

Western HealthSciences

Brescia School of Food and Nutritional Sciences

FN9111B- Food and Nutritional Policies & Regulations Winter 2027

Campus Supports

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your graduate office (fnsgrad@uwo.ca) can also **guide you** to available campus resources and/or services.

Technical Requirements

 Stable internet connection

 Laptop computer

 Calculator

Important Dates

Term Begins	Classes Begin	Classes End	Exam Period	Term Ends
January 4	January 4	April 9	April 12–30	April 30

January 30, 2027: last day to enrol, declare an audit, or drop a graduate course (without it appearing on the transcript)

February 27, 2027: Last day to withdraw from a graduate course beginning in the winter term without academic penalty. Students who drop after this date will receive an F on their transcript.

Graduate students do not have a reading week, but if there is no class scheduled it can be used for independent study/research.

Contact Information

Course Coordinator/instructor	Contact Information	Office Hours
Dr. S. Hekmat	hekmat@uwo.ca	By appointment

Note: Course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description (including prerequisites/anti-requisites):

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.

Enrollment in this course is restricted to graduate students in Faculty of Health Sciences, as well as any student that 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. The [Request to Enroll Form](#) must be completed and submitted to the home program for enrolment.

Delivery Mode: <insert in-person; blended; online>

Component	Date(s)	Time

Learning Outcomes

Upon successful completion of this course, you will be able to:

1. Prepare three (3) presentations and facilitate class discussions on current nutrition & food science/safety, and technology issues.
2. Complete one (1) herbal project where students evaluate the evidence for the claim and make recommendations on its use.
3. Complete assigned reading before class to support participation in the discussion.
4. Use an integrative approach and consider the application of materials to 'real world' / practice settings.
5. Evaluate class presentations and provide constructive feedback.

Course Content and Schedule

Week	Topic	Study material	Evaluations due
1	Introduction	Course Outline	
2	Case Studies	Case Studies	Jan. 11, 2027
3	Nutrition Facts Labels, FOP, Food Fortification Regulations	CFIA Nutrition Labelling Guidelines, Food & Drug Regulations, Health Canada's Proposal for 'Front of Package Labelling, Food Fortification Regulations for Adding Vitamins and Minerals	Jan. 18, 2027
4	Health and Nutrient Content Claims, Nutrient Functions	Health Canada – Health Claims https://www.canada.ca/en/health-canada/services/food-nutrition/food-labelling/health-claims.html	Jan. 25, 2027
5	Feedback Session	Feedback Session	Feb. 1, 2027

Week	Topic	Study material	Evaluations due
6	Vitamin D in Health and Disease, CCHS, Canada's Food Guide	Best Brains Exchange Doc Re: Vit D fortification. Also, see HC DRI Update for Vit D http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php . https://foodguide.canada.ca/en/guidelines/	Feb. 8, 2027
7	Study Week	Study Week	Feb. 15, 2027
8	Saturated Fatty Acids and Cardiovascular Disease, Food Allergies	https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-allergies-intolerances/celiac-disease/health-canada-position-gluten-free-claims.html	Feb. 22, 2027
9	Feedback Session	Feedback Session	March 1, 2027
10	Nanotechnology, Food Additive Regulations and Labeling	https://www.canada.ca/en/health-canada/services/science-research/emerging-technology/nanotechnology.html . https://forever4life.rs/en/food-additives/	March 8, 2027
11	Food Safety, Edible Cannabis Regulations, Sodium in Health and Disease.	https://www.canada.ca/en/health-canada/news/2019/06/health-canada-finalizes-regulations-for-the-production-and-sale-of-edible-cannabis-cannabis-extracts-and-cannabis-topicals.html http://www.heartandstroke.ca/get-healthy/healthy-eating/reduce-salt	March 15, 2027
12	Feedback Session	Feedback Session	March 22, 2027
13	Herbal Remedies, Current Issues	http://alpha.lib.uwo.ca/search/xN%20Databases	March 29, 2027
14	Herbal Remedies, Current Issues	http://www.hc-sc.gc.ca/dhp-mps/medeff/databasdon/index-eng.php	April 5, 2027

Course Materials You Must Acquire and Their Costs

- For the course, assigned reading material, journal articles, and access to specific reports will be available in the Western University Library or posted on Brightspace at no additional cost.

Assessments and Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Assessment	Format	Weight	Due Date	Grading Flexibility	Learning Outcome
Presentations (3)	PPT	69%	TBD	None	1, 3, 4

Assessment	Format	Weight	Due Date	Grading Flexibility	Learning Outcome
Herbal Assignment	PPT/ infographic	16%	TBD	None	2, 3, 4
Peer Evaluation	Written Report	7%	TBD	May miss one class with prior notice	5
Participation	Orally	8%	TBD	May miss one class with prior notice	3, 4

Details:

- ☒ 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.
- ☒ Ongoing student facilitation and participation (asking questions and making comments) in workshops on selected topics is mandatory and will be marked accordingly.
- ☒ Students will complete three presentations throughout the semester individually or in groups (detailed instructions will be provided during the lecture period).
- ☒ 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.
- ☒ 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.

Course-specific conditions:

- ☒ Students must complete all assessments in order to pass the course.

General information about assessments:

- ☒ All assignments are due at **set times** unless otherwise specified.
- ☒ Students are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0.
- ☒ A student might not receive the same grade as their group members if it is determined that the distribution of work was not equal.
- ☒ After an assessment is returned, students should wait 24 hours to digest feedback before contacting their evaluator; to ensure a timely response, reach out within 7 days.
- ☒ Any grade appeals on term work must be initiated with the instructor within 3 weeks of the grade being posted.

Use of Artificial Intelligence for the Completion of Course Work

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.

Passing Graduate Level Course

The program may require students to withdraw if they fail to meet the following standards: Students must maintain a cumulative average of at least 70% calculated each term over all courses taken for credit, with no grade less than 60%.

Rounding Grades (for example, bumping a 79 to 80%)

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

Policy for Accommodation for Late and/or Missed Assignments

In case of missed assessments, 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. In arranging accommodation, instructors will use good judgment and ensure fair treatment for all students. 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 (see "Appealing a Grade Within this Course" for details on appeals).

INC (Incomplete Standing)

If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

Academic Policies and Statements**Health and Wellness 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/>

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 Western [Wellness's Get Help page](#).

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 [Western's Code of Student Conduct](#).

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

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 in the [Scholastic Offences](#) document.

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.

Use of Electronic Devices

During Exams

Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is zero on the test or exam.

During Lectures and Tutorials

Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some

biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Copyright and Intellectual Property

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own 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.

Accessible Education Western (AE)

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. Please see the [Policy on Academic Accommodation for Students with Disabilities](#) for more information.

Graduate students with disabilities (for example, chronic illnesses, mental health conditions, mobility impairments) are strongly encouraged to register with [Accessible Education](#) (AE), a confidential service designed to support graduate and undergraduate students through their academic program. With the appropriate documentation, the student will work with both AE and their graduate programs (normally their Graduate Chair and/or Course instructor) to ensure that appropriate academic accommodations to program requirements are arranged.

Appealing a Grade Within this Course

You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student's control, bias, inaccuracy, or unfairness. All grounds advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation. For more details information, student can consult the [Procedure for Graduate Student Requests for Relief](#).

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Graduate Chair (submission of written request)
3. SGPS (submission of written request)