe selected theories of teaching and learning and how they apply to food and nutrition literacy education.

4. Analyze influences on food choice at individual, community and societal levels, including those which may **promote** and **hinder** healthy eating.
5. Describe principles of cultural competency as related to food and nutrition literacy education.
6. Describe how nutrition misinformation is propagated on social media.
7. Apply principles for using social media in healthy eating promotion.
8. Describe where to find credible, evidence-based food and nutrition literacy resources.
9. Describe domains and levels of learning, and apply to learning outcomes for food and nutrition literacy education.
10. Incorporate an understanding of: a) determinants of food choice and healthy eating; b) current food/nutrition knowledge and guidelines; and c) theories of learning and teaching, into the development of food and nutrition literacy education strategies.

COURSE MATERIALS, TECHNOLOGY, TEXTBOOK AND READINGS

- **Course Reading Package** (“Required Readings for HNSC 3320 Nutrition Education and Dietary Change”) is available for purchase in hard copy or digitally from the [University of Manitoba Bookstore](#). Required readings are identified in the Course Schedule Table in this syllabus (the Schedule also has links to a few on-line required readings which are not in the Course Reading Package).
- **Recording Class Lectures & Discussions:** Dr. Amanda Sá and the University of Manitoba hold copyright over the course materials, presentations and lectures which form part of this course. No audio or photo/video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of Dr. Amanda Sá. Course materials (paper and digital) are for the participant’s private study and research only.
- **UM Learn** will be used for posting lecture slides and/or recorded video files of slides discussion, and other relevant course information. **CHECK THE COURSE ANNOUNCEMENT AREA ON UM LEARN REGULARLY AND TURN ON NOTIFICATIONS FROM THE DISCUSSION AREA (where I will answer questions from students)**. For assistance with UM Learn, contact: IST Help and Solutions Centre, email: support@umanitoba.ca | Phone: (204) 474-8600
- **Online Platforms:** Another online platform may be used for this course. You will be notified of this before the applicable date.

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):

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

Content Area	Foundational Knowledge	Cognitive Complexity Level
Communication	Strategies for effective written communication	2
	Strategies for effective oral communication	2
Food	Application of dietary requirements, guidelines, and guidance tools to food planning	1
	Religious and cultural food practices	1
Human Nutrition across the Lifespan	Nutrition recommendations and guidelines	3
	Dietary practices	2
Nutrition Assessment	Environmental and individual factors affecting food intake	3
Population Food Systems and Food Security	Food consumption patterns and trends	2
Research and Evaluation	Evidence-informed practice	1
Social and Psychological Foundations	Behavioural theories relevant to eating and food choice	3
	Social and psychological aspects of eating and food choice, in health and disease	3
	Social justice, diversity and equity in society	2
	Cultural competence	2
Teaching and Learning	Theories of teaching and learning	3
	Strategies to assess teaching and learning needs	3
	Development and assessment of learning outcomes	3
	Strategies to address the teaching and learning needs of individuals and populations	3
	Learning resource selection and development	3

USING COPYRIGHTED MATERIALS

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

EXPECTATIONS

I expect you to follow the policies around Class Communication, Attendance, Academic Integrity, etc. outlined below (can also refer to [Section 2.5 ROASS](#)).

Class Communication: I occasionally post messages and additional information/materials on UM LEARN. Please check the site regularly. **Submit all assignments on UM LEARN unless otherwise instructed.** Use your UM email address and my UM email address Amanda.GomesAlmeidaSa@umanitoba.ca (NOT UM Learn) for class communication: [University of Manitoba policy](#) states that all students must use their University of Manitoba email address for all correspondence.

Class attendance regularly: The class starts at 8:30 am sharp. Although 5-min late is tolerated, please do not be late for in-person classes since you will disturb the class and colleagues. Plan your transportation accordingly. Regular attendance is expected of all students during in-person classes. If you must miss a class, please notify the instructor as soon as possible by email. An instructor may initiate procedures to debar a student from attending classes and from final examinations and/or from receiving credit where unexcused absences exceed those permitted by the faculty or school regulations. A student may be debarred from class, laboratories, and examinations by action of the dean/director for persistent non-attendance, failure to produce assignments to the satisfaction of the instructor, and/or unsafe clinical practice or practicum. Students so debarred will have failed that course.

Note: It is your responsibility to communicate with your instructors well in advance of tests/exams/assignment due dates, of any ongoing issues, OR immediately once an issue arises that *may* impact your ability to complete course work including tests.

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.

Plagiarism and Cheating: Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or university). Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., notes or cell phones). Exam cheating can also include exam personation (Please see Exam Personation, found in the Examination Regulations section of the General Academic Regulations). A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalty. Plagiarism is taking ideas or words of another person and pass them off as one's own. In short, it is stealing something intangible rather than an object. Plagiarism applies to any written work, in traditional or electronic format, as well as orally or verbally presented work. Obviously it is not necessary to state the source of well known or easily verifiable facts, but students are expected to appropriately acknowledge the sources of ideas and expressions they use in their written work, whether quoted directly or paraphrased. This applies to diagrams, statistical tables, written materials, or information from Internet sources. To provide adequate and correct documentation is not only an indication of academic honesty but is also a courtesy which enables the reader to consult these sources with ease. Failure to provide appropriate citations constitutes plagiarism. It will also be considered plagiarism and/or cheating if a student submits a term paper written in whole or in part by someone other than him/ herself, or copies the answer or answers of another student in any test, exam-

ination, or take-home assignment.

Furthermore, be mindful of using artificial intelligence (e.g., **ChatGPT**) when working on assignments/tests, since from an academic integrity standpoint, it is very questionable in the sense that if you use an answer or essay generated by the chatbot, you have not created the work yourself! Therefore, the knowing use of generative artificial intelligence (genAI) tools, including ChatGPT and other AI writing and coding assistants, for the completion of, or to support the completion of, an examination, term test, assignment, or any other form of academic assessment, may be considered as academic misconduct in this course. Besides, working with other students on assignments, laboratory work, take-home tests, or on-line tests, when this is not permitted by the instructor, can constitute Inappropriate collaboration and may be subject to penalty under the Student Discipline By-Law. 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.

Note: The Student Advocacy Office, 519 University Centre, Phone: (204) 474-7423, is a resource available to students dealing with Academic Integrity matters.

Examinations – Personations: A student who arranges for another individual to undertake or write any nature of examination on his/her behalf, as well as the individual who undertakes or writes the examination, will be subject to discipline under the university’s Student Discipline By-Law, which could lead to suspension or expulsion from the university. In addition, the Canadian Criminal Code treats the personation of a candidate at a competitive or qualifying examination held at a university as an offence punishable by summary conviction. Section 362 of the code provides: Everyone who falsely, with intent to gain advantage for him/herself or some other person, personates a candidate at a competitive or qualifying examination held under the authority of law or in connection with a university, college or school or who knowingly avails him/herself of the results of such personation is guilty of an offence punishable on summary conviction. 1953-54, c.51, s.347. Both the personator and the individual who avails him/herself of the personation could be found guilty. Summary conviction could result in a fine being levied or up to two years of imprisonment. [1] U. Western Ontario, Academic Handbook, Issued 2009 03.

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.

Note: Student Accessibility Services, 520 University Centre, Phone: (204) 474-7423, Email: Student_accessibility@umanitoba.ca

Maintaining a Respectful Classroom 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 conduct yourself in an appropriate respectful manner. The University has a zero-tolerance policy on harassment, racism, bullying or any disruptive behaviour. This class will not tolerate any disruptive behaviors from the students or staff, “...behavior which persistently interferes with the academic or administrative activities of the university (and/or) which inhibits the ability of other students to learn and of the instructors to teach”. (Inappropriate Disruptive Student Behavior, Section 2.1.2). Should you encounter such behaviour in your classes, you are within your rights to ask a student to leave the class, call Campus Security @ 204-474-9312

if they don't comply (or log them out from the online portal). Report the incident to your Department Head soon afterwards. Please refer to the [Respectful Work and Learning Environment Policy](#) for activities in class.

Expectation from the Instructor: I will treat you with respect and would appreciate the same courtesy in return. I will also:

- Respond in a timely manner to queries or requests to meet (within 48 hours).
- Return graded assignments within two weeks of submission.
- Use a variety of teaching methods and relevant course materials to facilitate a stimulating learning environment.
- Be available for 10 minutes after the class time to discuss any brief questions or comments you may have, or by appointment.

CLASS SCHEDULE

HNSC 3220 Class Schedule (Fall 2023): DUE dates for assignments highlighted in yellow!

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](#).

Class #	Date – 08h30 am	Class Content, Teaching Strategies & Required Readings
1	Sept 7 (Thursday)	<i>In-person class</i> → Topic: Course Introduction <u>Materials:</u> Slides on UM Learn <u>Reading:</u> Course Syllabus
2	Sept 12 (Tuesday) <i>I'll be in an International Conference</i>	<i>On your own</i> → Topic: Food & Nutrition Literacy <u>Materials:</u> Recorded video with lecture on UM Learn <u>Reading:</u> ★ Why home economics classes still matter. Renwick, K. (2018) ★ Cutting home economics? Now that's out to lunch. Renzetti, E. (2014) ★ Food literacy: A critical tool in a complex foodscape. Slater, J. (2017)
3	Sept 14 (Thursday) <i>I'll be in an International Conference</i>	<i>On your own</i> → Topic: Food & Nutrition Literacy Work on Assignment #1 (more information on UM Learn) <u>Materials:</u> Watch video "The Kids' Menu" <u>Reading:</u> ★ Overview of determinants of food choice and dietary change: Implications for nutrition education. Contento, I (2011). Nutrition education: Linking research, theory and practice (2 nd ed). pp. 26-39.
-	Sept 18 (Monday)	Assignment #1 [The Kid's Menu] – due 8:30 am – on UM Learn
4	Sept 19 (Tuesday)	<i>In-person class</i> → Topic: Food & Nutrition Literacy <i>*Discussion in groups*</i> <u>Materials:</u> content on UM Learn

5	Sept 21 (Thursday)	<p><i>In-person class</i> → Topic: Canada's Healthy Eating Strategy <u>Materials</u>: Slides on UM Learn <u>Reading (not in reading package)</u>:</p> <ul style="list-style-type: none"> ★ Nutrition Facts Table & List of Ingredients: https://www.canada.ca/en/health-canada/services/food-labelling-changes.html?_ga=2.123181771.1796658230.1504725069-1191879540.1497452049#a4 ★ Canada's Food Guide https://food-guide.canada.ca/en/ ★ Healthy Eating Recommendations https://food-guide.canada.ca/en/healthy-eating-recommendations/ <p>FOR REFERENCE ONLY:</p> <ul style="list-style-type: none"> ★ Canada's Dietary Guidelines https://food-guide.canada.ca/en/guidelines/
6	Sept 26 (Tuesday)	<p><i>In-person class</i> → Topic: Digital Food and Nutrition Information <u>Materials</u>: Slides on UM Learn <u>Reading</u>:</p> <ul style="list-style-type: none"> ★ Nutrition misinformation: How to identify fraud and misleading claims. Colorado State University (2013) Fact Sheet No. 9.350 ★ The art of the social media nutrition misinformer ★ Why we fell for clean eating
-	Sept 27 (Wednesday)	Assignment #2A [Personal Dietary Change] – due 8:30 am – on UM Learn
7	Sept 28 (Thursday)	<p><i>In-person class</i> → Topic: Social Media <i>*Discussion in groups*</i> <u>Materials</u>: content on UM Learn</p>
8	Oct 3 (Tuesday)	<p><i>In-person class</i> → Topic: Diet Regimes & Food Shaming <i>*Discussion in groups*</i> <u>Materials</u>: content on UM Learn</p>
9	Oct 5 (Thursday)	<p><i>In-person class</i> → Topic: Cultural Competency <u>Materials</u>: Slides on UM Learn <u>Reading</u>:</p> <ul style="list-style-type: none"> ★ Cultural competence for child and youth health professionals. Caring for Kids New to Canada. Canadian Paediatric Society (2018) ★ Culturally respectful relationships: Some terms and issues. Northern Health (n.d.) ★ Committed to cultural safety for Indigenous Peoples in the health care system. Northern health (2017) ★ Gifts from our relations: Indigenous original foods guide. National Indigenous Diabetes Association (2020)
10	Oct 10 (Tuesday)	<i>On your own</i> → Work on Assignment #2B and #2C
-	Oct 12 (Thursday)	Assignment #2B [Personal Dietary Change] – due 8:30 am – on UM Learn

11	Oct 12 (Thursday)	<p><i>In-person class</i> → Topic: Planning F&N Literacy Education</p> <p><u>Materials</u>: Slides on UM Learn</p> <p><u>Reading</u>:</p> <ul style="list-style-type: none"> ★ Planning learning. Holli & Beto (2014) in Nutr Couns & Ed for Dietetics Professionals (6th ed). ★ Bloom’s Taxonomy: The incredible teaching tool. (2017). ThoughtCo. ★ Educational taxonomies with examples, example questions and example activities ★ Applying Bloom’s Taxonomy in your classroom
12	Oct 17 (Tuesday)	<p><i>In-person class</i> → Topic: Canada’s Food Guide</p> <p>*Discussion in groups*</p> <p><u>Materials</u>: content on UM Learn</p>
-	Oct 18 (Wednesday)	Assignment #2C [Personal Dietary Change] – due 8:30 am – on UM Learn
13	Oct 19 (Thursday)	<p><i>In-person class</i> → Topic: F&N Literacy Education with Adults</p> <p><u>Materials</u>: Slides on UM Learn</p> <p><u>Reading</u>:</p> <ul style="list-style-type: none"> ★ 5 Principles for the teacher of adults. Deb Peterson (2017). About.Com Guide
14	Oct 24 (Tuesday)	<p><i>In-person class</i> → Topic: Writing Newsletters</p> <p>*Discussion in groups*</p> <p><u>Materials</u>: content on UM Learn</p>
15	Oct 26 (Thursday)	<p><i>In-person class</i> → Topic: F&N Literacy Education with Children</p> <p><u>Materials</u>: Slides on UM Learn</p> <p><u>Reading</u>:</p> <ul style="list-style-type: none"> ★ Food literacy progression: A framework of food literacy development for children and youth from 2-18 years. Slater (2022). ★ (not in reading package): Effective approaches to increase food and nutrition knowledge in children and youth (2019). Nutrition Connections https://nutritionconnections.ca/resources/effective-education-strategies-to-increase-food-and-nutrition-knowledge-in-children-and-youth/ click on “view resource” to download PDF.
-	Oct 30 (Monday)	Assignment #3 [Instagram Post] – due 8:30 am – on UM Learn
16	Oct 31 (Tuesday)	<p><i>In-person class</i> → Topic: Planning F&N literacy education with children</p> <p>*Discussion in groups*</p> <p><u>Materials</u>: content on UM Learn</p>
17	Nov 2 (Thursday)	MIDTERM EXAM – 8H30 – UM LEARN
18	Nov 7 (Tuesday)	<p><i>In-person class</i> → Topic: Lesson Planning</p> <p><u>Materials</u>: Slides on UM Learn</p> <p><u>Reading</u>:</p> <ul style="list-style-type: none"> ★ Strategies for Effective Lesson Planning (2012). Milkova, S. Center for Research on Learning and Teaching, University of Michigan. ★ Guidelines for creating and implementing effective workshops (n.d.)

19	Nov 9 (Thursday)	<i>In-person class</i> → Topic: Writing learning objectives *Discussion in groups* <u>Materials</u> : content on UM Learn
-	Nov 14 (Tuesday)	FALL TERM BREAK
-	Nov 16 (Thursday)	
20	Nov 21 (Tuesday)	<i>In-person class</i> → Topic: Food Skills Programming <u>Materials</u> : Slides on UM Learn <u>Reading</u> : ★ Cooking matters... Developing food skills. (2013). Algoma Public Health
21	Nov 23 (Thursday)	<i>In-person class</i> → Topic: Food Skills Programming *Discussion in groups* <u>Materials</u> : content on UM Learn
-	Nov 27 (Monday)	Assignment #4A [Newsletter/Blog] – due 8:30 am – on UM Learn
22	Nov 28 (Tuesday)	<i>In-person class</i> → Topic: Recipes for Food Skills Programming *Discussion in groups* <u>Materials</u> : content on UM Learn
23	Nov 30 (Thursday)	<i>In-person class</i> → Topic: Assessment & Evaluation of F&N Education <u>Materials</u> : Slides on UM Learn <u>Reading</u> : ★ Tools for Formative assessment strategies ★ 13 Creative examples for informal assessments for the classroom ★ Evaluation tools for workplace wellness activities
24	Dec 5 (Tuesday)	<i>In-person class</i> → Topic: Food Literacy Resources *Discussion in groups* <u>Materials</u> : content on UM Learn
25	Dec 7 (Thursday)	<i>On your own</i> → Work on Final Assignment #4B
-	Dec 11 (Monday)	Assignment #4B [Lesson Plan + Summary Report] due 8:30 am on UM Learn

Important Dates: All important dates and deadlines are listed here:

<https://umanitoba.ca/registrar/important-dates-deadlines#fall-term-2023>

- September 19th is the last date to DROP Fall term and Fall/Winter term spanning courses with refunds.
- The Fall Term Break is November 13-17th.
- Last day of classes is December 11th.

VOLUNTARY WITHDRAWAL

November 21, 2023 is the Voluntary Withdrawal deadline for Fall term classes. Students who do not drop the course by the deadline will be assigned a final grade. The withdrawal courses will be recorded on official transcript. Refer to the [Registrar's Office](#) web page for more information.

ASSIGNMENTS

- There are four assignments for the course. All assignment instructions are in UM Learn.
- Assignment #2 has three (3) parts, with three (3) due dates.
- Assignment #4 has two (2) parts with two (2) due dates, and is completed with a partner (pairs).
- All assignments have different formatting instructions – see instructions in UM Learn.
- Completed assignments are submitted through UM Learn.
- Always use complete sentences and legible formatting (e.g. headings, spacing, paragraphs).
- There is one mid-term exam; it is open book. There is no final exam.

ASSIGNMENT SUBMISSION AND FEEDBACK

Electronic copies of assignments must be submitted by 8:30 am on the due date, through UM Learn. See assignment instructions in UM Learn for details.

You will receive both formative (i.e., comments) and summative (i.e., grade) feedback on assignments, electronically. I will strive to have feedback provided within two weeks of submission.

DISAGREEMENT WITH ASSIGNMENT MARK PROCESS:

1. Send an email to the grader-marker (**Mrs. Harshani V. Hewage – vidanahh@myumanitoba.ca**), detailing where and why you feel you deserve more marks (i.e. how it was answered partly or fully correct).
2. Make an appointment with Mrs. Hewage to go over the assignment in question. Bring the assignment with you.
3. If you are not satisfied, make an appointment with Dr. Amanda Sá to discuss.

ASSIGNMENT EXTENSION AND LATE SUBMISSION POLICY

Assignment extensions will be granted only in extraordinary circumstances. Unexcused late assignments will be penalized with a 10% mark reduction in mark for each 2-days late. You can also submit assignments early. If unforeseen catastrophic events occur and you require an extension, please contact me to explain (and support) the extenuating circumstances under which you are not able to meet the deadline. It's likely assignment due dates and exam dates for all your courses will fall in the same week, so you should plan accordingly. Unexcused missed assignments will be given a grade of zero if they are not submitted. A missed and excused assignment can either: 1) be completed and receive the late assignment penalty described above, or 2) a new due date can be established with the instructor.

Note¹: It is your responsibility to communicate with your instructor well in advance of assignment due dates, of any ongoing issues, OR immediately once an issue arises that may impact your ability to complete course work (including assignments and exams).

Note²: Medical notes are not required for illnesses. On September 1, 2022, the UM implemented a new policy called "Self-Declaration for Brief and Temporary Student Absences." Please email an [Academic Advisor](#) to self-declare your illness in advance of the requirement, deadline or assessment and they will help address your situation. Please inform me as soon as possible if you will be missing a deadline due to illness.

EVALUATION

Detailed instructions for all assignments are on UM Learn. All assignments are to be submitted through UM Learn unless otherwise specified.

ITEM	DATE DUE: All assignments are due by 8:30 am on the assigned date	VALUE (% of Final Grade)
NOTE: Marks are allocated for grammar, structure and formatting. However, if your work is exceptionally poor additional marks will be taken off.		
Assignment #1: The Kids' Menu – questions (Learning Outcomes #1,2,4)	Sept 18	5
Assignment #2: Personal Dietary Change (Learning Outcomes #1,3,4) ★ There are THREE parts to this assignment – note the due dates	A: Sept 27 B: Oct 12 C: Oct 18	15
Assignment #3: Food and Nutrition Education using Social Media: Instagram Post on Food Package Claims (Learning Outcomes #1,2,4,6,7)	Oct 30	20
Mid Term Exam: (Learning Outcomes #1,2,3,4,5,6,7,8,9) - Lecture materials & readings - Cumulative from beginning of course up to mid term exam date - Multiple choice, short-answer and medium-answer	Nov 2	30
Assignment #4: Food and Nutrition Education Lesson: (Learning Outcomes #1,2,3,4,5,8,9,10) ★ There are two parts to this assignment – note the due dates	A: Nov 27 B: Dec 11	30

REFERENCING STYLE

Where references are required use American Psychological Association (APA) as outlined in the text: American Psychological Association. (2020). Publication manual of the American Psychological Association (7th ed.). Washington, DC.

GRADING

Letter Grade	Category	Percentage out of 100
A+	Exceptional	90-100
A	Excellent	80-89.9
B+	Very Good	75-79.9
B	Good	70-74.9
C+	Satisfactory	65-69.9
C	Adequate	60-64.9
D	Marginal	50-59.9
F	Failure	0-49.9

UNIVERSITY SUPPORT OFFICES & POLICIES

Schedule “A” policies & supports:

Section (a) sample re: A list of academic supports available to Students, such as the Academic Learning Centre, Libraries, and other supports as may be appropriate:

Writing and Learning Support: The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format. You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor’s feedback. These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/>

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

University of Manitoba Libraries (UML): As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJObB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries’ homepage: www.umanitoba.ca/libraries.

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

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

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

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

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

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

520 University Centre (204) 474-7423

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

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

104 University Centre, Fort Garry Campus (204) 474-8411 (Business hours or after hours/urgent calls)

Health and Wellness: Contact our Health and Wellness Educator if you are interested in 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-supports/health-wellness>

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

Section (d) sample: re: A statement directing the student to University and Unit policies, procedures, and supplemental information available on-line:

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

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

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

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate respectful manner. Policies governing behavior include the:
 - **Respectful Work and Learning Environment**
http://umanitoba.ca/admin/governance/governing_documents/community/230.html
 - **Student Discipline**
http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html
 - **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/admin/governance/governing_documents/community/235.html
- 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