

**NFS 5253**  
***Food Regulation – An Online Course***  
**Fall 2023**

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***Office Hours:*** I work from home. But if necessary, I can arrange to meet at UVM, by appointment.

***Course Objectives:*** The objective of this course is to have you gain a thorough understanding of the extent, applicability, and flexibility of United States food laws and regulations, and their relationships to the safety of the US food supply. Over the course of the semester, we will focus on the structure of the federal government, how laws and regulations are enacted and enforced, detailed examination of selected food regulation topics, and how the food safety decision-making process works within the framework of the associated federal laws and regulations.

There is no required textbook for this class. All of the course materials are available from the course BrightSpace site in the form of video lessons and readings. You should move through each of the lesson topics in order, according to the schedule outlined in the course syllabus. You are responsible for learning the course materials from these online video lessons and supplemental readings.

There will be two exams for this class. The mid-term exam will be scheduled for Thursday, October 12th. The final exam will be scheduled for Thursday, December 7th. These exams will be completed online and consist of a combination of multiple choice questions and some essay questions.

There will also be 10 online quizzes over the course of the semester. These will need to be completed in order, and by midnight of the dates indicated on this syllabus. The quizzes will consist of either 10 short answer questions (multiple choice, true/false, matching), or a short essay question.

Other course assignments and expectations are described below.

## Course Syllabus – Lesson Topics

**NOTE:** Although this is an online class, lecture topics will only be made available on Blackboard at the end of the deadline for the previous topics' quiz. For example, the video lesson on the topic of "Overview of the Food Drug, and Cosmetic Act will be made available on BrightSpace on Sept. 12<sup>th</sup>.

History of U.S. Food Regulation.

The Three Branches of Government.

The Legislative Process.

***Quiz #1 (Due Monday, Sept. 11<sup>th</sup>)***

U.S. Food Regulatory Agencies.

Use of Government Documents.

***Quiz #2 (Due Monday, Sept. 11<sup>th</sup>)***

Overview of the Food, Drug, and Cosmetic Act.

***Quiz #3 (Due Monday, Sept. 18<sup>th</sup>)***

FDA Enforcement of the FD&C Act.

The FTC and the Regulation of Food Advertising.

***Quiz #4 (Due Monday, Sept. 25<sup>th</sup>)***

Regulation of Food Sanitation.

Overview of The Food Safety Modernization Act

***Quiz #5 (Due Tuesday, Oct 10<sup>th</sup>)***

Regulation of Meat and Poultry.

Regulation of Imports and Exports.

Food Standards.

***Quiz #6 (Due Monday, Oct 23<sup>rd</sup>)***

Food Irradiation

Regulation of GMO's

**Quiz #7 (Due Monday, Oct 30<sup>th</sup>)**

Regulation of pesticides in foods

**Quiz #8 (Due Monday, Nov 6<sup>th</sup>)**

Regulation of Dietary Supplements.

Product Liability.

**Quiz #9 (Due Friday, Nov 17<sup>th</sup>)**

Toxicological Testing Methods.

Application of Risk Assessment in Food Regulation

**Quiz #10 (Due Monday, Dec 4<sup>th</sup>)**

### Live Microsoft Teams Discussion Sessions (6):

All discussion sessions will start at 7 pm and will likely last from 45 – 90 minutes. Students will write short (1-2 page) reviews of the discussion sessions, due 48 hours after the session. These short reviews should address 1) what you learned or didn't learn from the discussion, and 2) any suggestions for how to improve future discussion sessions.

Tuesday, September 12<sup>th</sup>

This first scheduled *Discussion Session* will be for general Q&A. This will give us an opportunity to get comfortable with the Microsoft Teams platform and how it works with a class this size. Written review due by midnight, Thursday September 14<sup>th</sup>.

Tuesday, October 3<sup>rd</sup>

Food vs. Drugs. Presentation, discussion, and implications of the "Starch Blockers" case. [Read the "Nutrilabs, Inc vs Schweiker" case in the Readings folder prior to discussion session.]. Written review due by midnight, Thursday October 5<sup>th</sup>.

Tuesday, October 17<sup>th</sup>

Food Labeling vs Food Advertising: Discussion of the role of the FTC in public health nutrition and food safety. [Read “*Advertising Law 2023: Health Claims Analyzed*” in the Readings section on BrightSpace prior to the discussion session.]. Written review due by midnight on October 19<sup>th</sup>.

Tuesday, October 31<sup>st</sup>

Food Safety and Sanitation: View the Netflix movie, “Poisoned” (link available in the Videos folder on BrightSpace) and read the paper, “*The Need for Prevention-based Food Safety Programs for Fresh Produce*” (available in the Readings folder on BrightSpace). Written review due by midnight on Thursday, November 2<sup>nd</sup>.

Tuesday, November 14<sup>th</sup>

Regulation of Dietary Supplements: [Read two articles in the “Dietary Supplements” folder in the Readings section on BrightSpace.]  
Article #1: *Reforms Needed to Modernize the US food and Drug Administration’s Oversight of Dietary Supplements, Cosmetics, and Diagnostic Tests.* (2022)  
Article #2: *Regulation of Dietary Supplements and Nutraceutical Products in the United States: An Argument for Greater Oversight and Uniform Standards.* (2022)  
Written review due by midnight on Thursday, November 16<sup>th</sup>.

Monday, December 4<sup>th</sup>

Carcinogens in Food: Discussion of the relevance of the Delaney Clause and other regulatory approaches to food risk assessment and risk management. [Read three articles in the “Delaney Clause” folder in the Readings section on BrightSpace. Two articles relate directly to the Delaney Clause and one article relates to the recent WHO report on aspartame.] Since this discussion session is occurring so close to the end of the semester and the final exam date, no written review is assigned.

### ***Important Dates:***

Mid-term exam (online) – Thursday, October 12<sup>th</sup>

Final exam (online) – Thursday, December 7<sup>th</sup>

### Written Assignment: “Prevagen” Advertising Case:

I am sure most of you have seen television ads for the dietary supplement product PREVAGEN. If not, you should watch the video of the ad that I have uploaded to the course BrightSpace page. The makers of PREVAGEN (Quincy Bioscience LLC) claim that the dietary supplement improves brain function and memory. In January 2017, the Federal Trade Commission (FTC) and the New York Attorney General’s Office filed a “Complaint for Permanent Injunction and Other Equitable Relief” against Quincy Bioscience, claiming that the ads constitute “a deceptive act or practice and the making of false advertisements” and are therefore in violation of the law. For this assignment, you will be evaluating the basis for the case against this company, and the most current status of the case. More specific information for this assignment can be found on the course BrightSpace site. **[Due by midnight on Friday, November 17<sup>th</sup>]**

### Assignment – Develop a video lesson:

Certainly, an important goal of a graduate education is to gain experience in teaching. Therefore, for this assignment, you will prepare and deliver (online) a short course lecture. Since NFS 5253 is a completely online class, this lecture assignment will take the form of a recorded PowerPoint screencast presentation on a new or expanded topic related to Food Regulation. The entire lesson/presentation should be no more than 10-15 minutes in length. There will be specific deadlines for completion of this project over the course of the semester.

Due September 15<sup>th</sup>: Student must submit a selected topic for the PowerPoint screencast to the instructor for review and approval, along with the learning objectives associated with the topic.

Due September 29<sup>th</sup>: Student must submit the completed PowerPoint slide presentation for review by the instructor, along with an outline/notes of what the graduate student’s audio recording will cover.

Due October 20<sup>th</sup>: Student will submit a completed recording of the PowerPoint screencast for review by the instructor.

Due November 17<sup>th</sup>: Final PowerPoint screencast will be submitted to the instructor.

## Grading:

### Graduate Credit:

|                            |           |
|----------------------------|-----------|
| Quizzes (10)               | 15 points |
| Mid-term exam              | 25 points |
| Final exam                 | 25 points |
| Written Assignments        | 10 points |
| Video Lesson Assignment    | 15 points |
| Discussion Session Reviews | 10 points |

### Grading Map:

|    |                     |
|----|---------------------|
| A+ | 97-100 points       |
| A  | 90-96 points        |
| B+ | 87-89 points        |
| B  | 80-86 points        |
| C+ | 77-79 points        |
| C  | 70-76 points        |
| D+ | 67-69 points        |
| D  | 60-66 points        |
| F  | Less than 60 points |