

Syllabus - Man's Food (FOS2001)

Read the syllabus carefully. You are responsible for all information contained in this document. It describes the necessary information you will need to complete the course

[Click Here to download and print a pdf version of the syllabus](#)

Course Description

This course is designed for science and non-science individuals interested in the nutrition, biology, chemistry, engineering and microbiology of food and how foods affect one's health and impacts on their environment. This course provides students with a vocabulary of nutrition and food science terms that will enable them to understand, discuss, and evaluate nutrition and food science topics. Students should come away from this course being able to understand and have conversations about general nutrition and food science information presented to them through magazines, media, people, etc. This course provides **3 credits** of Biological Science for General Education credit - **web course in Sakai all semesters.**

Instructor Information

Dr. Marty Marshall (Uncle Marty), Professor Food Science and Human Nutrition Dept.

Address: Rm 1, Bldg. 685 Food & Environmental Toxicology Lab ([Map](#))

Phone: 352-392-1978 x405

Email: martym@ufl.edu

Course WebPage: <http://fshn.ifas.ufl.edu/faculty/mrmarshall/>

Office Hours

Uncle Marty has an "Open Door Policy" for office hours. You are always welcome to visit and get assistance. Please call (352-392-1978 x405) or email first to make an appointment or to see if I am in – Remember my location ([Map](#)).

Teaching Assistant - ADRIANA MATHEUS, Email: adrimatheus@ufl.edu, Address: Rm 4, Bldg. 833 Food & Environmental Toxicology Lab ([Map](#))

Overall Goals

The overall goals of the course are to ensure students have:

- The desire to learn about nutrition and food.
- Interest in applying food health and safety to their lifestyles.
- Knowledge to improve their health and well-being at home and in the work force.
- Curiosity about evaluating their nutritional status.
- The ability to integrate nutrition and food science as important biological and chemical principles.
- A knowledge base necessary for making value judgments concerning issues in nutrition and food science.

Specific Student Learning Objectives

Upon completion of this course, you will be able to:

- Explain and practice the Scientific Method and hypothesis testing
- Examine the foundations of Man's Nutritional requirements by describing one's nutrients and their function.
- Define basic nutritional and food science terms, measurements, and weights.
- Identify the importance of macro and micro nutrients.
- Examine the processes and components associated with the digestion and absorption of food.
- Describe the quality, classification, transport, bio-chemical reactions, and sources of macro and micro nutrients.
- Examine how food affects your health.

- Describe the safety issues, chemical and biological, affecting foods and those processes used to protect consumers food.

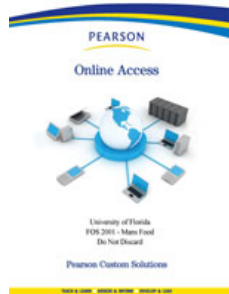
Teaching Strategies

Online lesson content, written assignments, and examinations.

COURSE MATERIALS

TEXT

The required material for the course is provided by two different publishers, Pearson and Kendall/Hunt Publishers.



Pearson materials:

This purchase allows you access to Pearson Lessons and the MyDiet Analysis Program for Assignment 1.

You can purchase the course materials from Pearson in two ways:

- To purchase the Pearson Materials in Sakai, watch the QuickTime [MOVIE](#).
- To purchase the materials from the bookstore click on the following link for instructions ([LINK](#)).

NOTE: Registering both ways should give you access to the materials and My Diet Analysis Program - ONLY ONE ACCESS CODE IS NEEDED

To **Get Access to the Lessons in Sakai after Registering at the Pearson Site** watch the QuickTime [MOVIE](#)

For additional assistance, you can chat ([preferred](#)) or e-mail with Pearson Technical Support at <http://247pearsoned.com> or call 1-800-677-6337 (long wait times).



Kendall/Hunt materials:

To purchase the Kendall/Hunt Materials, you can get it at the bookstores in Gainesville or online

Students can purchase directly from Kendall-Hunt at

<http://www.kendallhunt.com/store-product.aspx?id=61668>

Course Communication

Critical announcements for the course are found in Sakai under Announcements. **Most communication** concerning course material is through Announcements in Sakai. You will see these in your **My Workspace** as well as in the course under **Recent Announcements**. When an Announcement goes out in Sakai, it will also be sent to your **Gatorlink email so multiple times during the day** you should check your Sakai Announcements and email.

Other correspondence is through **Gatorlink email**. You should look at your **Gatorlink email multiple times during the day** to make sure you have not missed any important information, so constantly monitor your email. You must use **Gatorlink email**. However, before sending email to the instructors and TA, **you must** first submit it to the course **Discussion** and wait for an answer. If you do not submit your question to the course Discussion, **it will not be answered**. *Requests for missing an exam, make ups, personal issues, etc. should be emailed directly to the instructors and not the course Discussion.* Communication directly to us through the above method and **not** by phone (unless an emergency) is required.

Course Outline

The course schedule for the class is divided into 4 Modules with an exam that tests each module. Lessons in the modules are text with additional media such as audio introductions, animations, videos, etc. **NOTE:** each module is completed in about a 3-4 week period.

- **Module 1** - Nutrition: The Beginning - Introduction; The History of Nutritional Development; The Cell; Digestion and Absorption of Chemicals in the Human Body; The Calorie; [Exam 1](#)
- **Module 2** - Nutrition: The Macronutrients - Nutrient 1: Water; Nutrient 2: Proteins; Nutrient 3: Carbohydrates; Nutrient 4: Fats; [Exam 2](#)
- **Module 3** - Nutrition: The Micronutrients - Nutrient 5: Vitamins; Nutrient 6: Minerals; Additional Nutrients: Phytonutrients and Nutraceuticals; [Exam 3](#)
- **Module 4** - Food Safety: The Bad Bugs - Food Borne Disease; The Immune System, Food Allergy and Intolerance; Food Preservation; [Exam 4](#)

Critical Dates

Important dates for all required Exams and Assignments.

Exams

Exam	Due Date	Day	Scheduled Times
Exam 1	September 18, 2013	Wednesday	7 am - 7 am (next day)
Exam 2	October 16, 2013	Wednesday	7 am - 7 am (next day)
Exam 3	November 6, 2013	Wednesday	7 am - 7 am (next day)
Exam 4	December 4, 2013	Wednesday	7 am - 7 am (next day)

Assignment Due Dates

Assignment	Due Date	Day	Scheduled Times
MyDiet Analysis - Assignment 1			
Part 1	August 30, 2013	Friday	Due by 11:00 pm
Part 2	September 13, 2013	Friday	Due by 11:00 pm
Part 3	September 27, 2013	Friday	Due by 4:30 pm
Pepsi Challenge/Taste Panels - Assignment 2	December 4, 2013	Wednesday	2 pm - 3 pm
Assignment 3: Article 1 Article 2	OPEN DATE August 27, 2013 October 11, 2013		DUE DATE & TIME October 9, 2013, 5 pm November 20, 2013, 5 pm

Grading/Exam Policies

Grades will be according to:

- **4 examinations (160 pts: 53%).** Exams are **Open Book** if using the Study Guide, Your Food and Health: A Study Guide for Man's Food from Kendall/Hunt.
 - For all semesters, exams can be taken within a **24 hr window** starting at **7 am** on the date of the exam and ending at **7 am** the following morning.
 - Exams are timed and are **40 questions** in **40 min.**

- **Assignments:**

For more information about each of these - Click on Assignments in e-Learning/Sakai in far left window bar.

- **MyDiet Analysis Assignment 1 (3 parts) - Food recall assignment (80 pts: 27%);**
 - **Scientific Method and Hypothesis Assessment (10 pts)**
 - **Food List, Testable Hypothesis and Nutrient List (15 pts)**
 - **MyDiet Analysis program (55 pts)**
- **Pepsi Challenge/Taste Panles Assignment 2 (10 pts: 3%); and**
- **Assignment 3 – Weigh In Articles (2 @ 25 pts each) (50 pts: 17%)**

Only Assignment 1- Part 3 not turned in on-time will be deducted 5 pts per day for one week following the due date. After that time, the score will be a zero and you do not need to turn it in. All other Assignments, Exams, etc. not on time will result in a zero grade other than with an excused absence.

Grading Scale

Your Grades can be accessed through Sakai. Click the GRADEBOOK2 link on the left to see your point totals for each assignment, exam and bonus quizzes. A **0** in any of the required grades, **first** means that it has not been graded; however, **once grades are released**, it means it was not received and you have **one week to dispute a zero and a second week to review point deductions.**

Grades are based on total points not percentage. You need to have the following total points for the letter grade.

Letter Grade	Minimum Points	Percentage	Letter Grade	Minimum Points	Percentage
A	270	90	C	210	70
A-	264	88	C-	204	68
B+	255	85	D+	195	65
B	240	80	D	180	60
B-	234	78	D-	174	58
C+	225	75	E	Below 174	Below 58

For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Course Rules

Course and exam rules are outlined in this section. **PLEASE READ** these carefully:

Remember:

- If it is important to you solve or report the issue immediately when it happens
- **FINAL GRADES are not negotiable – you get what your total points reflect in the Grading Scale**

Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Review Policy: You have **1 week** to dispute a **zero** grade once posted and **2 weeks** to dispute a course grade once posted

Excused Absences:

- **Emergency:** All emergency absences require documentation demonstrating you had an issue during the time frame for the exams (7 am to 7 am the following day).
 - **Medical** – if you are sick visit or contact the Student Health Center (352-392-1161). **NOTE:** they do have after hours phone service. Failure to contact them during the exam time will result in **no makeup** for the missed exam. **Bottom Line** - Backdating will not be accepted without some contact with them or instructor before the exam ends.
 - **Legal issue** – subpoena or jury duty
 - **Family emergency** – must demonstrate a timeframe that insures a hardship for taking the exam.
 - **Accident** – must demonstrate a timeframe that insures a hardship for taking the exam.
 - **All other issues are not excuses and will result in a zero if the exam is missed**
 - **Who do I contact for scheduling and information:** **Amanda Hogle, EMAIL:** adhogle@ufl.edu, **PHONE:** 352-392-1978 x402, **FAX:** 352-392-1988
- **Request a Makeup:** Students who have a conflict because of some function may request a makeup or different exam time. The following functions will be considered for a makeup if the student or representative emails the instructor (martym@ufl.edu) at least 1 week before the exam date. **Bottom Line** – don't wait until after the exam to ask for the excuse for these.
 - UF function
 - Job interview
 - Religious holidays
 - Family event
 - **NOTE:** All others are considered unacceptable because you can take the exam anywhere as long as you have internet connection.

Exam Rules:

- **This course relies on technology – UF systems and the students system; it is the student's responsibility to have a reliable operating system including internet or WiFi**
- All students can take exams anywhere there is a reliable internet system. REMEMBER: there are computer facilities (<https://labs.at.ufl.edu/ComputerLabs.php>) on-campus that you may use if you are concerned about your computer and internet.
 - **To Take Your Exams:**
 - **Internet platforms:** Mozilla, Google; Other browsers Safari and Internet Explorer can cause crashes and should not be used.
 - **Timed Exam:** exams are timed – 40 min. The clock is on the UF Server and once you begin it continues to run even if your system crashes, so try logging back in and call 392-4357 for help.
 - **Open Book:** if using the “Study Guide for Man’s Food, 7th Edition; Opening multiple windows can cause your system to crash and a reason why internet/system failure gets you no relief.
- Because one cannot validate what the student is doing while taking the exam – **you will not** get a makeup for internet or system issues other than a UF Sakai or Server problem. A UF Sakai or Server issue will have a major impact on the majority of students. **Bottom Line** – if your system crashes, you will get the score you have at that time.
 - In the event of a crash, quickly shut down your system and log back in. **NOTE:** the clock for the exam continues to run as it is on the UF server.

- Second, Contact the UF HELP Desk at 392-HELP (4357); Hours: <http://helpdesk.ufl.edu/about/business-hours/>. **NOTE:** a ticket from them does not guarantee a makeup. I check with UF AT about UF Sakai and Server issues.

WEB Students - Policies

- Lessons are on Sakai and you should try reviewing them weekly. There are four exams that test each module. You need to have completed the lessons before each exam. Each module is approximately 3-4 weeks during Fall and Spring semesters and every 8 days during Summer B semester.
- Remember you are responsible for taking the exam at your scheduled date and time range. Look at **Critical Dates** for exam dates and times.
- Check your Gatorlink Email and Announcements on e-Learning/Sakai multiple times a day for information concerning the course – you are responsible for this information.

University of Florida Student Counseling Services

Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575,

www.counseling.ufl.edu/cwc/

Counseling Services

Groups and Workshops

Outreach and Consultation

Self-Help Library

Training Programs

Community Provider Database

Career Resource Center, First Floor JWRU, 392-1601, www.crc.ufl.edu/

Students with Disabilities Accommodation

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation

0001 Reid Hall, 352-392-8565, www.dso.ufl.edu/drc/

Software Policy

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Academic Honesty

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: "*We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.*" You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: "*On my honor, I have neither given nor received unauthorized aid in doing this assignment.*"

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/SCCR/honorcodes/honorcode.php>.

Online Course Evaluation Process

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

ASSIGNMENT 1 - Part 1
Scientific Method and Hypothesis Assessment (10 pts)

The overall purpose of this assignment is to evaluate your individual nutritional status by making you aware of your food and nutrient environment. There are three goals (represented as parts) for this assignment: **Goal 1** is to begin to understand the science of nutrition by reviewing the process by which scientists discover new events - referred to as The Scientific Method; **Goal 2** is to use this process in evaluating your nutritional level by hypothesizing whether you meet optimal nutritional status; and **Goal 3** continues the scientific method by generating the data to determine if your hypothesis was met and evaluate your nutrition status.

Scientific Method and Hypothesis Assessment (10 pts)

Play the following presentation on [Science and The Scientific Method](#)

Take notes during the presentation as you will have to answer 10 questions and 1 Survey question from the presentation. Go to Assessments > select MyDietAnalysis - Assignment 1 - Part 1 > answer the 10 questions - **there is no online submission for this part - taking the Assessment is the grade.**

NOTE: note the closing date above for Part 1 - there is no late submission for this part.

ASSIGNMENT 1 - Part 2

Food List, Testable Hypothesis and Nutrient List (15 pts)

The overall purpose of this assignment is to evaluate your individual nutritional status by making you aware of your food and nutrient environment. There are three goals (represented as parts) for this assignment: **Goal 1** is to begin to understand the science of nutrition by reviewing the process by which scientists discover new events - referred to as The Scientific Method; **Goal 2** is to use this process in evaluating your nutritional level by hypothesizing whether you meet optimal nutritional status; and **Goal 3** continues the scientific method by generating the data to determine if your hypothesis was met and evaluate your nutrition status.

Food List, Testable Hypothesis and Nutrient List (15 pts)

After completing **Part 1**, you will then select 4 consecutive days to begin evaluating your nutritional status and develop a testable hypothesis about your status. You will use the following form **attached below** in MSWord format to fill in and then upload in Sakai to complete Part 2 of this assignment. Choose any 4 consecutive days between the Open and Due dates above and write down what foods you consumed for breakfast, lunch, dinner and snacks. **NOTE:** although not required in Part 2, you may want to also guesstimate your proportions as you will need it for Part 3.

As a reference, there are over **40+ nutrients** required by the body for optimal health and well-being. Look over the foods you consumed during these 4 days and think about the nutrients that are being supplied by these. If you can meet 70% or more of these nutrients as found in the Recommended Daily Intakes example ([LINK](#)), you are meeting overall optimal nutrition. This report is developed when you run the MyDiet Analysis program and set up your profile.

You will then develop your testable hypothesis based on the foods you are consuming providing 70% or more of the 40+ nutrients required. **Your Hypothesis** should not focus on one or two nutrients but should focus on whether you are meeting overall nutritional status by the criteria above.

NOTE: note the closing date above for Part 2 - there is no late submission for this part.

To submit your report, you will turn it in to your Teaching Assistant.

Assignment 1 – Part 2
Food List, Testable Hypothesis and Nutrient List (15 pts)

List Foods Over 4 Consecutive Days:

DAY 1 – Breakfast, Lunch, Dinner and Snacks

DAY 2 – Breakfast, Lunch, Dinner and Snacks

DAY 3 – Breakfast, Lunch, Dinner and Snacks

DAY 4 – Breakfast, Lunch, Dinner and Snacks

Hypothesis:

Nutrient List Question (choose the one for your hypothesis):

If your hypothesis supports meeting optimal nutritional status then list 10 nutrients you feel meet optimal requirements and what foods are supplying these.

If your hypothesis rejects meeting optimal nutritional status then list 10 nutrients you feel are lacking and what foods you could consume to improve these.

ASSIGNMENT 1 - Part 3 **MyDiet Analysis Program (55 pts)**

The overall purpose of this assignment is to evaluate your individual nutritional status by making you aware of your food and nutrient environment. There are three goals (represented as parts) for this assignment: **Goal 1** is to begin to understand the science of nutrition by reviewing the process by which scientists discover new events - referred to as The Scientific Method; **Goal 2** is to use this process in evaluating your nutritional level by hypothesizing whether you meet optimal nutritional status; and **Goal 3** continues the scientific method by generating the data to determine if your hypothesis was met and evaluate your nutrition status.

MyDiet Analysis program (55 pts)

Part 3 is the remaining phase of The Scientific Method. Based on the foods you consumed in Part 2 Food List, you will use the computer program MyDiet Analysis to prove or disprove your hypothesis and evaluate your nutritional status.

ASSIGNMENT 1 – Part 3 **MyDiet Analysis Program**

DUE DATE: Go to Assignments in e-Learning for Open and Due Dates for these

Today computers can do many marvelous functions, from balancing your check book, to storing recipes, to figuring your taxes. Nutrition information can now also be performed on a computer to evaluate your nutritional status. Each student will keep track of his/her food intake for **four consecutive days**. They will then use the computer program "My Diet Analysis" that they purchased with their Lessons from Pearson to determine their daily consumption of 40 or so nutrients. The program, with your assistance, will also determine your **average RDI's** for the four days, which is more representative of individual nutritional status than a day to day evaluation.

[Fact Sheet](#)

All students should print out the [FACT SHEET for Assignment 1](#)

[How to run MyDiet Analysis Program](#)

[Tutorial](#) on running the program (requires Flash Player)

[What you MUST turn in](#)

- **Reports from MyDiet Analysis Program**
 - Actual Intakes –vs- Recommended intakes (value 5 pts)
 - All Nutrients Spreadsheet (value 16 pts)
 - Calorie and Fat Sources (value 5 pts)
 - My Plate (value 5 pts)
- **Questions**

Typed answers to the following questions (short answers and lists are appropriate) based on the information from your Actual Intakes –vs- Recommended intakes, All Nutrients Spreadsheet, Calorie and Fat Sources, My Plate.

1. *Did you prove or disprove your hypothesis? Based on your hypothesis, did you correctly predict the 10 nutrients that support your hypothesis? Secondly, does your dietary intake meet the RDA (Goal % on Actual Intakes -vs- Recommended Intakes report (Bar Graph Sheet)) for your age and sex group (equal to or above 75% of RDA is OK)? **NOTE: all nutrients under 75% must be highlighted.** If not, in what areas were you lacking (highlight or star these on your **Actual Intakes -vs- Recommended Intakes report**(Bar Graph Sheet)? What foods (list 3-4 for each nutrient you were lacking in) could you add or increase your consumption of to bring up your RDA? (10 pts)*
2. What foods (list 4 for each) in your diet are major sources of each of the following: protein? carbohydrate? fat? calcium (Calc)? iron? thiamine (B1)? niacin (B3)? riboflavin (B2)? vitamin A (A-RAE)? vitamin C (C)? fiber (Fiber)? and salt (Sodium)? You will use your **All Nutrients Spreadsheet report** for each day to help answer this question. (6 pts)
3. Using the average **Calorie and Fat Sources report**, what percentages of your calories were derived from fat? protein? and carbohydrate? (highlight or star these on this sheet) (3 pts)
4. Using the average **My Plate report**, did you meet your plate goals for each food category? Which categories were you lacking and how many more servings should you consume in order to reach the Plate Goals? (5 pts)

Example Assignment

This is an example of how an outstanding assignment looks. [Example Assignment](#)

- Format:
 - Title page: Man's Food, FOS 2001, Assignment 1; your name; your Gatorlink email address; followed by a Table of Contents (order: Questions 1-4; Actual intakes –vs- Recommended intakes report; All Nutrients Spreadsheet report; Calorie and Fat Sources report; My Plate report;)
 - Questions 1-4
 - Actual intakes –vs- Recommended intakes report
 - All Nutrients Spreadsheet report
 - Calorie and Fat Sources report
 - My Plate report

NOTE: note the closing date above for Part 3 - this assignment will be accepted late with a penalty of 5 pts per day excluding weekend days up to the Accept Resubmission Until date above and after that time the point value is 0. You will turn it in directly to your Teaching Assistant

To submit your report, you will turn it in to your Teaching Assistant.

To enter the MyDiet Analysis Program - Click [here](#). When you login through the START HERE button for the lessons, you will also be logged into the program.

ASSIGNMENT 2 THE PEPSI CHALLENGE



The Pepsi Challenge is a sensory assignment to demonstrate how one's senses influence your food choices.

DUE DATE: Go to Assignments in e-Learning/Sakai for Open and Due Dates for these

Assignment 2 Information

There are two ways to complete this assignment:

1. Taste Panels offered by the Food Science and Human Nutrition Department
These Panels allow you the opportunity to complete this assignment early. **Note:** *These taste tests are on a **first come first served** basis. They only need a certain number of panelists and when that number is achieved, they will stop serving. The closer you get to the starting time, the better your chances of completing this early. If you can't do one of these, then you must attend the official Pepsi Challenge on the date and time given or you will receive a **zero** for this assignment. **There are no make ups for this.***
 - **When:** They are usually offered multiple days of the week on a weekly basis and at various times – usually in the morning
 - **How many:** Only one is required to complete the assignment - Doing one of these takes approximately the same time as the Pepsi Challenge and they help the professor who runs these
 - **Where:** Bldg. 120 (Building 120) on Newell Dr., across from Rinker Hall and just south of the Marston Science Library
 - **How do I know when they occur:** Announcements on Sakai and also through your Gatorlink email
 - **How do I get credit:** *You will be asked at the end of the Taste test if you are doing it for Man's Food credit - if you respond YES - the next screen will require your Gatorlink email address. **If you miss this screen, you will need to take another Taste Panel on a different day.** Do not ask the staff as they cannot allow you to take the same panel twice.*
2. Dr. Marshall's Pepsi Challenge offered near the end of the semester
 - **When:** Go to Assignments in e-Learning/Sakai for Open and Due Dates for these or in Critical Dates
 - **Where:** **Pilot Plant Food Science and Human Nutrition Building** ([Map](#))

Off-Campus Students - Assignment 2

REMEMBER - These students must be in the Distance Ed section or get permission to be an Off-Campus student.

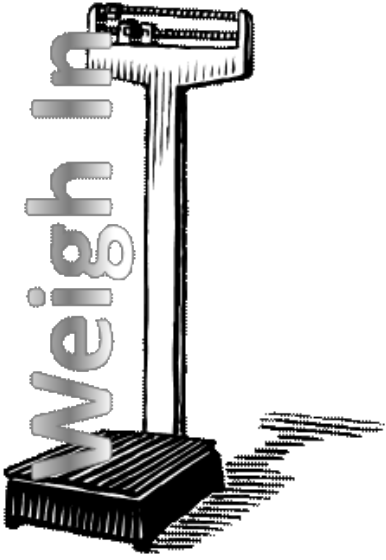
Assignment 2 Info for Off-Campus Students

You have two options for completing this assignment.

1. If you will be on campus for the Pepsi Challenge or one of the Taste Panels, you are welcome to attend.
2. However, since it is unlikely this will occur in most instances, I want you to search the web or read a magazine on some issue of nutrition and health or food safety. I want you to **type** a one page summary critiquing the article (**include the working web address, 2 pts off**) and either **mail** or **fax** the critique **by the due date for Assignment 2** to the following address:

Email Assignments to: Amanda Hogle
 352-392-1988
 adhogle@ufl.edu

Assignment 3 Persuasive Essay



The objective of this assignment is for the student to search the scientific literature about a controversial nutrition, food science or food safety issue, analyze the scientific information and evaluate the validity of the information producing a persuasive argument through a written essay. The presentation of data through refereed articles is the culmination of the scientific method. Effective communication of this knowledge is essential for peers and the public to evaluate the merit of the scientific work.

Students will be required to develop a persuasive short essay on **two** topics (25 pts each, **Total 50 pts**). One selected by the instructor and the second selected by the students. Based on the topic, your role is to convince your fellow students to accept your argument. It will require you to provide research or literature evidence supporting your point of view.

Due Date:

The two essays will be due at different times during the semester - check **Critical Dates** in the Syllabus. Also, the second essay will not be visible to students in Assignments until after the first essay is due – to avoid downloading to the wrong assignment.

Assignment Grading:

Assignment 3 will have 3 required parts: 1. **(15 pts)** A persuasive essay - should have three parts: introduction, body describing evidential support and concluding paragraphs (1 page maximum); 2. **(5 pts)** An article supporting your point of view and your essay – provide a link or viable reference citation. It should provide the supporting information for the body paragraph of your essay; and 3. **(5 pts)** Place a final summary posting in Sakai Discussion under **Weigh In - Article 1 or 2** depending on essay - a short paragraph summarizing your position on the topic.

A Rubics for this Assignment is found at the [LINK](#).

Format for Essay

- 1 page, single spaced; second page reference(s) only
- Font: times roman or similar; 12 font
- 1 inch margins
- No heading – since it is downloaded into your Assignments
- You can have multiple articles but they must be referenced appropriately or have active links

Uploading the Essay

- Upload your file with your 1 page essay including appropriate reference and/or active link to your supporting article in Sakai
 - Go to Assignments.
 - Select **Assignment 3 – Weigh In – Article 1** for the first essay or **Assignment 3 – Weigh In – Article 2** for the second essay.
 - Scroll to the bottom and you will note Submission and Attachments. Hit the Choose File button. For this assignment, no more than one file should be selected
 - Select your correct file (one file selected) and hit Open. The file name should appear under Attachments at the bottom of this Assignment. **Remember**, it is your responsibility to select the correct file. Once the assignment is closed, your score will be based on the file (right or wrong) you submitted.
 - To finalize the download you must hit the Submit or Resubmit button.
 - You can resubmit as often as you like until the Due Date – *you are the only one who can remove or download the file into your Sakai assignments.* You should receive an email notification once submitted, so make sure the file is there – *A screen shot showing Submission does not guarantee the file was there - no file no grade.*

In Discussion there are Forums to discuss various topics. For Assignment 3 there are two Forums – Weigh In – Article 1 and Weigh In – Article 2. Within the Forums, there are two types of conversations, New Conversation and Reply to a New Conversation.

Uploading the Summary Paragraph in Discussion

- To upload your summary paragraph into Sakai Discussion
 - Go to Discussion.
 - Select either **Weigh In – Article 1** or **2** depending on essay.
 - Click Start a New Conversation. **Note:** do not add your summary paragraph to an existing conversation, it should be separate. If you add it to a previous student's summary, **you could lose all your points.**
 - Add the Title: Article 1 or 2.your name
 - Add the summary paragraph by typing it in the box or cutting and pasting it from a word program in the box.
 - Then Click the Post button

Uploading a Reply to a Conversation

- To reply to a conversation
 - Go to Discussion
 - Select either **Weigh In – Article 1** or **2** depending on essay.
 - Click on any of the conversations
 - To reply hit Reply under the message title
 - Add your reply by typing it in the box or cutting and pasting it from a word program in the box