

Welcome to FNH 250 Nutrition Concepts and Controversies!

Note 1: Our **first class** will be **Monday, January 6** at 11:00AM in IRC 6. We will start with an Orientation to the course. If you miss this (or any) class, it is your responsibility to read the course slides and materials to be informed about your options in the course and my expectations. Post any questions in Discussions or Piazza accessible in the Canvas menu.

Attending all classes is the best way to get the most from this course. Due to the breadth of this course, it is easy to slip behind on the course content and learning activities if you don't attend and keep up.

I will be delivering the classes using multi-access to accommodate in-person and online participation in activities such as iClicker questions that account for 5% of your final grade. Ensure you have an active iClicker account, as clicker questions will start accumulating points on January 10.

Note 2: **Carefully read the course syllabus** that is posted in Canvas to gain an understanding of the course.

Note 3: Make a note of the **April 12 – 27** final exam period in your calendar. The exam schedule will be released in late February. You will be writing the final exam at the assigned date/time and in the assigned classroom using the Respondus Lockdown browser.

Note 4: Use Canvas email to contact me and the TAs. I will be available to respond to emails as my schedule permits from **Monday to Friday, between 9:00AM-5:00PM. Do not expect weekend responses. On Mondays & Wednesdays, I will host in-person office hours in FNH 214, 12-1PM.** Do not count on me being available other weekday evenings. You may contact the **TAs** through Canvas email at any time.

Course Content

Many of you are taking this course out of your interest in nutrition, which begs the question of, *What is nutrition?* Oftentimes students come to this class thinking they will be learning about food production (e.g., organic farming) or food processing, but nutrition is neither...it is the study of the nutrients found in foods and the ways in which our bodies handle them. Each one of us engages with food on a daily basis (on average, over 200 food decisions each day!); by understanding what our bodies do with the essential nutrients found in what we eat, we can make informed food choices that benefit our health.

This is an introductory survey course. In it, we will balance studying the practical side of nutrition with the scientific side of nutrition. We will approach learning about each nutrient—macronutrients, water, and micronutrients—using a course framework that consists of 6 concepts: what the nutrients are, why we need them (not how we use them, you will learn this in 3rd/4th year), where we get them (rich food sources), what happens if we get too much of a nutrient (toxicity), what happens if we get too little (deficiency), and important interrelationships between selected nutrients. Overall, you'll be learning how to make healthy food choices and how nutrients impact your health.

This course uses iClicker questions to help you stay current with the material. All clicker questions will be numbered and shown in the slides for each module topic. You will be able to answer the questions if you are in-person or online during the classes. Your attendance is important, as Clicker questions will only appear in class. If you are absent from class for any reason, you will forfeit points for the questions that we cover in class. **No exceptions are granted for the Clicker questions.**

The FNH 250 Canvas course menu includes:

Home

- **Syllabus** (includes the tentative schedule, evaluation scheme, etc.) **read carefully**
- This **Welcome Message** that outlines key aspects of the course
- Link to **MindTap** software for the CBEL and personal dietary assessment projects

Modules

- Each **Module page** includes module-specific Learning Objectives, Slides, Notes, Videos, Resources, and links to Assignment Instructions, & the Canvas discussion board
- **Practice questions for exams**—past exam questions will be available prior to the 2 midterms and final exam

Announcements

- **Announcements**—important information for various updates and actions required

Assignments (choose one)

- **CBEL Projects—partnering with Nutrikids**—details provided on January 6 & in the instructions
- **Controversial Media Article Analysis Project**—detailed instructions
- **Personal Dietary Assessment**—detailed instructions

Discussions

- **Class-wide discussion board**—communicate with your classmates, TAs or Instructor

iClicker Cloud

- **Clicker questions** throughout the course

Grades

- **Watch your progress**—not all components will be in the Grades area, but you will be able to keep track of major evaluation components

Course Evaluation

- **Important feedback from YOU**—at the end of the term be sure to complete the Course Evaluation—your input is valuable for improving the course

Evaluation Components

Exams: The final exam will be written using the Respondus LockDown Browser. If you do not have it installed on your device, download and install the app using the Student Guide:

<https://lthub.ubc.ca/guides/lockdown-browser-student-guide/>

- **Midterm 1:** opens at 12:00PM on Friday Feb 7 and closes at 11:59PM on Saturday, Feb 8
- **Midterm 2:** opens at 12:00PM on Friday Mar 14 and closes at 11:59PM on Saturday, Mar 15
- **Final exam** (online): sometime between Saturday, April 12 and Sunday, April 27. **You are expected to write the final exam on campus in the room and at the time it is scheduled.**

Term Assignments

You are offered several term assessment weighting options to help you perform to the best of your ability. Take into account your other commitments before choosing one of the following three options that best suits your learning style, interest, and needs:

- **Option A** offers the opportunity to develop nutrition lesson plans and teach them to elementary school children in a **CBEL project**.
- **Option B** offers a small group assignment that focuses on honing your research skills by conducting a deep analysis of a **Controversial Media Article**.
- **Option C** offers an individual term assignment that involves examination of your own 3-day food record and 1 (or 3) day activity log in a **Personal Dietary Assessment**.
- **Option D** offers no term assignments (high stakes final exam).

If the **CBEL project** interests you, you must choose **Option A** by **Friday, January 17 at 11:59PM**. If one of the other evaluation options interests you, you must make your choice by **Friday, January 24 at 11:59PM**. Access to the sign-up form is in the Module named: **25W-250-Selecting Evaluation Option**. If you do not make a request by the **January 24** deadline, you will be assigned, by **default, Option C** (personal dietary assignment).

Options A, B & C: With term assignment		
Component	Date/Date due	% of Final Grade
2 Learner surveys	Jan 17, PRE (1%); Apr 9, POST (1%)	2
Clicker questions	throughout course	5
2 Concept maps	Feb 3 (4%); Mar 28 (4%) (11:59PM)	8
Midterm #1 (60 min)	Feb 7, 12:00PM (noon) to Feb 8, 11:59PM	15
Midterm #2 (60 min)	Mar 14, 12:00PM (noon) to Mar 15, 11:59PM	15
Option A: CBEL Project		
CBEL (Nutrikids) project	Wednesday, Apr 9, 11:59PM	25
Final exam (2 hours)	tba: Apr 12-27	30
Option B: Controversial Media Article Analysis (small group work)		
Controversial media article analysis (research)	Wednesday, Apr 9, 11:59PM	25
Final exam (2 hours)	tba: Apr 12-27	30
Option C: Personal Dietary Assessment (individual)		
Personal dietary assessment	Wednesday, Apr 9, 11:59PM	25
Final exam (2 hours)	tba: Apr 12-27	30

Option D: No term assignment		
Component	Date/Date due	% of Final Grade
2 Learner surveys	Jan 17, PRE (1%); Apr 9, POST (1%)	2
Clicker questions	throughout course	5
2 Concept maps	Feb 3 (4%); Mar 28 (4%) (11:59PM)	8
Midterm #1 (60 min)	Feb 7, 12:00PM (noon) to Feb 8, 11:59PM	15
Midterm #2 (60 min)	Mar 14, 12:00PM (noon) to Mar 15, 11:59PM	15
Final exam (2 hours)	tba: Apr 12-27	55

Controversial Media Article Analysis

Controversies are plentiful in the media on a large number of nutrition-related topics from celebrity endorsements through to misinterpretation of scientific evidence. This assignment will help you to improve your research skills. Groups of ~4 people will conduct in-depth research on a nutrition-related controversial article of your own choosing that is found in the popular media. This may be a topic that you have a strong interest in learning more about, or have been debating with your friends or family members. For this term assignment, each team will write a report using their own words, prepare an accompanying abstract, and each team member will independently complete peer-evaluations using iPeer (<https://ipeer.elearning.ubc.ca/login>). No AI-generated work will be acceptable.

Personal Dietary Assessment

You will find the dietary assessment assignment (3 days of dietary intake and minimum of 1 day of activities) requires some time to complete, yet past students have found it immensely valuable in terms of

applying their nutrition knowledge to their own diet and gaining personally (and academically!) from doing the analysis. Moreover, this assignment prepares you for the final exam. You will look at your own diet in detail to see how healthy it actually is compared with current recommended intakes for a wide range of nutrients. If you choose this option (Option C), I highly recommend **NOW** is the time to start recording your food and beverage intake over 3 consecutive days – Sunday, Monday and Tuesday or Thursday, Friday and Saturday (to include one weekend day and 2 weekdays), and record your activities for at least one of the weekdays (a full 24-hour period of time): do not leave your recording or entry and analysis of data until the end of term. You must use the online software program, **Diet & Wellness Plus (DW+)** to generate your reports, then you can analyze the results and write your discussion as we proceed through the course content. Time is set aside for you to ask questions in class on **Friday, Feb 28**. Make sure you have recorded and entered all your data into DW+ before this date. DW+ is available in the MindTap package, or as a standalone from Cengage (refer to FNH 250 Orientation module, slide #6).

Textbook & Software

The course is based on the **third Canadian edition** of the introductory nutrition textbook titled, **Understanding Nutrition**. You can purchase the e-textbook online as a component of the MindTap bundle that provides many supportive learning tools, including: flashcards, practice case studies, practice quizzes, and the software, **Diet & Wellness Plus (DW+)**. Third party vendors (e.g., Amazon) sell individualized instant access codes to **DW+**, which is **required to complete the personal dietary assessment**. Refer to **slide #6** in the Orientation slide deck for a customized course link to the MindTap bundle that includes DW+. If you purchase the software from an external supplier, you will need a minimum 1-semester access code for DW+. Be aware if you purchase a used textbook—you will not have access to the DW+ software as the previous owner will have used it or the access code will have expired.

Course Materials

All files for this course will be posted on our FNH 250 site on Canvas. At the course site, you will find the **Course Syllabus, Modules** (including learning objectives, slides, notes, educational videos provided as adjunct course material to improve your learning), links to the **term assignments** (Controversial Media Article Analysis (CMAA), Personal Dietary Assessment (PDA)), and other materials and resources. It is your responsibility to regularly check for postings and have access to the files during class.

Evaluation

Options A, B, C, and D are clearly outlined above. Carefully consider each option and make the best choice that fits your needs. If the **CBEL project** interests you, you must choose **Option A** by **Friday, January 17 at 11:59PM**. If one of the other evaluation options interests you, you must make your choice by **Friday, January 24 at 11:59PM**. Access the sign-up form in the Module named: **25W-250-Selecting Evaluation Option**. If you do not make a request by the **January 24** deadline, you will be assigned, by **default, Option C** (personal dietary assignment).

The exams will contain a mix of questions that may include: multiple choice, fill-in-the-blanks, true/false, matching, and short answer questions. You will be tested on concepts and nutrient-specific details. Pre- and post-exam Q&A sessions will be hosted by the TAs. The final exams will be written using the Respondus LockDown Browser in a designated classroom. Details on downloading and installing this browser on your device are available at: <https://lthub.ubc.ca/guides/lockdown-browser-student-guide/>

Throughout the course, if you have questions about the course content, please follow these steps:

1. Ask your question in class.
2. If you remain unclear about the material, read the textbook.
3. If you still remain unclear, post your question on the Class-wide Discussion Board.
4. And finally, if you do not understand the material, talk to me after class, come to my office hours, or make an appointment with me or a TA using Canvas email.

Remember, if you miss a class, it is your responsibility to talk to other students in the class and/or request information in the Discussion area about the material that we had covered in class. I do not typically respond to questions regarding material/queries that we have covered in class, because it is your responsibility as a UBC student to attend classes. Also, be mindful that announcements are often made in

class that are not posted on the course website; therefore, it is ***your responsibility*** to obtain all class information from your classmates.

A Note about Making Appropriate Postings in Discussions and/or Piazza

As outlined in the Policies and Regulations section of the UBC Academic Calendar, all UBC students are required to observe policies and guidelines established by the University and Faculty of Land & Food Systems. This includes a requirement to behave in a collegial manner and contribute to a learning environment that is professional, respectful, and free of discrimination and harassment. Ensure your postings on the discussion board adhere to these policies and guidelines.

Your CBEL, Controversial Media Article Analysis, or Personal Dietary Assessment is due at 11:59PM on Wednesday, April 9. We will discuss the details of each evaluation component at our first class. If you miss this class and have questions, please post them in the Discussions area of Canvas.

Please **carefully read** through the entire **Course Syllabus** posted in the Course menu. If you have any questions, ask them in class so your classmates can also benefit from your questions.

I look forward to meeting you soon!

Dr. Gail Hammond, PhD, RD