

NFS 1990: Delve into Dairy Foods Course Syllabus

Meeting Information

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| Modality | In-person |
| Location | Jeffords Hall 127 |
| Time | Tuesday, Thursday from 10:05am – 11:20am |

Instructor Information

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| Instructor of record | Beth (Rice) Bradley, PhD (she / her; referred to as Dr. Bradley) |
| Office | 228 Marsh Life Sciences / Microsoft Teams |
| e-mail | Beth.Bradley@uvm.edu |

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| Invited Guest Instructor | Whitney Hull |
| Office | Microsoft Teams |
| e-mail | Whitney.Hull@uvm.edu |

Office Hours

Office hours are by appointment and can be scheduled by e-mail. Both instructors keep up-to-date MS Outlook calendars. [UVM Enterprise Technology Services](#) can help students add a UVM e-mail account and calendar to their devices.

Course Overview

NFS 1990: Delve into Dairy Foods is designed to provide students with an overview of the past, present, and future of dairy foods in the American diet. The course begins with an overview of the scientific and societal scenarios that helped build the dairy industry in America. The course will touch on how the industry is innovating and evolving to help meet consumer demands. Then, the primary focus of the course will be on the role of dairy foods in human nutrition, health, and disease. The sustainability of dairy production and processing will briefly be discussed. The final section of the course will explore challenges the industry is working to address. Upon the completion of NFS 1990 students will be able to discuss the role of dairy foods in the American diet and describe the science underlying popular and controversial topics related to the dairy industry.

Learning objectives

At the conclusion of NFS 1990: Delve into Dairy Foods students will be able to:

- Discuss the evolution of the dairy industry in America.
- Describe the nutritional contributions dairy foods make to the American diet.
- Explain the role of dairy foods in human health and disease.

Grading and assignment overview

Students will be graded on reflections, quizzes, exams, and a cumulative final exam. Final grades will be determined based on the following:

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|------------------------------|------------|
| Reflections | 30% |
| Quizzes | 30% |
| Exams | 30% |
| Cumulative final exam | 10% |

Reflections

Reflections are designed to help reinforce concepts presented during class and aid students in translating dairy science to lay audiences to address popular and controversial topics related to dairy foods in the American diet. Reflections handed in late will be graded with a 5% grade reduction for each day after the assigned due date.

Quizzes

Quizzes are designed to help reinforce concepts presented during class. Quizzes will be administered in class periodically throughout the semester. If a student is absent from class on the day of a quiz without giving reasonable advanced notice approved by the Dean's office, the student will not be able to make-up the quiz.

Exams

Exams are designed to help assess student understanding of the class material. Exams will be administered in class periodically throughout the semester. If a student is absent from class on the day of an exam without giving reasonable advanced notice approved by the Dean's office, the student will not be able to make-up the exam.

Cumulative final exam

The **cumulative final exam** will be administered in class on the last day of class, Thursday, May 02, 2024.

Final Grades

The following will be used to assign final grades for the semester.

| Grading | | |
|------------------|-----------------|------------------|
| A+: ≥98.0% | A: 93.0 - 97.9% | A-: 90.0 - 92.9% |
| B+: 88.0 - 89.9% | B: 83.0 - 87.9% | B-: 80.0 - 82.9% |
| C+: 78.0 - 79.9% | C: 73.0 - 77.9% | C-: 70.0 - 72.9% |
| D+: 68.0 - 69.9% | D: 63.0 - 67.9% | D-: 60.0 - 62.9% |
| F: < 60.0% | | |

Attendance

Students are expected to attend and participate in class. If a student must miss class, it is the student's responsibility to read through relevant materials provided on the class Brightspace page.

Assigned Readings

Assigned readings will be provided throughout the semester to help reinforce concepts presented in class, offer alternative points of view, and provide context to various topics. Assigned readings should be completed prior to class on the dates assigned.

Recommended Software

iClicker Student App (free with UVM e-mail)

Students acquire the iClicker Student App by downloading it through the app store on a phone or logging into the iClicker site on a laptop. When students enter their UVM email (i.e. netid@uvm.edu) while logging in, the system will recognize them as being associated with the UVM license.

Smartphone QR Code Reader (automatic with camera function)

QR codes will be used to open Padlet software in class to encourage anonymous exchanges of ideas in real-time.

Student Accessibility Services

In keeping with University policy, any student with a documented disability interested in utilizing ADA accommodations should contact Student Accessibility Services (SAS), the office of Disability Services on campus for students. SAS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations, which are communicated to faculty in an accommodation letter. All students are strongly recommended to discuss with their faculty the accommodations they plan to use in each course. Faculty who receive Letters of Accommodation with Disability Related Flexible accommodations will need to fill out the Disability Related Flexibility Agreement. Any questions from faculty or students on the agreement should be directed to the SAS specialist who is indicated on the letter.

Student Rights and Responsibilities

UVM student rights and responsibilities can be found [here](#).

UVM Student Resources

[Office of International Education](#)

[Center for Health and Wellbeing Counseling and Psychiatry Services](#)

[The Mosaic Center for Students of Color](#)

[Prism Center](#)

Course Schedule

| Day, Date | Topic | Instructor | Reading to be completed before class | Assignment |
|------------------|---|---|--|---|
| T, Jan 16 | Introduction | Bradley / Hull | Course syllabus | |
| Th, Jan 18 | Defining Dairy | Bradley / Hull | | |
| T, Jan 23 | Coming to America: The Lactase Persisters | Bradley | | |
| Th, Jan 25 | Recognizing the Source: The Data on Dairy | Bradley | | In-class quiz #1 |
| T, Jan 30 | Milk's Journey from Farm to Fork | Hull | Trucking milk from farm to plant is vital to the dairy business. But Vermont is short on drivers | |
| Th, Feb 01 | Conventional and Organic Dairy | Hull | | Reflection #1 due over Brightspace by 11:59pm |
| T, Feb 06 | Dairy's Nutrient Package | Bradley | | |
| Th, Feb 08 | Exam 1 in Jeffords Hall 127 | | | |
| T, Feb 13 | The National Dairy Council and the Dairy Industry | Bradley | | |
| Th, Feb 15 | Dairy Product Innovations | Bradley | | |
| T, Feb 20 | The Key to the Consumer Kingdom: Flavor Still Rules Protein Beverage Innovation Presented by Drs. Dave Barbano & MaryAnne Drake at The Vermont Dairy Producers Conference Doubletree by Hilton, South Burlington, VT. | | | |
| Th, Feb 22 | Dairy Herd Health | Hull | | Reflection #2 due over Brightspace by 11:59pm |
| T, Feb 27 | Dairy Food Safety | Hull / Guest Lecturer: Dr. Andrea Etter | | |
| Th, Feb 29 | Exam #2 | | | |
| T, Mar 05 | No class. Town Meeting Day Recess | | | |
| Th, Mar 07 | Dairy in Dietary Guidance | Bradley | | |
| T, Mar 12 | No class. UVM Spring Recess | | | |
| Th, Mar 14 | | | | |

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| T, Mar 19 | Dairy and Disease: Bone | Bradley | | |
| Th, Mar 21 | Dairy and Disease: Cardiometabolic Diseases | Bradley | | |
| T, Mar 26 | Dairy and Disease: Cancer | Bradley | | In-class quiz #2 |
| Th, Mar 28 | Dairy and Gut Health | Bradley | | |
| T, Apr 02 | Dairy and Exercise Recovery | Bradley | | |
| Th, Apr 04 | Exam #3 | | | |
| T, Apr 09 | Documentary Film Day | Bradley | | |
| Th, Apr 11 | Dairy and Environmental Sustainability | Hull | | |
| T, Apr 16 | Dairy and Food Security | Hull | | |
| Th, Apr 18 | Dairy and Labor | Hull | Who wants to work on a dairy farm? | In class quiz # 3 |
| T, Apr 23 | Myth Busting | Bradley | | Reflection #3 due over Brightspace by 11:59pm |
| Th, Apr 25 | Visit to the UVM CREAM barn | Bradley | | |
| T, Apr 30 | Myth Busting | Bradley / Hull | | |
| Th, May 02 | Cumulative final exam | | | |