



Course Outline – Food and Nutritional Policies & Regulations

General Information

Course #: 9111B
Section #:
Term: Winter
Year: 2025-26
Delivery: *in-person*
Course Day and Time:
Course Location:

Instructor Information

Name:
E-mail:
Telephone number for office appointments:
Office hours:
Office location:

Instructor Information

Name:
E-mail:
Telephone number for office appointments
Office hours for students
Office location:

Course Description

The course is designed to provide advanced study of food and Nutritional Policies and regulations for topical and current issues in nutrition, food science, and technology related to health and disease.

Course Materials

For the course, assigned reading material, journal articles, and access to specific reports will be available in the Weldon Library or posted on Brightspace.

Learning Outcomes

Successful completion of this course contributes to the acquisition of the Brescia Competencies of Communication, Critical Thinking, Inquiry and Analysis, and Problem Solving.

Students will be able to:

- 1) Discuss, at an advanced level, Canada's Food Guide; Canada's Dietary Guidelines; changes and proposed changes to Food Labelling (including the Nutrition Facts table, Ingredients List, Various Claims on foods, Front-of-Package labelling); Food legislation Re: Vitamin D and Sodium in health and disease; Functional Food Claims and Regulations; Regulations for Pre- and Pro-Biotics in foods; Dietary and Herbal Supplement Regulations; Food Fortification and Food Additive Regulations; Food Nano-Technology Regulations, Applications and Nutrient Bioavailability; 2004 vs 2015 CCHS datasets for Energy, Macro- and Micro-Nutrients from foods and Micro-Nutrient intake from Supplements; Food Allergies; Food Safety Issues; Edible Cannabis Regulations. (informs Communication, Critical Thinking, Inquiry and Analysis, and Problem Solving).

- 2) Develop Group and/or Individual class presentations and projects focused on current nutrition and food science/food safety and technology issues with a demonstrated ability to apply the information acquired to primary and treatment / secondary prevention practice settings and the 'real world' (informs Social Awareness and Engagement; Valuing; Interpersonal Communication; and Problem-Solving).

PROJECT OUTCOMES: Working together as a Group / Individual.

- i) Prepare three (3) presentations and facilitate class discussions on current nutrition & food science/safety, and technology issues.
- ii) Successfully complete one (1) herbal project where students evaluate the evidence for the claim and make recommendations on its use.

APPROACH:

- 1) A Three-hour class each week will include student(s) workshops on an assigned current issue of interest in Canada.
- 2) Students will complete assigned readings before class to support participation in the discussion.
- 3) Students will be expected to use an integrative approach and consider the application of materials to 'real world' / practice settings.

Integrated Competencies for Dietetic Education and Practice (ICDEP)

The ICDEP consist of 7 interrelated Domains (areas) of Practice Competencies: Food and Nutrition Expertise, Professionalism and Ethics, Communication and Collaboration, Management and Leadership, Nutrition Care, Population Health Promotion, and Food Provision.

For more information on ICDEP competencies, please visit the [UWO OWL FN UNDERGRADUATE RESOURCES AND INFORMATION](#) site.

Teaching Methodology and Expectations of Students

ASSIGNMENTS: (Note: Material handed in will not be returned; keep a copy for your files)

1. To support class discussions/presentations, students will be encouraged to incorporate product-specific information (from [Canadian](#) store/supermarket shelves or elsewhere) pertinent to 'real world' / practice settings.
2. Ongoing student facilitation and participation (asking questions and making comments) in workshops on selected topics is mandatory and will be marked accordingly.
3. Students will complete three presentations throughout the semester individually or in groups of two people (detailed instructions will be provided during the lecture period).
4. Students will prepare one resource handout on Herbal Preparations / Supplements (detailed instructions will be provided during the lecture period) to be handed in immediately following their Herbal Presentation.

Copyright and Intellectual Property

PowerPoint lecture slides and notes, reading lists, in-class activities, assignment guidelines, and other course materials are typically the intellectual property of the instructor. Unauthorized reproduction, including audio or video recording, photographing, sharing on social media, or posting on course-sharing websites, is an infringement of copyright and is strictly prohibited. Such action may be considered a Code of Conduct violation and lead to sanctions.

Use of Generative AI

The use of generative Artificial Intelligence (AI) tools, including but not limited to writing assistants (e.g., ChatGPT, QuillBot) and translation services (e.g., Google Translate). The use of generative AI tools when

prohibited or in a way not specifically allowed is a scholastic offence and subject to the penalties for a scholastic offence outlined in the Academic Calendar.

Students may choose to use generative AI tools as they work through the assignments in this course; however, students are ultimately accountable for the work they submit. Any content produced by an AI tool must be cited appropriately, and the use of AI tools must be documented in an appendix for each assignment. The documentation should include what tool(s) were used, how they were used, and how they were incorporated into the submitted work.

Evaluation

• Group/Individual Presentations	60%
▪ Students will work individually or in groups, if applicable	
▪ Students will be assigned topics and presentation dates on the first day of class	
• Presentation on Herbal Supplements/Current Issue	20%
▪ Each individual /group will prepare and present one resource	
▪ Handout/infographic during Weeks 12 and 13	
• Peer Evaluation	10%
▪ Students will earn marks by actively and accurately evaluating their peers and providing feedback to improve presentations	
• Class Participation	10%
▪ Students will earn marks by actively engaging in class discussions by making comments and/or asking questions	

	100%

For exams held during the December and April examination periods, there is a single common make-up date during the first week of January for December exams and the first week of May for April exams for students eligible to write a special examination. The specific dates during those weeks will be available from the Registrar's Office or the Hive.

Course Content

Weeks 1-3 Introduction: Course Outline, Slide Deck and Project References, Resources for presentations; Case studies, Nutrition Facts Table, Ingredients List, Towards Front of Package Labelling, Supplemented Foods; Mandatory and Voluntary Food Fortification.

Weeks 4-8 Health Claims & Nutrient Content Claims; Nutrient Function / Biological Role Claims: Nutrient (bioavailability from foods) / Phyto-chemical / Pre-biotics / Probiotics/ Gut-Microbiome/ Health; Vitamin D in Health and Disease (Beyond Bone Health); 2004 vs 2015 CCHS Datasets; 2019 Canada's Food Guide. Saturated Fatty Acids and Cardiovascular Disease Controversy; Food Allergies and Intolerance.

Weeks 9-11 Nanotechnology in Food in Canada and elsewhere; current policies, potential benefits, challenges; Food Additives Regulations and Labeling. Food Safety Issues, Edible Cannabis Regulations, Sodium in Health, and Disease. Dietary & Herbal Supplements (Natural and Non-prescription Health Product Directorate Regulations, Nutrient & Drug Interactions).

Weeks 12-13 Herbal Remedies Preparation and Presentations

Enrolment Restrictions

Enrollment in this course is restricted to graduate students in the Brescia School of Food & Nutritional Sciences, as well as any student who has obtained special permission to enroll in this course from the course instructor, as well as the Graduate Chair (or equivalent) from the student's home program.

Support Services

There are various support services around campus, and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

Health and Wellness Services

Students who are in emotional/mental distress should refer to Mental Health Support at <https://www.uwo.ca/health/psych/index.html> for a complete list of options about how to obtain help.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence (GBSV) and providing compassionate support to anyone who is going through or has gone through these traumatic events. If you are experiencing or have experienced GBSV (either recently or in the past), you will find information about support services for survivors, including emergency contacts, at the following website:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html

To connect with a case manager or set up an appointment, please contact support@uwo.ca

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

Statement on Academic Offences

Scholastic offences are taken seriously, and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf

Additionally,

- A) All required papers may be subject to submission for textual similarity review to the commercial plagiarism-detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).
- B) Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Copyright and Intellectual Property

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your educational use contravenes Canadian Copyright Laws. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures, nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Policy for Accommodation for class absence, late and/or missed assignments

In the event of a class absence, the student should notify the instructor as soon as possible. The student is responsible for any missed material covered during class. Academic accommodation for work representing 10% or more of the student's overall grade in the course shall be considered only in those cases where there is documentation indicating that the student was seriously affected by illness or other exceptional, extenuating circumstances and could not reasonably be expected to meet their academic responsibilities. For missed work accounting for less than 10% of the overall grade, the student must contact the instructor in advance of the deadline. In arranging accommodation, instructors will use good judgment and ensure fair treatment for all students. A penalty of 10% will be applied for late work without accommodation. Missed assignment more than 7 days late will be assigned a mark of zero without accommodation. Students who have been denied

accommodation by an instructor may appeal this decision to the Graduate Chair of the Brescia School of Food and Nutritional Sciences.

Use of Artificial Intelligence for the Completion of Coursework

Within this course, you may only use artificial intelligence tools (e.g., “ChatGPT”) in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Accessible Education Western (AEW)

Western is committed to achieving barrier-free accessibility for all its members, including graduate students. As part of this commitment, Western provides a variety of services devoted to promoting, advocating, and accommodating persons with disabilities in their respective graduate program.

Graduate students with disabilities (for example, chronic illnesses, mental health conditions, mobility impairments) are strongly encouraged to register with Accessible Education Western (AEW), a confidential service designed to support graduate and undergraduate students through their academic program. With the appropriate documentation, the student will work with both AEW and their graduate programs (normally their Graduate Chair and/or Course instructor) to ensure that appropriate academic accommodations to program requirements are arranged. These accommodations include individual counselling, alternative formatted literature, accessible campus transportation, learning strategy instruction, writing exams and assistive technology instruction