

Food and Well-being

FN 105 (1 credit)

Fall 2023

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 224

Phone: 715-346-2749

Email: dtang@uwsp.edu

Office Hours: I have tentatively set aside Wednesdays from 2:00 – 3:00 p.m. and Thursdays from 3:00 – 4:00 p.m. as office hours. Email me 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

Our in-person class meets on Tuesdays from 11:00 – 11:50 a.m. in TNR 170 from 9/5 – 10/27 (8-week course). Since this course is offered in hybrid format, there will be asynchronous lecture recordings, videos, and readings to complete on your own each week.

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.

GENERAL EDUCATION PROGRAM (GEP) WELLNESS OBJECTIVES

Wellness is a dynamic process of becoming aware of and making conscious choices toward a more balanced and healthier 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">• 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.• Completion of Testwell's Holistic Lifestyle Questionnaire (HLQ).• Completion of 7-dimensions of wellness for food systems• Assessment of personal strengths and areas for improvement based on test results.

<p>2. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness.</p>	<ul style="list-style-type: none"> • Development of 2 SMART goals to help improve two areas of wellness in relation to food choices, dietary patterns, and/or eating. • Wellness concepts will be woven into each unit to enhance student learning. • Journal weekly progress on the 2 goals each week during weeks 3 through 6 (4 journal entries in total). Reflect and assess changes made on week 7 and consider future plans.
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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 comes to a close.

Additionally, the classroom environment is a unique opportunity for students to share ideas, opinions, discuss classroom and course content. As each student is entitled to contribute in 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 once per week during our scheduled class time on Tuesdays. The tentative schedule located on the last page of this document lists all our meeting dates. 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 in CANVAS by Sunday at 11:59 p.m. of the due date. Written work must be word processed (typed) 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) that can be used **once** for this class. Prior approval is not required.

Check to be sure you are submitting the correct assignment file. One way to distinguish between the completed assignment from the assignment instructions is to add your name to the file name of your completed document. If the wrong document is submitted, it will be considered late.

Once the free pass is used, assignments not submitted on time will have point deductions of 10% and an additional 10% for each day it is late beyond the due date unless an extension has been granted by the course instructor **prior to the due date**. The instructor reserves the right to determine if there are extenuating circumstances to grant an extension.

COURSE CONTENT

All course material is accessible in Canvas. 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 (don't rely on cellular). If you have any questions about the capabilities of your technology contact [IT Service Desk](#) (715-346-4357; 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 are 4 short quizzes. ONLY ONE (1) attempt per quiz will be provided. Each quiz is timed at 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 quiz. 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 the following Tuesday from 4:00 – 11:59 p.m.

Quizzes are available from Thursday 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 on 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 accommodations and/or program access should arrange an appointment with UWSP Disability Resource Center <https://www.uwsp.edu/datc/Pages/default.aspx>. 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 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

3 Assignments	90
4 Quizzes	61
In-class discussions, tentative	40
Total	191

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 to provide reasonable accommodations 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.

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 are in need of 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

CAMPUS EMERGENCY PROCEDURES

See UW-Stevens Point Emergency Procedures at [Emergency Procedures - Emergency Management | UWSP](#) for details on all emergency response at UW-Stevens Point."

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](#)

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. Diversity and College Access is available for resources and support of all students: <https://www.uwsp.edu/dca/Pages/default.aspx>.

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
Fall 2023**

All assignments and quizzes are due on Sunday by 11:59 p.m.			
Unit	Class Meeting	Topic	Read / Watch / Do This Week
1	Sept 5	Food and Wellness	Course syllabus Lecture Recording – Food and Wellness UWSP's 7 Dimensions of Wellness 7 dimensions of wellness for food systems Good Food, Bad Food podcast
2	Sept 12	Healthy diets: Dietary Guidelines, My Plate Introduce: Wellness Assignments – Read over Assignments 1 & 3 but do not start before our class meeting	Lecture Recording – Food and Health 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 What is ultra-processed food? Nova Classification Reference
	Submit by 9/17	Wellness Assessment and Goal Setting Assignment	
3	Sept 19	Food and Mindfulness Introduce: Diet Analysis Assignment Start wellness journal entry #1 (Note: all journal entries will be submitted with the Wellness Journal and Reflection Assignment by 10/22)	Lecture Recording – Food and Mindfulness NPR – Scientist are building a case for how food ads make us overeat Video – How to put an end to mindless eating 13 Science-Backed Tips to Stop Mindless Eating Creating a Visual Cue Begin Wellness Journal and Reflection Assignment
	Submit by 9/24	Quiz 1 (Units 1 and 2) Available from Thursday to Sunday	
4	Sept 26	Food and Culture Write wellness journal entry #2	Lecture Recording – Food and Culture Video – Food is not only culture, it's diplomacy What is structural racism? Video – The underlying racism in American's food system Podcast - Problems Bigger Than Bon Appetit... Article - The food world is imploding...
	Submit by 10/1	Diet Analysis Assignment	
5	Oct 3	Food Waste Write wellness journal entry #3	Lecture Recording – Food and Sustainability Foodkeeper App Food Product Dating Video – A recipe for cutting food waste USDA Let's talk trash Complete Ecological Footprint Calculator
	Submit by 10/8	Quiz 2 (Units 3 and 4) Available from Thursday to Sunday	
6	Oct 10	Food Dollars Write wellness journal entry #4	Lecture Recording – Food Economics Video – What the World Eats USDA ERS – Food Prices and Spending Recipes and Tips for Healthy Thrifty Meals Cost of Food at Home 9-2019
7	Oct 17	Food or Supplements *Complete Wellness Reflection	Lecture Recording – Food or Supplements Podcast – Supplements and Snake Oils NPR – Merchants of Doubt Trailer – The Merchants of Doubt NPR – Doctors normally prescribe medicine and now some are prescribing meals
	Submit by 10/22	Quiz 3 (Units 5 and 6) Available from Thursday to Sunday Wellness Journal and Reflection Assignment	
8	Oct 24	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
	Submit by 10/29	Quiz 4 (Units 7 and 8) Available from Thursday to Sunday	