

2014-1-NFS400H1S: Functional Foods and Nutraceuticals

Course description:

This course will describe functional foods and nutraceuticals, including their health benefits, development, and regulation.

Learning Objectives:

By the end of the course you should be able to:

- 1) Define functional foods and nutraceuticals
- 2) Describe the research on the health benefits of functional foods and nutraceuticals, identifying strengths, limitations, and future directions
- 3) Describe the Canadian regulations with respect to functional foods and nutraceuticals.
- 4) Develop skills in teaching and oral communication by giving a presentation on the topic of functional foods.

Prerequisites:

NFS284H, BCH210H, (PSL300/PSL301)/ PSL302Y

Instructor and contact information:

Dr. Debbie Gurfinkel: debbie.gurfinkel@utoronto.ca

Office hours: Fridays: 1-5 pm Fitzgerald Building FG142 150 College St from January 10 to April 4 inclusive, except Friday January 17 when office hours are from 3:30-5 pm.

If the Friday time slot is not suitable please e-mail to set up an appointment at another time.

Course time, location, website: Monday: 2-5 pm FG103

Course website available on your Portal page in Blackboard.

Textbook: There is no required textbook for this course.

Course schedule:

Week	Topic
Jan 6	Course Overview What are functional foods and nutraceuticals?
Jan 13	Discussion of assignments Searching the literature
Jan 20	Natural Health Products
Jan 27	Functional Foods and Nutrition Labeling
Feb 3	Functional Foods: How to make a health claim
Feb 10	TERM TEST: Open Book Test: based on the lectures Jan 6 –Feb 3 inclusive
Feb 17	NO CLASS: Reading Week
Feb 24	Group Presentation- Preparation Time
Mar 3	Group Presentations
Mar 10	Group Presentations
Mar 17	Group Presentations
Mar 24	Group Presentations
Mar 31	Group Presentations

Assessment:

Assessment	Weight	Due Date
Term test (open book)	27	Feb 10
Assignment	30	Mar 10
Group Presentation	35	Mar 3
Group Evaluation	2	Mar 3, 10, 17, 24 or 31
Presentation quizzes	5	Mar 3, 10, 17, 24 & 31
Self-reflection on group work	1	Online Apr 4 at 3 pm
Total	100	

Presentation and Evaluation Schedule:

Date	Group Presenting	Group Evaluating
Mar 3	1	10
Mar 3	2	9
Mar 10	3	8
Mar 10	4	7
Mar 17	5	1
Mar 17	6	2
Mar 24	7	3
Mar 24	8	4
Mar 31	9	5
Mar 31	10	6

Turnitin:

In this course, students will be required to submit their assignments to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site.

All students are expected to submit to Turnitin, which is voluntary, or provide an alternative. Failure to do so could result in a grade of **ZERO** for the assignment. For those who do not submit to Turnitin, as an alternative you will be expected to meet with Dr. Gurfinkel for a short **oral test** during which you will be asked questions about the process of writing of the research paper and your knowledge of its content . Your mark may be modified based on how well you answer these questions.

Students will submit their assignment to Turnitin using a **direct link through Blackboard**. See "Turnitin Submission" on the Blackboard course page.

Electronic communication with instructor:

A discussion board will be set up on Blackboard where students can ask questions about the lecture material. Students are asked to limit the use of e-mail to specific questions about their assignment or subjects of a more personal nature.

Student e-mail:

You are responsible for ensuring that your U of T e-mail is set up AND properly entered in ROSI. If you do not enter your email account properly in ROSI, you will NOT be able to receive emails from your instructor as @utoronto.ca addresses are the only addresses used by Blackboard. You are also responsible for checking your U of T email account on a regular basis. Failure to do so is not an acceptable excuse for missing important messages.

Class-wide mailings:

Occasionally instructors will send a mass mailing to all students via Blackboard. Forwarding your utoronto.ca to a hotmail, Gmail, yahoo account etc is NOT advisable. In some cases, these mailings may be interpreted as spam and be rejected or diverted to your junk mail folder. This could result in you missing an important message.

Announcements:

Announcements are posted on the course website and it is the student's responsibility to check there regularly. These announcements include reminders of important dates and course activities.

Policy regarding missed quizzes and term tests:

Group work is a very important part of this course and students are expected to attend all group work sessions. If scheduling conflicts will necessitate repeated absences from class the student is urged to consider seriously whether this course is suitable for them.

If you miss the term test or quiz, please contact Dr Gurfinkel IMMEDIATELY. Except for compelling reasons, such as illness or personal distress, all students will be given a grade of ZERO if they miss the term test or a quiz. Arrangements must be made with Dr G to make up a missed assessment. An explanation of your absence (e.g. U of T medical certificate for medical reasons; brief written or verbal explanation for issues of personal distress) is required.

IMPORTANT: Often students don't believe their situation is compelling, when in fact, it is, so please speak to Dr. G, whatever your circumstances. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, should discuss their situation with their college registrar and may be asked for additional documentation.

Policy regarding late submission of assignments:

A HARD COPY of your research paper is due at the beginning of class on **Mar 10**.

Note: The hard copy of your assignment is the only version which will be graded. Submitting your assignment to Turnitin or by e-mail as "proof" of its timely completion is NOT acceptable; timely completion includes the budgeting of travel time to ensure you can submit your hard copy.

NO ASSIGNMENT WILL BE ACCEPTED after the due date except for compelling reasons such as illness or personal distress. Written documentation (e.g. U of T medical certificate for medical reasons <http://www.illnessverification.utoronto.ca/getattachment/index/Verification-of-Illness-or-Injury-form-Jan-22-2013.pdf.aspx>) or a brief verbal or written explanation, explaining your absence, is required. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, should discuss their situation with their college registrar and may be asked for additional documentation. All discussions are confidential.

Please contact Dr G IMMEDIATELY by e-mail to be granted assignment extensions.

Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are NOT compelling reasons for an extension. Students are expected to complete their assignments as best they can, hand them in on time, even if incomplete, and accept that they may not get as high a grade as they would like.

If you are uncertain if you have compelling reasons for an extension or if you are unable to contact Dr. G for an extension prior to the due date, then you should:

- 1) FIRST hand in as much of the assignment as you possibly can on the due date and THEN
- 2) Make an appointment to meet with Dr G to discuss your situation. All discussions are kept confidential.

IMPORTANT: Often students don't believe their situation is compelling, when in fact, it is, so please speak to Dr. G, whatever your circumstances.

POLICY REGARDING LATE SUBMISSION TO TURNITIN:

Submit your assignment, in its entirety, to Turnitin by **Mon Mar 10 at 11:59 pm**. If you miss this deadline, please submit as soon as possible. No marks will be deducted, but your grade will not be posted on Blackboard until this submission is complete. AND if your grade is not posted on Blackboard it is **effectively equivalent to getting a zero**.

Policy regarding assignment/term test re-reads:

If you find any addition or calculation errors in your assignment or term test grade please show this to Dr G as soon as possible. These errors can be corrected quickly. If you have more substantive concerns about the grading, you may request a re-read but you must follow precisely the instructions below:

Submit the original hard copy and marking rubric. Indicate your concerns in writing on a separate sheet of paper. If you feel you were not given credit for an idea, clearly highlight or underline the sentences that express these ideas and explain why you think you merit additional credit. Dr G will not do the re-read if this procedure has not been followed. Your mark can go up, down, or stay the same. Please note that the higher your original mark (especially marks >80%) the less likely an upward adjustment in your mark will occur. Dr. Gurfinkel's decision is final.

Deadlines for rereads: One week after the assignments or tests are returned, unless otherwise indicated.

ACADEMIC INTEGRITY:

Students are expected to conduct themselves with academic integrity. The Code of Behaviour clearly describes activities that are considered academic misconduct:

<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>

Students are urged to regularly review the code as ignorance of the rules is not an acceptable excuse.

ACCESSIBILITY NEEDS:

The University of Toronto is committed to accessibility. If you require accommodations for a disability, or have any accessibility concerns about the course, the classroom or course materials, please contact Accessibility Services as soon as possible: <http://studentlife.utoronto.ca/accessibility>