

We acknowledge with respect the Lkwungen-speaking peoples on whose traditional territory the university stands and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.



University
of Victoria

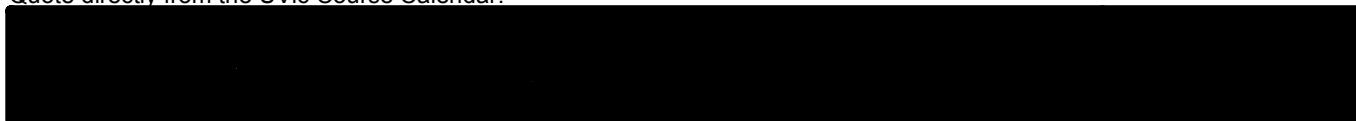


Instructor: [Redacted]
Class location: [Redacted]
Class times: Weekdays [Redacted] 10:30-12:20
Office hours: By Appointment on [Teams](#)

Office: [Redacted]
Phone: [Redacted]
E-mail: [Redacted]
Teams: [Redacted]

Calendar Description

Quote directly from the UVic Course Calendar:



Learning Objectives

By the end of this course, students should be able to:

1. List the major characteristics of the North American diet.
2. Describe the influence of human physiological processes, meal size and composition, advertising, social class and economics on food consumption habits.
3. Identify valid sources of nutrition information.
4. Develop healthy eating plans based on peer-reviewed recommendations.
5. Describe what recommended dietary allowances (RDAs) and other dietary standards represent.
6. Identify the strengths and limitations of Canada's Food Guide and other common diet plans.
7. Interpret the Nutrition Facts table on a food label.
8. Identify the six classes of nutrients.
9. Outline the overall processes of digestion & absorption.
10. Identify the basic structures and food sources of carbohydrate, proteins and fats and be able to list the functions of these major food groups in the human body.
11. Explain how alcohol abuse damages body organs and outline the methods used to diagnose alcohol abuse.
12. Identify at least three functions of water in our bodies and describe how electrolytes assist in the regulation of fluid balance.
13. Evaluate the use of vitamin and mineral supplements with respect to their potential benefits and hazards to the body.
14. Evaluate popular weight-reduction diets and determine which are unsafe, doomed to fail, or both.
15. Contrast healthy attitudes toward uses of food with behaviour patterns that could lead to unhealthy uses of food.

Required Readings

Required course readings are available for free on <https://bright.uvic.ca>.

Audio & Visual Recording

Any photography or audio/video recording or screen capturing or sharing of course materials in any way must have prior approval by the instructor and may never be posted online or otherwise distributed to anyone including classmates. All copyrights of original works remain that of the instructor.

Evaluation

1. Assignment I – Food Recall – May 17 th	10%
2. Assignment II – Resource Review – May 24 th	15%
3. Assignment III – Dietary Analysis – May 31 st	15%
4. Quiz I – May 19 th	15%
5. Quiz II – May 26 th	15%
6. Quiz III – June 02 nd	15%
7. Attendance & participation in daily meetings/polls/discussions/etc – Daily x15 days	15%

All assignments will be submitted via the course page at <https://bright.uvic.ca>; no paper submissions accepted.

Assignment requirements are available on the course page.

For all assignments, a late penalty of 10% per day of the total value begins at the due date time.

There are no 'extra credit' opportunities, the listed assignments and quizzes represent all the possible grades for all students.

Attendance & Participation

Active participation includes attendance in daily synchronous Zoom sessions *by the start time*, activities (e.g. polls, discussions, etc), and preparing specific assignments in preparation for class group work. Participation in the activities is as important as the academic component of this course. *Due to the experiential nature of the course, regular and prompt attendance is required. Prompt and regular attendance* is a professional responsibility and courtesy (see Academic Regulations in the [university calendar](#)) and Zoom etiquette can also influence participation grades (e.g. keep chat to course material only, when camera and/or microphone is on avoid distracting behaviour, etc). *In order for your attendance to be accounted for, you must use the "Sign in" button and UVic credentials at <https://uvic.zoom.us>; joining in other ways will not count towards your attendance.*

Grading

In reviewing the table below, pay particular attention to the column titled "*Description*" because this is the basis of the assignment grading criteria. The university policy regarding grading can be reviewed in the [current university calendar](#) and includes the undergraduate grading scale table:

Undergraduate Grading Scale			
Passing Grades	Grade Point Value	Percentage	Description
A+	9	90 – 100	An A+, A, or A- is earned by work which is technically superior, shows mastery of the subject matter, and in the case of an A+ offers original insight and/or goes beyond course expectations. Normally achieved by a minority of students.
A	8	85 – 89	
A-	7	80 – 84	
B+	6	77 – 79	A B+, B, or B- is earned by work that indicates a good comprehension of the course material, a good command of the skills needed to work with the course material, and the student's full engagement with the course requirements and activities. A B+ represents a more complex understanding and/or application of the course material. Normally achieved by the largest number of students.
B	5	73 – 76	
B-	4	70 – 72	
C+	3	65 – 69	A C+ or C is earned by work that indicates an adequate comprehension of the course material and the skills needed to work with the course material and that indicates the student has met the basic requirements for completing assigned work and/or participating in class activities.
C	2	60 – 64	
D	1	50 – 59	A D is earned by work that indicates minimal command of the course materials and/or minimal participation in class activities that is worthy of course credit toward the degree.

Support for Students

Centre for Academic Communication (CAC)

The CAC provides face-to-face and online assistance in reading, writing, speaking, and academic expectations. To find out more and/or to book an appointment, please follow this link <http://www.uvic.ca/learningandteaching/cac/index.php>

UVic Counselling Services.

Counselling Services can help you make the most of your university experience. We offer free professional, confidential, inclusive support to currently registered UVic students. To find out more and/or to book an appointment, please follow this link <http://www.uvic.ca/services/counselling/>

Indigenous Student Community

UVic and the Indigenous Faculty, Staff and students continue to work towards creating programming that is inclusive and representative of Indigenous peoples heritage and concerns. If you wish to connect with this community, please consult <http://www.uvic.ca/services/indigenous/index.php/students/supports/students/supports/students/students/index.php>

Centre for Accessible Learning (CAL) - formerly the Resource Centre for Students with Disabilities (RCSD)

The Centre for Accessible Learning (CAL) offers information and support for UVic students with a permanent disability. Students who need classroom accommodations such as alternate text formats, or other on-campus support should contact CAL as soon as confirmation of enrollment is received. If you wish to explore options for accommodation, please consult with CAL which is located in the Campus Services Building. The webpage for this centre is <http://www.uvic.ca/services/cal>

Support for International Students

Please follow this link for programs to support international students.
<http://www.uvic.ca/international>

Diversity Policy

Note from the school [REDACTED] embraces an inclusive learning community that respects and recognizes that we are enriched and strengthened by diversity including, but not limited to, ethnicity and national origins, language, gender and gender identity, sexuality, ability, age, socioeconomic status, and spirituality. We are committed to increasing the participation of people who have been historically and systemically excluded from higher education and welcome all who share this aspiration. We are committed to answering the Calls to Action from the Truth and Reconciliation Commission of Canada. We are a campus that educates for and encourages respect, acceptance of others, inclusion and diversity, with one principal limit: acts that incite hatred, espouse or encourage bigotry, either implied or explicit, will not be tolerated. Please also consult the UVic equity policy: <https://www.uvic.ca/equity/index.php>

Course Experience Survey (CES)

Note from [REDACTED] The school values your feedback on this course. Towards the end of term, as in all other courses at UVic, you will have the opportunity to complete a confidential survey regarding your learning experience (CES). The survey is vital to providing feedback to me regarding the course and my teaching, as well as to help the department improve the overall program for students in the future. When it is time for you to complete the survey you will receive an email inviting you to do so. Please ensure that your current email address is listed in MyPage. If you do not receive an email invitation, you can go directly to <http://www.uvic.ca/learningandteaching/students/resources/ces/login.php>. You will need to use your UVic netlink ID to access the survey, which can be done on your laptop, tablet, or mobile device. I will remind you and provide you with more detailed information nearer the time but please be thinking about this important activity during the course.

Academic Concession

The university has policies in place for students who become ill or face family affliction during the academic term. In the case that such events prevent you from attending an exam or completing other course requirements, students should consult the website of the registrar as to options, responsibilities, and procedures at <https://www.uvic.ca/registrar/students/appeals/acad-concession/index.php>. Once you are aware of your options and responsibilities you are encouraged to contact your instructor as soon as reasonably possible.

Academic Integrity

There are university policies regarding academic integrity that can be reviewed in the [university calendar](#). This includes but is not limited to the following *verbatim excerpt*:

Plagiarism

A student commits plagiarism when he or she:

- submits the work of another person in whole or in part as original work
 - gives inadequate attribution to an author or creator whose work is incorporated into the student's work, including failing to indicate clearly (through accepted practices within the discipline, such as footnotes, internal references and the crediting of all verbatim passages through indentations of longer passages or the use of quotation marks) the inclusion of another individual's work
 - paraphrases material from a source without sufficient acknowledgment as described above
- The university reserves the right to use plagiarism detection software programs to detect plagiarism in essays, term papers and other work.

Unauthorized use of an editor

An editor is an individual or service, other than the instructor or supervisory committee, who manipulates, revises, corrects or alters a student's written or non-written work.

The use of an editor, whether paid or unpaid, is prohibited unless the instructor grants explicit written authorization. The instructor should specify the extent of editing that is being authorized.

Review by fellow students and tutoring that do not include editing are normally permitted. In addition to consulting with their instructors, students are encouraged to seek review of and feedback on their work that prompts them to evaluate the work and make changes themselves.

Multiple submission

Multiple submission is the resubmission of work by a student that has been used in identical or similar form to fulfill any academic requirement at UVic or another institution. Students who do so without prior permission from their instructor are subject to penalty.

Falsifying materials subject to academic evaluation

Falsifying materials subject to academic evaluation includes, but is not limited to:

- fraudulently manipulating laboratory processes, electronic data or research data in order to achieve desired results
- using work prepared in whole or in part by someone else (e.g., commercially prepared essays) and submitting it as one's own
- citing a source from which material was not obtained
- using a quoted reference from a non-original source while implying reference to the original source
- submitting false records, information or data, in writing or orally

Cheating on work, tests and examinations

Cheating includes, but is not limited to:

- copying the answers or other work of another person
 - sharing information or answers when doing take-home assignments, tests or examinations except where the instructor has authorized collaborative work
 - having in an examination or test any materials or equipment other than those authorized by the examiners
 - accessing unauthorized information when doing take-home assignments, tests or examinations
 - impersonating a student on an examination or test, or being assigned the results of such impersonation
 - accessing or attempting to access examinations or tests before it is permitted to do so
- Students found communicating with one another in any way or having unauthorized books, papers, notes or electronic devices in their possession during a test or examination will be considered to be in violation of this policy.

Aiding others to cheat

It is a violation to help others or attempt to help others to engage in any of the conduct described above.

It is an expectation of the course that all students conduct themselves to exceptional professional and academic standards. If you have any questions you are welcome to contact your course instructor or the university administration for clarification.

~ end ~