Syllabus for Animal Products in Human Nutrition – Food for Thought
(HCOL 186 F)

Course Information
Credits: 3 Credit Hours
Duration: Jan 12 - April 29, 2015
Days: Mondays & Tuesdays
Time: 4:05 - 5:20 PM
Location: UHTN23, Room 034

Instructor
Name: Dr. Jana Kraft
Email: Jana.Kraft@uvm.edu
Phone: (802) 656-5489
Office: 219 Terrill Building
Office Hours: By appointment

Pre/co-requisite
Honors College sophomore standing.
Basic concepts from high school biology and chemistry are expected.

Course Description
Animal agriculture is a significant portion of our national agricultural economy and foods of animal
origin play a significant role in our global food system. A striking but lesser known fact is that animal-
derived food products have been an important factor in human evolution (e.g., eating meat has led
to increases in the size of both the human body and brain). Current dietary patterns derive from the
changes in food production that started with the industrial revolution and from the more recent construction of a global food economy. With increasing prevalence of chronic diseases, obesity, and food-borne diseases, animal products are coming under increasing scrutiny. Broad areas of focus reflect global patterns of consumption of meat, dairy, eggs, fish, and their products. We will explore the connection between animal products, their nutritional attributes, human health/disease, and public perception. The course utilizes an interactive approach, involving a broad spectrum of methods including lectures to build fundamental knowledge, student forums to stimulate debate and understanding, individual and group assignments to develop key skills in writing and presenting, and the use of computer-aided learning.

**General Course Goal and Learning Objectives**

The goal of this course is to develop a basic understanding of the science of animal products in regards to production, consumption, nutritional value, and health aspects. Furthermore, the goal is for you to develop an ability to discern between the truth and fiction about animal-derived foods in human nutrition, to ask insightful questions, and to find the answers. This course is designed to achieve the following learning objectives:

1. To understand the basic composition and quality aspects of animal-derived foods and their contribution to human nutrition.
2. To understand the scientific foundation of animal food production.
3. To recognize that food choices have nutritional, cultural, psychological, economic, and safety impacts.
4. To critically evaluate animal-derived foods in regards to their impact on human health/disease.
5. To develop strong critical thinking and writing skills.
6. To learn to work as a team in order to critically and creatively present information.

**Textbooks and Support Materials**

All required and ancillary reading materials will be posted to the course Blackboard site. There is no requirement to purchase a text book for this class.
Blackboard course site

The course Blackboard site will be actively used. This syllabus and tentative class schedule will be posted on Blackboard. Updates to the class schedule will be posted on blackboard. Reading materials, copies of the lecture, and assignments will be posted under the Course Materials section. There will be an opportunity to submit assignments through blackboard. Grades will be posted through Blackboard. Additional blackboard use may be required.

Course Evaluation and Grades

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>%</th>
<th>Points</th>
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<tbody>
<tr>
<td>Class attendance/participation</td>
<td>15</td>
<td>75</td>
</tr>
<tr>
<td>Reading/writing (homework) assignments</td>
<td>15</td>
<td>3 assignments x 25 points = 75</td>
</tr>
<tr>
<td>Debate/discussion</td>
<td>20</td>
<td>2 debates x 50 points = 100</td>
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<tr>
<td>Term Project</td>
<td>50</td>
<td>1 project x 250 points = 250</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>100</td>
<td><strong>500</strong></td>
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Class attendance/participation

Points will be given based on attendance and active participation. Active participation in class is encouraged (e.g., debates) and rewarded (within reason). You can expect to be directly and randomly called upon to discuss reading material/written homework, and quiz questions during class.

Reading/writing (homework) assignments

You will have three reading/writing homework assignments and each assignment will count for 25 points. The assignments will be posted on the course Blackboard website. Due dates will be announced in class and posted, and expect most written assignments to be due by the start of class time (4:05 PM) on the specified date. Each written assignment will be worth 5% your final grade. Assignments turned in late within 24 hours of the time due will be marked down 10%. Assignments turned in late within 48 hours of the time due will be marked down 25%. No assignment will be accepted after 48 hours of the time due in the absence of extenuating circumstances. If you believe you have extenuating circumstances you must make arrangements (preferably before the due date) to submit an assignment past the due date.

Debate

Over the course of the semester we will have ten debates on a controversial issue. Each student will be engaged in two debates (50 points each). You are not expressing your opinion - rather - you are
assigned once an affirmative ("why the topic is true") and once a negative ("why the topic is false") position on the question. You will draw your debate topic and position at the beginning of the second class. Each debate will have two teams with two individuals on each team. The rest of the students will serve as judges and will take part in further questioning. As part of this assignment, teams will submit a two page paper (include at least 5-6 references at the end of the paper) that clearly defines the issues and arguments from their perspective. The class will vote by secret ballot for the winner. An outline of the debate format (speaking order, activity and time) and debate evaluation criteria can be found on our class blackboard site.

**Term Project**

We will form teams of two; each team will write a review paper on a self-selected topic pertaining to animal products and human health (each topic can be only selected once) and present the paper to the class in form of a 20 min PowerPoint presentation. Your paper must be no longer or shorter than 10 double spaced pages (excluding references) in 12 point type size. Use citations throughout your paper (include at least 15 references). Your paper will be graded on content but also on style/grammar. The paper will be worth 40% your final grade and the presentation 10 % your final grade (total: 50%).

Please submit (via email) your selected *project title* by Monday, January 28. A half-page *outline of the topics* covered in your paper is due Wednesday, February 18, your *first draft for peer-review* is due Wednesday, April 08, and *completed paper* is due Wednesday, April 22.

The *course grade* will be determined by the total earned out of 500 points (cumulative points) possible. The grade cut-offs are as follows:

<table>
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<tr>
<th>Points</th>
<th>Grade</th>
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<tbody>
<tr>
<td>485-500</td>
<td>A+</td>
</tr>
<tr>
<td>465-484</td>
<td>A</td>
</tr>
<tr>
<td>450-464</td>
<td>A-</td>
</tr>
<tr>
<td>435-449</td>
<td>B+</td>
</tr>
<tr>
<td>415-434</td>
<td>B</td>
</tr>
<tr>
<td>400-414</td>
<td>B-</td>
</tr>
<tr>
<td>385-399</td>
<td>C+</td>
</tr>
<tr>
<td>365-384</td>
<td>C</td>
</tr>
<tr>
<td>350-364</td>
<td>C-</td>
</tr>
<tr>
<td>335-349</td>
<td>D+</td>
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<tr>
<td>315-334</td>
<td>D</td>
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<tr>
<td>300-314</td>
<td>D-</td>
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<td>&lt;300</td>
<td>F</td>
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I have no intention of grading on a curve based on class performance.

Information on University grading policy can be found in the catalog on-line at: [http://www.uvm.edu/academics/catalogue2013-14/?Page=archives.html](http://www.uvm.edu/academics/catalogue2013-14/?Page=archives.html) or by the following hyperlink to [grading](http://www.uvm.edu/academics/catalogue2013-14/?Page=archives.html).

If you would like to contest your final course grade, please follow the procedures outlined in the University grade appeals policy: [http://www.uvm.edu/policies/student/gradeappeals.pdf](http://www.uvm.edu/policies/student/gradeappeals.pdf).
Academic honesty

You are expected to be familiar with and adhere to the “Academic Honesty Policy Procedures” http://www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf. Be particularly careful to avoid plagiarism when working on written assignments. You are expected to properly cite the work of others, complete authentic work, collaborate on work only when authorized, and adhere to instructor guidelines for completing academic work.

Student Learning Accommodations and Special Needs

Students who need special accommodation or services should contact Academic Support Programs (ASP) http://www.uvm.edu/aspprogs/. Disability (ACCESS) and tutoring (The Learning Co-Op) information is available through ASP. In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact ACCESS, the office of Disability Services on campus. ACCESS works with students to create reasonable and appropriate accommodations via an accommodation letter to their professors as early as possible each semester.

Classroom etiquette

- In an effort make the most of our class time, please arrive on time and stay until class is concluded.
- Please turn off or silence your cell phones, put away cell phones, laptops, music players, iPads, etc. before entering the class.
- Be polite and respective to other people in the class. For example, do not interrupt someone during a class discussion, and respect others' opinions/comments as you would like them to respect yours.

Note: This syllabus attempts to be complete, but the instructor reserves the right throughout the course to make appropriate changes in a timely way.

I am available by appointment. Send me an email from your UVM e-mail account with the reason you want to see me and three available dates/times.