

# Food and Well-being

FN 105 (1 credit)

Summer 2022

## 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

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Meeting requests: If you wish to meet virtually, please email me to set up a time to meet via Zoom (I will share a with you).

**CLASS LOCATION & TIME** Online in Canvas from June 27 – July 22, 2022

**REQUIRED 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 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 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 progress on the 2 goals over weeks 2 and 3 (4 journal entries in total). Reflect and assess changes made on week 4 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 course 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://www3.uwsp.edu/dos/Documents/UWSP14-Final2019.pdf>

## BUILD RAPPORT

If you find that you have trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure you are proactive in informing your instructor when difficulties arise during the course so that I can help you find a solution.

## CLASS PARTICIPATION VIA CANVAS

All course material is accessible in Canvas. Canvas can be accessed via a launch portal at [www.uwsp.edu/canvas](http://www.uwsp.edu/canvas) using your campus login and password. Help in Canvas is available at the bottom of the launch portal, and through the "Help" menu within Canvas. A student orientation / training course is available for self-registration at <https://uws.instructure.com/enroll/FNRAL8>.

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 [Online Learning Resources](#) 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](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.

## ACADEMIC COACHING

Students can schedule an appointment with an Academic Coach over the summer by using Navigate Student app or Navigate desktop: <https://uwsp.navigate.eab.com/> At the appointments, students can learn more about getting organized for an online class, study skills, note-taking, and motivation. Coaches may also be available as a "study buddy" to quiz students with their materials for test preparation. Note: this is not tutoring for course content. Appointments are typically 30 minutes in length and are available Monday – Thursday throughout the summer.

## ASSIGNMENTS

All assignments will be submitted in CANVAS by Sunday evening 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. You may work ahead but you should not fall behind. Since this course is typically taught over 8 weeks and you are taking it over 4 weeks, you will be working on 2 units each week.

Except for the last assignment (Wellness journals and reflections – must be submitted on time), there is one free pass (see p.4) for the submission of one late assignment (up to 2 days late, **once** for this class).

## QUIZZES

There are 4 short quizzes. **ONLY ONE (1)** attempt per quiz will be provided. 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 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 Tuesday following the quiz due date from 4:00 – 11:59 p.m.

Quizzes are available between **Thursday to Sunday from 8:00 a.m. -11:59 pm of that week**. Without prior notification, a missed 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 accommodations and/or program access should arrange an appointment with UWSP Disability Resource Center (DRC), <https://www.uwsp.edu/disability-resource-center/>, telephone (715)346-3365. After the assessment, please provide eligibility documentation to me to request appropriate accommodations.

### **TECHNICAL ASSISTANCE**

If you need technical assistance at any time during the course or to report a problem with Canvas, you can:

- Schedule an individual meeting via Tech Essentials for Student Success (TESS)
- Seek assistance from the IT Service Desk
  - IT Service Desk Phone: 715-346-4357 (HELP)
  - IT Service Desk Email: [techhelp@uwsp.edu](mailto:techhelp@uwsp.edu) <https://www.uwsp.edu/infotech/Pages/HelpDesk/default.aspx>

### **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 one week 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.

<b>CLASS POINTS</b>		<b>Grading Scale</b>	
3 Assignments	90	A 93-100%	C+ 77-79.9%
4 Quizzes	44	A- 90-92.9	C 73-76.9
8 Online Discussions	40	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%
<b>Total</b>	<b>174</b>		

### **VISIT THE TLC STUDY HUB IN DUC 205 (STEVENS POINT CAMPUS)**

This is a dedicated study space for students who may want a “classroom” experience to make them feel more accountable while taking an online class. It can be helpful for students who find their own space (dorm or apartment) distracting. This space will be managed by a professional Academic Coach, who can provide study techniques, organization, and organization tips for an online class. Coaches may also be available as a “study buddy” to quiz students with their materials for test preparation. Students should bring their laptops. Study materials (flashcards, post-its, etc.) are available to students at no charge. Note: this is not tutoring for course content.

### **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 [Add Drop Schedule](#) 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.

### **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).

## **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 POLICIES**

### **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.

### **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.

### **RELIGIOUS BELIEFS**

Relief from any academic requirement due to religious beliefs will be accommodated according to UWS 22.03, with notification within the first week of class.

### **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>.

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

This pass entitles a student to one late assignment submission (except for 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

**All assignments, discussions, and quizzes are due on Sunday by 11:59 p.m. of that week**

Unit	Week of	Topic	Read / View / Complete
1	6/27	Food and Wellness Introduction Key concepts, 7 dimensions of wellness <b>Start: Wellness Assessment – Testwell’s HLQ, goal setting</b>	UWSP’s 7 Dimensions of Wellness HLQ Assessment 7 Dimensions of Wellness for Food Choices Assessment Good Food, Bad Food podcast
	<b>Submit by 7/3</b>	<b>Discussion Post 1</b>	
2	6/27	Food and Health Healthy diets: Dietary Guidelines, My Plate <b>Start: Diet Analysis Assignment</b>	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
	<b>Submit by 7/3</b>	<b>Wellness assessment and SMART goals</b> <b>Discussion Post 2</b> <b>Quiz 1 (Units 1 and 2)</b> Available from Thursday to Sunday	
3	7/4	Food and Mindfulness Emotional aspects of food <b>Start wellness journal entry #1</b> (Note: all journal entries will be submitted with the Wellness Journal and Reflection Assignment by 7/24)	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
	<b>Submit by 7/10</b>	<b>Diet analysis assignment</b> <b>Discussion Post 3</b>	
4	7/4	Food and Culture <b>Write wellness journal entry #2</b> (at least 2 or more days after entry #1)	Video – Food is not only culture, it’s diplomacy What is structural racism? Video – The underlying racism in American’s food system Problems Bigger Than Bon Appetit... The food world is imploding...
	<b>Submit by 7/10</b>	<b>Discussion Post 4</b> <b>Quiz 2 (Units 3 and 4)</b> Available from Thursday to Sunday	
5	7/11	Food and Sustainability <b>Write wellness journal entry #3</b> (at least 2 or more days after entry #2)	Foodkeeper App Food Product Dating Video – A recipe for cutting food waste USDA Let’s talk trash Ecological Footprint Calculator
	<b>Submit by 7/17</b>	<b>Discussion Post 5</b>	
6	7/11	Food Economics <b>Write wellness journal entry #4</b> (at least 2 or more days after entry #3)	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 My Money link
	<b>Submit by 7/17</b>	<b>Discussion Post 6</b> <b>Quiz 3 (Units 5 and 6)</b> Available from Thursday to Sunday	
7	7/18	Food or Supplements <b>*Complete Wellness Reflection</b>	Supplements and Snake Oils podcast NPR – Merchants of Doubt Trailer – The Merchants of Doubt
	<b>Submit by 7/24</b>	<b>Discussion Post 7</b> <b>Wellness Journal and Reflection Assignment</b>	
8	7/18	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 7/24</b>	<b>Discussion Post 8</b> <b>Quiz 4 (Units 7 and 8)</b> Available from Thursday to Sunday	