

# Food and Well-being

## FN 105 (1 credit)

### COURSE DESCRIPTION

Explore the 7 dimensions of wellness within the context of food. Assess your current state of wellness and how your diet is influenced by social, spiritual, environmental, emotional, career/economic, health, and intellectual factors. Design and implement a personal diet plan that aligns with your values, priorities, and goals. Meets wellness GEP.

### INSTRUCTOR

Deborah Tang, MS, RD, CD

Office: CPS 240B

Phone: 715-346-2749

Email: [dtang@uwsp.edu](mailto:dtang@uwsp.edu)

Office Hours: I have tentatively set aside Wednesdays from 2:00 – 3:00 p.m. and Thursdays from 1:00 – 2:00 p.m. as office hours. Email me at least 24 hours in advance to set up a time to meet in person or via Zoom (I will share a link with you). If these days/times do not work, please suggest alternatives and we will find a mutually convenient time.

### CLASS LOCATION & TIME

Hybrid course delivery – there will be lecture recordings, videos, and readings to complete on your own each week. Our class meets in two separate cohorts from September 7 to October 21. This allows for adequate social distancing and contact tracing.

Location: **SCI D101**

Day/time: Last names beginning with **A to L** attend on **Tuesdays from 10:00 - 10:50 a.m.** First class is September 7

Last names beginning with **M to Z** attend on **Thursdays from 10:00 - 10:50 a.m.** First class is September 9

Face covering is required for all in-person class until further notice, see UWSP Face Coverings policy below.

**We will not meet on September 2, but you should access course materials on your own.**

### EXPECTED INSTRUCTOR RESPONSE TIMES

I will attempt to respond to student emails within 12 hours between Mondays to Fridays (24 hours on weekends). If you have not received a reply from me within 24 hours, please resend your email.

### READING

Links and articles will be shared in Canvas

**COURSE OBJECTIVES** At the end of this course the student will be able to:

- Identify current dietary guidelines and the components of a healthy diet (e.g., My Plate).
- Analyze how personal food choices interact with other aspects of their wellness.
- Analyze personal food choices in relation to current evidence-based recommendations.
- Create a personalized dietary plan that aligns personal food choices with 1) evidence-based recommendations and 2) personal wellness values, priorities, and goals.
- Build critical thinking skills by analyzing common food, nutrition, and health claims in relation to evidence-based recommendations.

### FACE COVERINGS

- At all UW-Stevens Point campus locations, the wearing of face coverings is mandatory in all buildings, including classrooms, laboratories, studios, and other instructional spaces. Any student with a condition that impacts their use of a face covering should contact the [Disability and Assistive Technology Center](#) to discuss accommodations in classes. Please note that by university policy unless everyone is wearing a face covering, in-person classes cannot take place. Failure to adhere to this requirement could result in formal withdrawal from the course.

Other Guidance:

- Please monitor your own health each day using [this screening tool](#). If you are not feeling well or believe you have been exposed to COVID-19, do not come to class; email your instructor and contact Student Health Service.
  - As with any type of absence, students are expected to communicate their need to be absent and complete the course requirements as outlined in the syllabus.
- Maintain 6 feet of physical distance from others whenever possible.
- Do not congregate in groups before or after class; stagger your arrival and departure from the classroom, lab, or meeting room.

- Wash your hands or use appropriate hand sanitizer regularly and avoid touching your face.
- Please keep these same healthy practices in mind outside the classroom.

### GENERAL EDUCATION PROGRAM (GEP) WELLNESS OBJECTIVES

Wellness is a dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle. It is multi-dimensional and holistic, encompassing lifestyle, mental and spiritual wellbeing, and the environment. Wellness is an essential attribute of a well-rounded, liberally educated person and of strong societies. Understanding the dimensions of wellness and their impact on individuals, families and societies is essential to being a responsible global citizen.

Wellness Objectives	Learning Outcomes <i>corresponding activity or assessment</i>
1. Assess your own wellness in each of the seven dimensions and explain how the dimensions and the interactions among them impact your overall personal health and well-being.	<ul style="list-style-type: none"> <li>• Weekly in-class group activities to identify the processes and components which make up each of the seven dimensions of wellness and how each dimension interacts with personal food choices.</li> <li>• Completion of Testwell’s Holistic Lifestyle Questionnaire (HLQ).</li> <li>• Completion of 7-dimensions of wellness for food systems</li> <li>• Assessment of personal strengths and areas for improvement based on test results.</li> </ul>
2. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.	<ul style="list-style-type: none"> <li>• Development of 2 SMART goals to help improve two areas of wellness in relation to food choices, dietary patterns, and/or eating.</li> <li>• Wellness concepts will be woven into each unit to enhance student learning.</li> <li>• Journal weekly progress on the 2 goals each week during weeks 3 through 6 (4 journal entries in total). Reflect and assess changes made in week 7 and consider future plans.</li> </ul>

### ACADEMIC CONDUCT

This course is part of the UW-Stevens Point academic community, an academic community that is bound together by the traditions and practice of scholarship. Honest intellectual work – on quizzes and written assignments - are essential to the success of this community of scholars. Using classmates’ responses to answer exam questions or disguising words written by others as your own undermines the trust and respect on which our course depends. The work in this course is challenging and will demand a good deal from each of you. I have every confidence that each of you can succeed. Doing your own work will enhance your sense of accomplishment when the semester ends.

Additionally, the online classroom environment is a unique opportunity for students to share ideas, opinions, discuss classroom and course content. As each student is entitled to contribute to class, specific expectations are necessary to ensure a thriving classroom environment.

For additional information, please refer to the statements on Academic Standards as outlined by the Office of Student Rights and Responsibilities. You can read the full text of Chapter 14 on “Student Academic Standards & Disciplinary Procedures” at <https://www.uwsp.edu/dos/Documents/UWSP14-Final2019.pdf>

### ATTENDANCE

Our class will meet in cohorts during our scheduled class time on Tuesdays and Thursdays. The tentative schedule located on the last page of this document lists all our meeting dates according to your last name. Cohort attendance allows for social distancing and contact tracing. Throughout the semester, there will be points assigned to in-class activities. To be considered for making up a missed activity due to an absence, **you must notify the instructor prior to the class**. It is up to the instructor to evaluate if the excuse is valid before extending the makeup opportunity. Please know that it is always best to maintain an open channel of communication with the instructor.

### ASSIGNMENTS

All assignments will be submitted to CANVAS by Sunday at 11:59 p.m. of the due date. Written work must be word processed using a software program that is compatible with the default UWSP software Microsoft Word. Write in complete sentences with proper grammar, spelling, and punctuation or points will be deducted. Please read the assignment outlines posted on CANVAS carefully. Do not email assignments unless it has been approved by the instructor.

Except for the last assignment (Wellness journals and reflections – must be submitted on time), there is one free pass (see p.5) for

the submission of one late assignment (by 2 days) once for this class.

## COURSE CONTENT

All course material is accessible in Canvas via this link: <https://www.uwsp.edu/canvas/Pages/default.aspx> or you can use the MyPoint academics tab. Students are expected to access course material in a timely manner and complete assignments by the posted due date. Technology can be a challenge, especially in rural areas. Be sure you review the [Canvas Computer Specifications guide](#) and have access to a stable internet connection (do not rely on cellular). If you have any questions about the capabilities of your technology contact [IT Service Desk](mailto:techhelp@uwsp.edu) (715-346-4357; [techhelp@uwsp.edu](mailto:techhelp@uwsp.edu)).

Stay connected with the course by turning on email/text notifications. Go to the Account tab at the far left, hit settings to enter your email and cell phone in “ways to contact” (top right corner) and then hit notifications to tell Canvas to alert you of due dates, announcements, grades posted, etc. Then, click Notifications on the far left, choose which course details you want to get reminders about and when you get the alerts.

## QUIZZES

There is a syllabus quiz and 4 short content quizzes. The syllabus quiz is set to allow multiple attempts without a time limit until a perfect score of 10/10 is reached but **ONLY ONE (1)** attempt per quiz will be provided for the content quizzes. Each quiz is timed at 30-60 seconds per question and the number of questions may vary between 8-12 questions depending on the unit. This means students must be well prepared BEFORE starting the content quizzes. No retakes will be allowed for students who do not plan appropriately and fail to take a quiz by the deadline or are timed out before completing the quiz. If you wish to view the correct answers, they will be shown on Tuesday following the quiz due date from 4:00 – 11:59 p.m.

Quizzes are available from Friday to Sunday from 8:00 a.m. -11:59 pm of the due date. Students must notify the instructor at least **1-day BEFORE** a quiz due date if they have a conflict that interferes with meeting a quiz deadline. The instructor will consider the circumstances and decide whether to grant an extension. Without prior notification, a quiz CANNOT be made up. **While taking a quiz in Canvas, know that you must remain on the quiz page as Canvas tracks visits to other pages and records your activity.**

## SPECIAL ACCOMMODATIONS

Within the first week of class, students requiring special accommodation and/or program access should arrange an appointment with UWSP Disability and Assistive Technology Center located at the Learning Resource Center (LRC 609), <https://www.uwsp.edu/datc/Pages/default.aspx>, telephone (715)346-3365. After the assessment, please provide eligibility documentation to me to request appropriate accommodation.

## VIEWING GRADES IN CANVAS

Points you receive for graded activities will be posted to Canvas Grade Book. Click on the Grades link to view your points. I will update the online grades each time a grading session has been complete – typically within 7-10 days (about 1 and a half weeks) following the assignment due date. You will see a visual indication of new grades posted on your Canvas home page under the link to this course.

### CLASS POINTS

Syllabus quiz	10
3 Assignments	90
4 Quizzes	44
In-class discussions, tentative	40
<b>Total</b>	<b>184</b>

### Grading Scale

A	93-100%	C+	77-79.9%
A-	90-92.9	C	73-76.9
B+	87-89.9	C-	70-72.9
B	83-86.9	D+	67-69.9
B-	80-82.9	D	60-66.9
		F	below 60%

## UNDERSTAND WHEN YOU MAY DROP THIS COURSE

It is the student’s responsibility to understand when they need to consider unenrolling from a course. Refer to the UWSP [Academic Calendar](#) for dates and deadlines for registration. After this period, a serious and compelling reason is required to drop from the course. Serious and compelling reasons includes: (1) documented and significant change in work hours, leaving student unable to complete assigned tasks, or (2) documented and severe physical/mental illness/injury to the student or student’s family.

## INCOMPLETE POLICY

Under emergency/special circumstances, students may petition for an incomplete grade. An incomplete will only be assigned if the student has maintained regular contact with the course instructor about his/her situation. All incomplete course assignments must be completed by the last day of classes of the following semester.

## ABSENCES DUE TO MILITARY SERVICE

As stated in the UWSP Catalog, you will not be penalized for class absence due to unavoidable or legitimate required military

obligations, or medical appointments at a VA facility, **not to exceed two (2) weeks** unless special permission is granted by the instructor. You are responsible for notifying faculty members of such circumstances as far in advance as possible and for providing documentation to the Office of the Dean of Students to verify the reason for the absence. The faculty member is responsible for providing reasonable accommodation or opportunities to make up exams or other course assignments that have an impact on the course grade. For absences due to being deployed for active duty, please refer to the [Military Call-Up-Guidelines](#).

### **RELIGIOUS BELIEFS ACCOMMODATION**

It is UW System policy ([UWS 22](#)) to reasonably accommodate your sincerely held religious beliefs with respect to all examinations and other academic requirements.

You will be permitted to make up an exam or other academic requirement at another time or by an alternative method, without any prejudicial effect, if:

- There is a scheduling conflict between your sincerely held religious beliefs and taking the exam or meeting the academic requirements; and
- You have notified your instructor within the first three weeks of the beginning of classes (first week of summer or interim courses) of the specific days or dates that you will request relief from an examination or academic requirement.
- Your instructor will accept the sincerity of your religious beliefs at face value and keep your request confidential.
- Your instructor will schedule a make-up exam or requirement before or after the regularly scheduled exam or requirement.
- You may file any complaints regarding compliance with this policy in the Equity and Affirmative Action Office.

### **STUDENT RECORDING AND SHARING CLASS LECTURE**

Lecture materials and recordings for FN 105 are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record my lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation. [Regent Policy Document 4-1](#)

Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor's express written permission. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

### **RESOURCES ON CAMPUS**

Please know that there are resources available to you on campus. The UWSP Counseling Center is located on the 3rd Floor of Delzell Hall. Office Hours: Monday-Friday: 8:00am to 4:30pm. Telephone: (715) 346-3553. Email: [counsel@uwsp.edu](mailto:counsel@uwsp.edu).

Health Services offers nutrition counseling appointments with the campus dietitian. These visits are covered by the health fee at no additional cost to the student. Appointments can be made directly by calling 715-346-4646 or a Student Health Service clinician can help coordinate a referral.

### **CARE TEAM**

The University of Wisconsin-Stevens Point is committed to the safety and success of all students. The Office of the Dean of Students supports the campus community by reaching out and providing resources in areas where a student may be struggling or experiencing barriers to their success. Faculty and staff are asked to be proactive, supportive, and involved in facilitating the success of our students through early detection, reporting, and intervention. As your instructor, I may contact the Office of the Dean of Students if I sense you need additional support which individually, I may not be able to provide. You may also share a concern if you or another member of our campus community needs support, is distressed, or exhibits concerning behavior that is interfering with the academic or personal success or the safety of others, by reporting [here](#).

### **ADDITIONAL CAMPUS POLICES**

#### **FERPA**

The Family Educational Rights and Privacy Act (FERPA) provides students with a right to protect, review, and correct their student records. Staff of the university with a clear educational need to know may also have access to certain student records. Exceptions to the law include parental notification in cases of alcohol or drug use, and in case of a health or safety concern. FERPA also permits a school to disclose personally identifiable information from a student's education records, without consent, to another school in which the student seeks or intends to enroll.

#### **REPORTING INCIDENTS OF BIAS/HATE**

It is my intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that the students bring to this class be viewed as a resource, strength, and benefit. It is my intent to present materials and activities that are respectful of diversity: gender identity, sexuality,

disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups.

If you have experienced a bias incident (an act of conduct, speech, or expression to which a bias motive is evident as a contributing factor regardless of whether the act is criminal) at UWSP, you have the right to report it: <https://www.uwsp.edu/dos/Pages/Anonymous-Report.aspx>.

You may also contact the Office of the Dean of Students directly at [dos@uwsp.edu](mailto:dos@uwsp.edu). Diversity and College Access is available for resources and support of all students: <https://www.uwsp.edu/dca/Pages/default.aspx>.

### **CLERY ACT**

The US Department of Education requires universities to disclose and publish campus crime statistics, security information, and fire safety information annually. Statistics for the three previous calendar years and policy statements are released on or before October 1st in our [Annual Security Report](#). Another requirement of the Clery Act is that the campus community must be given timely warnings of ongoing safety threats and immediate/emergency notifications. For more information about when and how these notices will be sent out, please see our [Jeanne Clery Act](#) page.

### **COPYRIGHT INFRINGEMENT**

This is the act of exercising, without permission or legal authority, one or more of the exclusive rights granted to the copyright owner under section 106 of the Copyright Act. Each year students violate these laws and campus policies, putting themselves at risk of federal prosecution. For more information about what to expect if you are caught, or to take preventive measures to keep your computing device clean, visit our [copyright page](#).

### **DRUG FREE SCHOOLS AND COMMUNITIES ACT**

The Drug Free Schools and Communities Act (DFSCA) requires institutions of higher education to establish policies that address unlawful possession, use, or distribution of alcohol and illicit drugs. The DFSCA also requires the establishment of a drug and alcohol prevention program. The Center for Prevention lists information about alcohol and drugs, their effects, and the legal consequences if found in possession of these substances. [Center for Prevention – DFSCA](#)

### **TITLE IX**

UW-Stevens Point is committed to fostering a safe, productive learning environment. Title IX and institutional policy prohibit discrimination on the basis of sex, which includes harassment, domestic and dating violence, sexual assault, and stalking. In the event that you choose to disclose information about having survived sexual violence, including harassment, rape, sexual assault, dating violence, domestic violence, or stalking, and specify that this violence occurred while a student at UWSP, federal and state laws mandate that I, as your instructor, notify the Title IX Coordinator/Office of the Dean of Students.

Please see the information on the [Dean of Students webpage](#) for information on making confidential reports of misconduct or interpersonal violence, as well as campus and community resources available to students. For more information see the [Title IX page](#).

#### **One Free Pass - No Questions Asked!**

This pass entitles a student to one late assignment submission (with the exception of the last assignment - Wellness Journals and Reflections must be submitted on time), up to **2 days late** (by Tuesday at 11:59 p.m.).

This pass can only be used once in FN 105.

**In the comments area of the assignment submission box, you need to indicate that the free pass is being used when you submit the late assignment.**

## Tentative Schedule for FN 105 Hybrid

\*Last names beginning with A to L

\*\*Last names beginning with M to Z

**All assignments and quizzes are due on Sunday by 11:59 p.m.**

Unit	Week of	Topic	Read / Watch / Complete this week
1	8/30 No class meeting this week	Food and Wellness	Syllabus Take syllabus quiz Lecture Recording - Food and Wellness UWSP's 7 Dimensions of Wellness Good Food, Bad Food podcast
2	9/6 *A-L meet on 9/7 **M-Z meet on 9/9	Healthy diets: Dietary Guidelines, My Plate <b>Introduce: Wellness Assignments</b> – Read over Assignments 1 & 3 but do not start before our class meeting	Lecture Recording – Food and Health What is ultra-processed food? Nova Classification Reference 2020-2025 Dietary Guidelines and Key Recommendations Choose MyPlate website 10 Tips Choose MyPlate Add more Vegetables to your day Video – Food for Thought, Canada Video - Why Ultra-Processed Foods May Pose Health Hazard
	<b>Submit by 9/12</b>	<b>Wellness Assessment and Goal Setting Assignment</b>	
3	9/13 *A-L meet on 9/14 **M-Z meet on 9/16	Food and Mindfulness <b>Introduce: Diet Analysis Assignment</b> <b>Start wellness journal entry #1</b> (Note: all journal entries will be submitted with the Wellness Journal and Reflection Assignment by 10/17)	Lecture Recording – Food and Mindfulness Video – How to put an end to mindless eating 13 Science-Backed Tips to Stop Mindless Eating Creating a Visual Cue NPR – Scientist are building a case for how food ads make us overeat Wellness Journal and Reflection Assignment
	<b>Submit by 9/19</b>	<b>Quiz 1 (Units 1 and 2)</b> Available from Friday to Sunday	
4	9/20 *A-L meet on 9/21 **M-Z meet on 9/23	Food and Culture <b>Write wellness journal entry #2</b>	Lecture Recording – Food and Culture Problems Bigger Than Bon Appetit... The food world is imploding... Video – Food is not only culture, it's diplomacy What is structural racism? Video – The underlying racism in American's food system
	<b>Submit by 9/26</b>	<b>Diet Analysis Assignment</b>	
5	9/27 *A-L meet on 9/28 **M-Z meet on 9/30	Food Waste <b>Write wellness journal entry #3</b>	Lecture Recording – Food and Sustainability Ecological Footprint Calculator Foodkeeper App Food Product Dating Video – A recipe for cutting food waste USDA Let's talk trash
	<b>Submit by 10/3</b>	<b>Quiz 2 (Units 3 and 4)</b> Available from Friday to Sunday	
6	10/4 *A-L meet on 10/5 **M-Z meet on 10/7	Food Dollars <b>Write wellness journal entry #4</b>	Lecture Recording – Food Economics Video – What the World Eats Cost of Food at Home 9-2019 USDA ERS – Food Prices and Spending Recipes and Tips for Healthy Thrifty Meals My Money link
7	10/11 *A-L meet on 10/12 **M-Z meet on 10/14	Food or Supplements <b>*Complete Wellness Reflection</b>	Lecture Recording – Food or Supplements NPR – Merchants of Doubt Trailer – The Merchants of Doubt Supplements and Snake Oils podcast
	<b>Submit by 10/17</b>	<b>Quiz 3 (Units 5 and 6)</b> Available from Friday to Sunday <b>Wellness Journal and Reflection Assignment</b>	
8	10/18 *A-L meet on 10/19 **M-Z meet on 10/21	Food Spirituality	How a little bit of gratitude can make you feel happier and healthier Bringing Gratitude to Our Food System How Eating Intuitively Can Nourish Your Spirit
	<b>Submit by 10/24</b>	<b>Quiz 4 (Units 7 and 8)</b> Available from Friday to Sunday	