

THE UNIVERSITY OF BRITISH COLUMBIA
FNH 200 - EXPLORING OUR FOOD
MacMillan Building Room-166

Instructor: [Azita Madadi-Noei, PhD, RD](#)

Room 217- Food, Nutrition & Health
2205 East Mall
Vancouver, BC V6T 1Z4

Email: Please use Connect internal email

Office hours: Students must first contact the instructor through Connect internal mail to make an appointment

Course Description

In this course, students are introduced to key concepts related to the science of food, including: the Canadian food system, chemical and physical properties of foods; issues pertaining to safety; government regulations; food additives; food preservation techniques and transformation of agricultural commodities into food products.

Upon successful completion of FNH 200: Exploring Our Food, students should have acquired a fundamental understanding of the science and technology as well as regulatory aspects related to food preservation, manufacture and safety. The information learning in the course should provide students with the ability to arrive at an informed position about controversial issues relating to the food that they encounter as consumers in the marketplace, and that they hear about in the media.

Pre-requirements

At least second year standing required.

Course Objectives

The major objective of FNH 200 is to provide students with a fundamental understanding of food, and of the science and technology related to food preservation and manufacture

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

- Describe tissue-based (both plant and animal) food systems, fluid food systems and various dispersions important to food quality and sensory perception
- Describe the role of chemical reactions, enzymes and micro-organisms in food spoilage, food preservation and food-borne disease
- Describe the regulations and agencies that are in place to ensure the quality and safety of the Canadian food supply
- Describe food processing methods and their application in the conversion of raw materials into food products
- Develop personal food selection and food handling habits that will minimize risk of contracting food-borne or water-borne disease
- Describe various types of food processing and packaging systems
- Articulate a personal set of values related to your decisions pertaining to selection of food products for both your personal and your family's consumption
- Demonstrate an ability to critically evaluate the validity of information that commonly appears in newspapers, magazines, radio & television

Course Overview

There are 13 lessons in this course.

Lesson 1: Food Science & the Canadian Food System
Lesson 2: Chemical and Physical Properties of Food
Lesson 3: Fat & Sugar Substitutes
Lesson 4: Food Standards, Regulations & Guides
Lesson 5: Food Preservation
Lesson 6: Thermal Preservation of Foods
Lesson 7: Low Temperature Food Preservation
Lesson 8: Dehydration for Food Preservation
Lesson 9: Food Preservation with Biotechnology
Lesson 10: Preservation of Food with Ionizing Energy
Lesson 11: Effects of Food Processing on Nutrient Retention
Lesson 12: Toxicants in Food & Foodborne disease
Lesson 13: Trends in Foods for Nutrition and Health

Learning Resources

Connect is used to access course content lessons, assigned readings and quizzes.

Lectures for FNH200 will be based on the Lessons found in the **Course Contents** at the **Connect** site for this course. Please login at <http://elearning.ubc.ca/connect/login-to-connect/>

Each lesson contains an overview of that lesson, a list of lesson objectives and titles and page numbers for any additional readings. You may wish to compile these lessons and print them for studying.

- Please ensure that you are able to login to the course, and that you **check the Connect site regularly and frequently for announcements and updates of the course.**

If you have any questions regarding login or access to FNH200 course material on Connect, please contact: is@landfood.ubc.ca

Evaluation

Assignments- **12%**

Quizzes- **10%**

Midterm Exam- **33%**

Final Exam- **45%**

Assignments-

There will be **two (2)** assignments for this course for a total of 10% marks. Assignments are available through Assignment Dropbox tool in Connect and need to be submitted electronically by due date.

Failure to comply with the assignment instructions will result in your assignment not being marked. Late assignments will receive a 10% mark deduction for each late day.

Please proofread the assignment for spelling and grammar.

A wise word on plagiarism: Copying directly from the lessons, articles or websites is considered plagiarism and a mark of **zero** will be given. Please ensure that you understand what qualifies as plagiarism before you hand in your assignment. Never use another author's ideas or phrasing without indicating a source, and use quotation marks when quoting (Website for UBC Plagiarism Resource Centre: <http://www.library.ubc.ca/home/plagiarism/>). Even if you change a few words, this still may constitute plagiarism. Whenever you quote another source, you must properly specify/acknowledge the source (i.e. use quotation marks, provide the name of the author, year of publication, page number).

Assignments

	<i>Topic</i>
Assignment 1 (6 marks)	Food product trends related to consumer demands; food labeling regulations, function of ingredients and additives
Assignment 2 (6 marks)	Food processing and preservation methods

Quizzes-

Each quiz will consist of 25 multiple-choice questions on the material covered over a 2-3 day period.

- The quizzes will be conducted **on-line using Connect**.
- You will have 25 minutes to complete the quiz. Note: your completion time is measured from when you click "*Begin quiz*" to when you click "*Finish*". Once time has expired, you will not be able to save or submit any more answers. You must save all your answers before submitting the quiz.
- Each quiz can only be taken once.
- There will be **NO extensions whatsoever** after the quiz deadline. Therefore, prior to the date of the first on-line quiz, please ensure that you are able to login to the quiz on Connect. Do not try to complete the quiz a few hours/minutes before the deadline!
 - You may want to try opening the "Sample quiz" first in order to make sure that your internet browser is able to open the quiz window (i.e. browser has the "pop-ups" function unblocked, enable javascript, etc). Please read the "Before you start the quiz" instructions before you proceed with the quiz.

Midterm and Final Examinations

The **Midterm** and **Final Examinations** will tentatively be a combination of short answer and essay type questions. Answers to essay type questions must be written as complete sentences and paragraphs, and answers in point form will NOT be accepted.

- You may use ONE (1) side of a single 8.5 x 11" sheet of information as a memory aid* for the mid-term examination.
- Midterm exam papers will not be returned to students. Detailed feedback on the midterm will be given in class. Students are welcome to view their midterms by scheduling an appointment during the time allocated for this purpose (TBA in class)

The **Final examination** (2.0 hours long) will be scheduled by student services

You may use BOTH (2) sides of a single 8.5 x 11" sheet of information as a memory aid for the final examination.

- The final examination will cover the entire course, but with greater emphasis on subject matter covered between the mid-term exam and the end of the course.

NOTE: your memory aid **must be handed in** with the midterm and final exam paper. You may pick up the memory aid after your midterm exam has been graded, if you wish to use it again for the final exam.

Quizzes and Examinations Schedule

		<i>Material Covered</i>
Quiz 1		Lessons 1-2
Quiz 2		Lessons 3-4
Mid-Term	50 min duration	Lessons 1-4
Quiz 3		Lesson 7-8
Quiz 4		Lessons 9-11
FINAL Exam		Lessons 1-13

* The four on-line quizzes will each be accessible for a ~30 hr period, starting at 2:00 pm on the indicated dates. You can only take each quiz **once**, and once you start the quiz you will have a **limited time (25 minutes)** to submit your answers.