

Western HealthSciences

Brescia School of Food and Nutritional Sciences

FN 1070A Introductory Human Nutrition FN 2070A Fundamentals of Human Nutrition Intersession 2026

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 course coordinator can also **guide you** to available campus resources and/or services.

Technical Requirements

-  Stable internet connection
-  Laptop computer with webcam and microphone
-  Non-programmable Calculator

Important Dates (Distance Studies)

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
May 4	/	June 12	/	Final exam - June 16

May 18, 2026, is Victoria Day and is a non-instructional day

June 8, 2026: Last day to withdraw from a 6-week first-term course without academic penalty

Contact Information

Course Coordinator/instructor	Contact Information	Office Hours
Lesley Macaskill, MHSc, RD	lmacaski@uwo.ca	By appointment

Teaching Assistant(s)	Contact Information	Office Hours
TBA	TBA	TBA

NOTE: All 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):

An introductory study of food and nutrition, with a particular emphasis on nutrient sources, physiological roles, including dietary requirements, and impact on health.

Anti-requisite(s): Foods and Nutrition 2070A/B or the former Foods and Nutrition courses: 1021, 1030E or 2121.

Grade 11 (or higher) Biology and Chemistry are highly recommended as preparation for this course.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

Delivery Mode: Online, asynchronous

Component	Date(s)	Time
Lecture 650	Asynchronous	Any time

My Course Description

This is one of the few courses that contains information you will use in your everyday life, as long as you live! You will understand how your body uses food, know the functions and food sources of essential nutrients in your diet and be able to discern between reliable and questionable sources of nutrition information.

Learning Outcomes

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

1. Identify sources of micronutrients, and macronutrients in food and non-nutrient functional components in food.
2. Demonstrate knowledge of government policy in regulating food products in Canada including food labels and Canada's Food Guide.
3. Demonstrate understanding of the role of nutrients and other food components for health.
4. Demonstrate understanding of the processes of metabolism including ingestion, digestion, absorption and excretion.
5. Demonstrate understanding of current nutrition recommendations, dietary guidelines and factors affecting energy balance in determining dietary requirements
6. Demonstrate understanding of how deficiencies and toxicities of nutrients affect health and the role of dietary supplements.
7. Develop skills for finding reliable information related to food and nutrition.

Course Content and Schedule

Week	Dates	Topic	Study material	Things due
1	May 4 - 8	Introduction to Course & Introduction to Nutrition Designing a Nutritious Diet Digestion & Absorption	Course Outline Chapters 1, 2 & 3	Proctortrack onboarding Due: Sunday, May 10 by 11:59 pm
2	May 11 - 15	Carbohydrates Midterm Test 1 (1 hour) Lipids	Chapters 4 & 5	Chapter 3 quiz Chapter 4 quiz Due: Wednesday, May 13 by 11:59 pm Midterm test 1 Thursday, May 14 Submit by 10:00 pm (Chapters 1,2,3,4)
3	May 19 - 22	Protein Fluids & Electrolytes	Chapters 6 & 11	Chapter 5 quiz Chapter 6 quiz Chapter 11 quiz Due: Wednesday, May 20 by 11:59 pm
4	May 25 - 29	Library Session Midterm Test 2 (45 minutes)	2 Online Library recordings	Midterm test 2 Thursday, May 28 Submit by 10:00 pm Library Quiz Chapter 10 quiz Chapter 12 quiz Due: Sunday, May 31 by 11:59 pm
5	June 1 - 5	Antioxidants Energy metabolism/blood health	Chapter 12 Chapters 10 & 14	N/A
6	June 8 - 12	Bone Health Special Topics/Course Summary	Chapter 13	N/A
Tues June 16		FINAL EXAM (2 hours)	Cumulative on all course material	FINAL EXAM June 16 Submit by 10:00 pm

Course Materials You Must Acquire and Their Costs

You have 2 options for purchasing the e-textbook:

1. **MindTap Instant Access (Multi Term) for Whitney's Understanding Nutrition** ISBN: 9781778412387 (this is the required e-text for the course). **Cost: \$99.95**
2. **Bundle: Understanding Nutrition + MindTap Printed Access Card 9781778416637** (This option gives you a hard copy textbook in addition to the required MindTap e-access) **Cost: \$175.95**

Where to get either: [Dellelce Family Bookstore - Western University](#)

You will also need a non-programmable calculator.

Assessments and Evaluation

All assessments in this course (quizzes, tests and final exam) are multiple choice format.

To improve your multiple-choice test-taking skills, consider reviewing the Western Learning Development and Success 7-step series on writing multiple-choice tests available on YouTube™: <https://www.youtube.com/playlist?list=PLVnnSRHuCkfUOIYVbXi8ECsp6zRN9bh8w> (~15 minutes).

Important: Proctortrack (a remote proctoring tool) will be used to ensure the integrity of the mid-term tests and final exam. Please review Proctor [Using Proctortrack - Office of the Registrar - Western University](#)

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

Assessment	Format	Weight	Due Date	Flexibility	Learning Outcome
Chapter Quizzes Best 5/7 quiz scores will count toward your grade. Each quiz is worth 2% of your grade. Quizzes will open on Monday at 12:01 am each week they are due.	~ 15 Multiple choice/chapter quiz 30 minutes/quiz	10%	May 13 (Ch. 3,4) May 20 (Ch. 5, 6, 11) May 31 (Ch 10, 12) All are due by 11:59 pm EST	Drop lowest 2 ¹	All
Midterm Test 1	45 Multiple choice 1 hour	25%	May 14 Opens at 10:00 am; must submit by 10:00 pm EST	Not applicable-designated assessment ²	1,2,3,4
Library Quiz	X multiple choice/X minutes	5%	Available week of May 25. Due May 31 11:59 pm EST	24-hour no late penalty ³	7
Midterm Test 2	35 multiple choice 45 minutes	20%	May 28 Opens at 10:00 am; must submit by 10:00 pm EST	Self-attestation ⁴	1,3,4,5,6
Final Exam ⁴	Mixed format	40%		Not applicable ⁵	All

Notes:

1. This course has 7 quizzes. The 5 quizzes with the highest marks will be counted towards your final grade.
2. Designated Assessment: This assessment has been designated as being central to the evaluation of learning outcomes in this course. Accordingly, you must provide documentation for any absence from this evaluation. If you miss this evaluation, you must complete the makeup assessment as follows: **Test 1 Make-up will occur on Thursday May 21.** The makeup assessment is an extension of the Midterm Test, and so you will need to present documentation for this assessment, should you need to miss it. Please note that there is only one makeup assessment for this Midterm. Students approved to miss the makeup will have the weight of this assessment transferred to the final exam. Students must not provide medical or compassionate documentation to the instructor.

3. You are expected to submit this assignment by the deadline listed. Should extenuating circumstances arise, you are permitted to submit your assignment up to 24 hours past the deadline without a late penalty. No Academic Consideration is required for this extension. Students submitting their assessment beyond the extended deadline will receive a penalty of **1% per hour** that it is late. Academic Consideration requests may be granted only for extenuating circumstances that **began before** the deadline and **lasted longer** than the extension. Students must not provide medical or compassionate documentation to the instructor.
4. Students who submit a self-attestation for undocumented absence for missing Midterm test 2 will have the final exam re-weighted to include the value of the missed assessment. The final exam will then be worth 60% of the final grade.
5. You cannot use undocumented absences for final exams.

General information about assessments

- All assignments are due at 10:00 pm or 11:59 pm EST unless otherwise specified.
- After an assessment is returned, you should wait 24 hours to digest feedback before contacting your evaluator; to ensure a timely response, reach out within 7 days.
- Requests for regrading must include a written explanation and evidence showing how the work meets the assignment criteria or rubric. Requests without a clear justification will not be considered.
- Prior to the filing of a written request for relief, you must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If you are dissatisfied with the decision of the instructor or you do not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

Assessment Descriptions

Online Quizzes

I will post seven (7) online quizzes to help you review exam material. These quizzes are accessed via MindTap. Each quiz is worth 2% toward your final grade and the 2 (two) lowest quiz scores will not be counted. These online quizzes will be multiple-choice and are (obviously) open-book examinations. My expectation is that you will do these quizzes individually, and not with your classmates. You will have 30 minutes to complete each quiz, starting from the time you first open the quiz. Each quiz may be submitted only once. Quizzes are due at 11:59 pm EST on the dates noted within the course schedule. Late quizzes will not be accepted, nor will makeup tests be given, as question-level feedback will be released the day after each quiz is due.

Midterm Tests

The midterm tests for this course will cover all course material (in readings, supplemental materials presented through OWL and lecture videos). The tests will consist solely of multiple-choice questions. The tests are not open book and will be proctored using Proctortrack. You may use a non-programmable calculator. **Note that the mid-term test 1 assessment is considered central to the assessment of learning outcomes in this course. Accordingly, you must provide documentation for any absence from this evaluation.** If you miss this evaluation, you must complete the makeup assessment which will be scheduled on **Thursday May 20, 2026**. As the makeup assessment is tied to the midterm, you must provide documentation for any absence from this makeup. Failure to receive an academic consideration for a missed midterm or makeup will result in a grad of zero on that evaluation.

Library Quiz

The library quiz will cover material from 2 online recordings provided by library staff. The quiz will consist solely of multiple choice questions. You will have 30 minutes to complete the quiz starting from the time you first open the quiz.

Final Exam

The final exam for this course is cumulative and will cover all material presented throughout the term (in readings, supplemental materials presented through OWL and lecture videos). This exam will consist solely of multiple-choice questions. You will need a non-programable calculator for this exam. It is not open book and will be proctored using Proctortrack. You will have 2 hours to complete the examination and it will be held on Tuesday June 16 (opens at 10:00 am and must submit by 10:00 pm).

Makeup Exams

You must have a valid medical or compassionate reason for missing the midterm test 1 or the final exam, and you must submit a request for academic considerations through the central academic consideration portal.

The date of the makeup for the midterm test 1 will be Thursday May 20, 2026. NOTE: There are no second makeups for midterm test 1 in this course. If you are unable to write the midterm makeup (for any reason) the value of your midterm will be shifted to your final exam.

The makeup for the final exam will be held in June, date and time to be determined and will be posted to OWL Brightspace.

The table below outlines University-wide grade descriptors.

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	below 50	Fail

Rounding of 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".

Information about late or missed assessments:

- Late assessments without academic consideration will be subject to a late penalty of 1% per hour
- Following receipt of approved accommodation from the counselling office, a makeup examination will be scheduled within one week of the originally scheduled exam. Please note that makeup examinations will differ from the originally scheduled examinations. The makeup assessment is an extension of the Midterm Test, and so you will need to present documentation, should you need to miss it. Please note that there is only one makeup assessment for Midterm Test 1. Students approved to miss the makeup will have the weight of this assessment transferred to the final exam.

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.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy.

Academic Policies and Statements

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/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://www.uwo.ca/health/>) 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 and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at: https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's Non-Discrimination/Harassment Policy (M.A.P.P. 1.35) and Non-Discrimination/Harassment Policy – Administrative Procedures (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination **must report the behaviour** to the Western's Human Rights Office. Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

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>

Absence from Course Commitments

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the [central academic consideration portal](#). Students are permitted one academic consideration request per course per term **without** supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed course work.

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.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the policy on [Scholastic Discipline for Undergraduate Students](#).

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead

to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All 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 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 Western University and Turnitin.com (www.turnitin.com).

For group assignments, all members share responsibility for academic integrity. Plan your work so the group has time to review the full submission and ensure all sources are appropriately used and cited. In the absence of a scholastic offence, everyone gets the same mark, so work with the rest of your group in a proactive fashion.

Use of Artificial Intelligence for the Completion of Course Work

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.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

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.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

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.

Copyright and Audio/Video Recording Statement

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.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on Brightspace for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

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>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services sections of this document.

Students may **appeal** some academic and scholastic disciplinary decisions by a Dean or their designate, to the Senate Review Board Academic (SRBA). Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services section of this document.