

## Course Outline

# NATS 1560 M UNDERSTANDING FOOD

Winter 2018

Tuesday and Thursday, 14:30-16:00, York Campus, CLH I

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### Course Director, office hour, and contact

- **Course Director: Daniela Monaldi**
  - **Office hour: Monday, 13:00-14:00**
  - **Office: Norman Bethune College, room 308**
  - **Telephone: 416 736 2100 ext. 33601**
    - **At office hour, you may come by or call without appointment**
  - **Email: [dmonaldi@yorku.ca](mailto:dmonaldi@yorku.ca)**

### Email policy and etiquette

- I will normally respond to emails in 24-48 hours

- Email me from your yorku.ca or my.yorku.ca accounts, as messages from other providers (hotmail, gmail, yahoo, etc.) often get caught and removed by the spam filter of the yorku server
- Before sending an email, read this Course Outline and the other information posted in the course website, including all the announcements in the Course Announcements forum. Most of the questions that students ask in their emails are already in these places. If you do not find an answer, then feel free to email me your question
- Please, take care to compose proper emails
  - in the subject line, write the course number and a brief indication of the email content (*e.g.*, “NATS1560, Question on Topic X”). In any case, do not leave the subject line empty
  - start the email with a greeting, as for example “Dear Dr. Monaldi”, and close it with a salutation, as for example, “Sincerely” or “Best regards”, followed by your signature
  - include your name, student number, and the course you are in
    - you may put this information in the body of the email, use it as your signature, or add it after your signature
    - write your full name as it appears in the class list, especially if you use a short form or another name as your signature, and even if it appears in the sender line
    - when writing a reply or a follow-up message, leave the previous emails in. If you do this, you may avoid repeating your personal information, I will know what we are writing about, and we will both save time
  - write in clear and complete sentences, avoiding slang and txt lingo. Proofread what you write, please

### **Course description**

This course is an introductory exploration of the nature of food and food systems from an interdisciplinary point of view. We will review the basics of nutrition according to current scientific understanding. We will also survey the technology of food production, preservation, and processing, putting it in historical perspective and peering into the future. We will consider the social, economic, and political implications of the food industry. Finally, we will examine several major controversies that center upon food. No prior experience in science is assumed, but willingness to learn some fundamental scientific concepts is necessary.

The course consists of assigned readings, lectures, in-class assignments, and online activities. Participation in all these components is essential to your success.

### **Learning outcomes**

Upon successfully completing this course, you will be able to

- interpret the nutritional information on food labels and in food guides, distinguish the different categories of nutrients, estimate the calorie content of foods, and name the main health issues related to nutrient deficiencies and excesses
- explain some of the problems related to the two faces of malnutrition in our global food system, undernutrition and overconsumption.
- discuss the resources offered by current science and technology to deal with food-related problems, how these resources are used, and what their potential and their limitations are
- practice and sharpen critical skills that will help you to navigate the outpouring of information on food from public health authorities, mass media, advertising, and other outlets, such as reading and listening comprehension skills, identifying and assessing sources of information, and making connections between food related issues

### **Evaluation**

The course grade (Course Total) will be the sum of the following components:

- **Online Activity 1**, on topics 1-5, due 17 January 2018 at 11:59 pm, graded 0-12, worth 12% of the Course Total
- **Quiz 1**, in class, 23 January 2018, four paragraph-form questions on topics 1-5, graded 0-16, worth 16% of the Course Total
- **Test 1** (or Midterm), in class, 13 February 2018, 50 multiple-choice questions on topics 1-10, graded 0-25, worth 25% of the Course Total
- **Online Activity 2**, on topics 11-15, due 7 March 2018 at 11:59 pm, graded 0-12, worth 12% of the Course Total
- **Quiz 2**, in class, 13 March 2018, three paragraph-form questions on topics 11-15, graded 0-15, worth 15% of the Course Total
- **Test 2** (or Final Test), in class, 3 April 2018, 40 multiple-choice questions on topics 11-20, graded 0-20, worth 20% of the Course Total

Full compliance with the York University policy of academic integrity is expected. For more information about academic integrity, see the section on university policies below.

For every grade component, the grade will be posted in your Grades table of the course website soon after the grading is completed. You can access your Grades table from the Navigation panel in the course website.

During the course, the number displayed in the Course Total line will be the sum of all the grade quizzes and tests already marked. To know your standing at any point in the course, divide the displayed Course Total by the sum of the ranges of the grade components that have been marked at that point.

Your complete grade for the course will be the Course Total displayed at the end of the course, after the grading of Test 2. The Final Grade (official letter grade) will be assigned converting the Course Total to a letter grade according to the [York University Grading Scale](#).

For reasons of consistency and fairness, all the students in the class must be graded according to the same grading scheme. No artificial grade increase or extra assignment will be provided for any reason at any point during or after the course. Please, contact me about an assigned grade **if and only if** there is an error in the calculation or recording of a grade, or if you wish to request a reappraisal (for the policy on reappraisals, see below), and do so within two weeks from the assignation of the grade.

If you experience difficulties that prevent you from completing any course assignment according to the schedule, contact me as soon as possible. I will give no consideration to difficulties that will be notified to me only after a grade was assigned.

### **Course materials**

- Course Outline (this document)
- Course Schedule, posted in the course website. It contains all the information about dates, topics, readings, and assignments
- Richard Jarrell, *SC/NATS 1560 3.00 Understanding Food* (CSPI, 2012, 2017). Available at the York University Bookstore.
  - We will be using the latest version of this textbook, dated 2017. You may also use an older version, if you happen to have one, but you must be aware that some corrections and updates have been made, and must know what they are. A file listing the corrections and updates is provided in the course website.
- Other material posted in the course website, as detailed in the Course Schedule

### **Course content and format**

The course consists of in-class lectures and discussions, reading assignments, online activities, and tests. These components complement each other and all are indispensable to your success. Plan to attend classes regularly and to complete all the required readings, online activities, and in-class quizzes and tests according to the Course Schedule.

The dates of class meetings, topics, and reading assignments are detailed in the Course Schedule, posted in the course website. Do the required readings before the class for which they are assigned, and be ready to ask and answer questions about them.

The dates of assignments, quizzes, and tests are also listed in the Course Schedule. Be sure to note them, and plan your Winter term so that you will not miss any of them.

### **Math content**

You are expected to be able to perform basic arithmetic (addition, subtraction, multiplication, and division) and to calculate percentages.

### Course policies

- Questions and concerns should be directed to me, the Course Director. My contact information is in the top section of this Course Outline as well as in the course website
- Conduct during the in-class quizzes and tests
  - The only items allowed on your desk during a test are the test paper, your pencil, and an eraser
  - All electronic devices must be turned off and placed under your desk, in your closed bag or knapsack
  - The quizzes and tests will take place during class time. They will start at the start of the class, at 14:30. No student will be admitted to the test after 14:45
  - Check the dates of the quizzes and tests in the Course Schedule carefully, and plan to attend them
- Policy for missed quizzes or tests
  - If you happen to miss a quiz or test for a cause that is beyond your control, such as an illness or an emergency, notify me as soon as possible and no later than 48 hours from the test, and be prepared to justify your absence in a timely manner with adequate documentation
  - In case of an illness, the required document is an [Attending Physician Statement \(APS\)](#), filled and signed by a medical doctor who sees you during your illness, and handed to me within two weeks from the test. The APS form is available from the [Student Forms page](#) of the [Registrar's Office website](#). The link is also provided in the course website
    - A note written by a doctor or nurse who states that you told them that you were ill does not constitute adequate documentation
  - For all other cases, "adequate documentation" means a document that provides evidence of your justification. There can be no exception to this rule. If, for example, you miss a test because you must attend a funeral, whether in Canada or abroad, you must ask the funeral director to write a letter to testify that you attended the funeral
  - Vacations of any kind do not justify missing a quiz or test. Do not plan a vacation for the quiz and test dates
  - Employment conflicts do not justify missing a quiz or test. If you have a job, ensure that your work commitments do not interfere with the course

- If you miss a quiz or test and are unable to justify your absence, or do not provide adequate documentation within a reasonable time, you will receive a grade of zero for the quiz or test you missed
- Students who will send me prompt notice of their absence and will provide adequate documentation will be admitted to a quiz or test makeup. The makeup will be in the same format as the regular quiz or test and will cover the same material. The date and time of the makeup will be communicated to the admitted students after the regular quiz or test, and are not negotiable
- It is your responsibility to stay informed about the course by participating in class, reading the course announcements, and visiting the course website at least once a week
- General information relevant to all the students in the class will be posted through the Course Announcements forum. You will receive the course announcements at the email account you provided at the time of registration, and will also be able to view them in the forum
- Your grades will be posted in your Grades table, which you can access from the Navigation panel in the course website. For every activity, test, and quiz, the grade will be posted soon after the grading is completed
- If an adverse factor, such as a disability, a protracted illness, or some personal hardship, interferes with your ability to participate in the course or to prepare for a test or quiz, contact me as soon as possible to discuss possible accommodations. I will not take into consideration adversities that will be notified to me only after a mark was assigned
- For disabilities and religious accommodation, see the section on university policies below
- Reappraisal requests: if you wish to request the reappraisal of an activity, test, or quiz, email me your request and a rationale within two weeks after the grade has been posted
  - The rationale must be based on the academic merit of the test or quiz
    - Examples of rationales based on academic merit are, “My answer satisfies the grading criteria *a*, *b*, and *c*”, and “My answer is correct according to the required reading *X*, page *yz*”
    - Reasons such as “I worked really hard”, “This grade lowers my GPA”, and “I really really need a higher grade” do not qualify as academic merit

### **Copyright and intellectual property**

- Recording lectures and photographing slides is permitted exclusively for personal use
- Uploading or posting any part of the lectures, slides, assignments, or other course material (other than online content that is already in the public domain) is a violation of intellectual property rights; therefore, it is not permitted.

**University Policies**

**Important Sessional Dates**

For the sessional start and end dates, drop deadlines, and withdrawal dates, consult the Office of the Registrar website at <http://www.registrar.yorku.ca/enrol/dates/>

### **Academic Honesty and Integrity**

Academic honesty requires that persons do not falsely claim credit for the ideas, writing or other intellectual property of others, either by presenting such works as their own or through impersonation. Similarly, academic honesty requires that persons do not cheat (attempt to gain an improper advantage in an academic evaluation), nor attempt or actually alter, suppress, falsify or fabricate any research data or results, official academic record, application or document. Finally, academic honesty requires that persons do not aid or abet others to commit an offence of academic dishonesty, including intentional acts to disrupt academic activities.

Suspected breaches of academic honesty will be investigated and charges shall be laid if reasonable and probable grounds exist.

#### **Academic Honesty and electronic devices during assessments (e.g. exams)**

- Internet capable and personal storage devices of all kinds must be turned off, including vibrate. These and any other unauthorized material must be placed under the student's chair and should not be accessed at any point during the exam. Failure to comply with directive may be considered a break of academic honesty.
- See <http://registrar.yorku.ca/exams/tipsheet>

Please familiarize yourself with the full Senate Policy on Academic Honesty, found at <http://secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/>

Please also familiarize yourself with the SPARK Academic Honesty tutorial found at <https://spark.library.yorku.ca/academic-integrity-what-is-academic-integrity/>

### **Academic Accommodation for Students with Disabilities**

York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs.

The nature and extent of accommodations shall be consistent with and supportive of the integrity of the curriculum and of the academic standards of programs or courses.

Please familiarize yourself with the full Senate Policy on Academic Accommodations for Students with Disabilities, found at <http://secretariat-policies.info.yorku.ca/policies/academic-accommodation-for-students-with-disabilities-policy/>

**Note: Students should submit accommodation letters from Counseling and Disability Services (CDS) to the course instructor within the first two weeks of the course or as soon as issued.**

Counseling and Disability Services - <http://cds.info.yorku.ca/>

York Accessibility Hub - <http://accessibilityhub.info.yorku.ca/>

**Note: A student registered with CDS, and choosing to write with Alternate Exams, is responsible for making the appropriate writing arrangements within the timeframes outlined by Alternate Exams.**

Alternate Exams - <http://altexams.students.yorku.ca/>

### **Religious Observance Accommodation**

York University is committed to respecting the religious beliefs and practices of all members of the

community, and making accommodations for observances of special significance to adherents.

<https://w2prod.sis.yorku.ca/Apps/WebObjects/cdm.woa/15/wo/kmHGekTpzKLX6XYKBXYc8M/0.3.4.62.0>

**Note: Students who will have an academic conflict as a result of a religious observance, at any point in the term, should make the instructor aware of such at least three weeks prior to the conflict.**

For conflicts occurring during an official examination period, please complete the Examination Accommodation Form available at [http://www.registrar.yorku.ca/pdf/exam\\_accommodation.pdf](http://www.registrar.yorku.ca/pdf/exam_accommodation.pdf) and submit to your instructor at least three weeks prior to the final exam.

### **Student Conduct in Academic Situations**

Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect and to refrain from actions disruptive to such a relationship. Moreover, it is the responsibility of the instructor to maintain an appropriate academic atmosphere in the classroom and the responsibility of the student to cooperate in that endeavour. Further, the instructor is the best person to decide, in the first instance, whether such an atmosphere is present in the class. A statement of the policy and procedures regarding disruptive and/or harassing behaviour by students in academic situations is available on the website of the University Secretariat (<http://secretariat.info.yorku.ca/>).

## **Division of Natural Science Resources**

### **NATS-AID**

Free peer tutoring for students enrolled in Natural Science Courses.

See <http://natsci.info.yorku.ca/nats-aid/>

### **M-AID in NATS (Math Aid)**

Free math help for students enrolled in Natural Science Courses (TA tutors)

See <http://natsci.info.yorku.ca/m-aid-in-nats/>

## **Other Resources**

### **Learning Commons**

The Learning Commons brings together key supports for your learning: writing, research, learning skills and career services. <http://www.library.yorku.ca/cms/learning-commons/>

### **goSAFE**

goSAFE is a complimentary service provided to the York Community. At the Keele campus, goSAFE has two routes: North Route & South Route which will safely transport community members by vehicle from one specified hub to another on campus. goSAFE operates seven days a week, all year round, including University closures (with the exception at Glendon during the Christmas holiday closure).

Call the goSAFE office at 416-736-5454 or extension 55454 during hours of operation. Please give your name, location and destination. <http://www.yorku.ca/goSAFE/>

### **Mental Health and Wellness at York University**

Outlines a variety of resources available to support mental health and wellness

<http://mhw.info.yorku.ca/resources/resources-at-york/students/>

### **Good2Talk**

Post-Secondary Student 24 hour Helpline

<http://www.good2talk.ca/> 1-866-925-5454