

Syllabus

HNSC 1200 D02:
Food: Facts and Fallacies
(Winter 2026)

Faculty of Agricultural and Food Sciences



**University
of Manitoba**

UM Syllabus

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 - Name:** Chamila.Nimalaratne@umanitoba.ca 3
 - Email:** Chamila.Nimalaratne@umanitoba.ca. I will try my best to return your email within 48 hours. When sending me an email, please include your course number. I am teaching three courses this term, and this helps me to answer your email in a more timely manner..... 3
 - Note:* All email communication must conform to the Communicating with Students university policy..... 3
 - Office location:** Room 244 Ellis Building..... 3
 - Office Phone:** (204) 474-6287 (please leave a message that includes your name, course number, and call back number)..... 3
 - Office/Student/Learner Hours:** If you need to contact me during the course, the best way to reach me is through email (Chamila.Nimalaratne@umanitoba.ca). Please ask general questions in the course discussion forum rather than sending an email. That way all students can see the answer to the question. Throughout the course, I will relay important messages to you through the “Course Announcements” on the home page. Please be sure to check this regularly. 4
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Course Details [ROASS]

Course Title: Food Facts and Fallacies

Course Number: HNSC 1200 D02

Term: Winter 2026

Credit Hours: 3

Pre-requisites: none

Class Times & days: online study on UM Learn. No set class day / time.

Class location: UM Learn

Instructor Contact Information [ROASS]

Name: Chamila Nimalaratne, PhD.

Email: Chamila.Nimalaratne@umanitoba.ca. I will try my best to return your email within 48 hours during the work week. When sending me an email, please include your course number. I am teaching three courses this term, and this helps me to answer your email in a more timely manner.

Note: All email communication must conform to the [Communicating with Students](#) university policy.

Office location: Room 244 Ellis Building

Office Phone: (204) 474-6287 (please leave a message that includes your name, course number, and call back number). Please speak clearly and slowly.

Office/Student/Learner Hours: If you need to contact me during the course, the best way to reach me is through email (Chamila.Nimalaratne@umanitoba.ca). Please ask general questions in the course discussion forum rather than sending an email. That way all students can see the answer to the question. Throughout the course, I will relay important messages to you through the “Course Announcements” on the home page. Please be sure to check this regularly.

Traditional Territory/Land Acknowledgment

The University of Manitoba campuses are located on original lands of Anishinaabeg, Ininiwak, Anisininewuk, Dakota Oyate and Dene, and on the National Homeland of the Red River Métis.

We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of Reconciliation and collaboration.

Equity And Inclusion Commitment

As the instructor for this course, I am committed to equity, diversity, inclusion, and anti-oppression. I am committed to taking action against forms of oppression in and out of the classroom, and willingly support students by removing barriers to their learning and connecting them with needed supports.

Course Description [ROASS]

U of M Course Calendar Description

HNSC 1200 Food: Facts and Fallacies (Formerly 030.120), 3 credit hours. This course will present facts and fallacies about food from harvest to market forms. Emphasis will be placed on technological development, consumer concerns and factors affecting nutritional quality. Current issues related to food safety and nutritional trends will also be discussed. Not to be held with 030.119.

General Course Description

This course provides you with a basic introduction to food production, preservation and safety, as well as the role that nutrients play within foods.

Course Learning Outcomes [ROASS]

Upon completion of the course you should be able to:

1. Identify the standards for healthy eating that exist in Canada, and the challenges that Canadians face to healthy eating.
2. Understand the barriers to food security in indigenous and non-indigenous populations in Canada and in the world, and suggest strategies to mitigate food insecurity.
3. Compare the conventional methods of agriculture and farming with sustainable food production methods and discuss how these methods impact food sovereignty including indigenous food sovereignty.
4. Identify how food production methods impact human health, nutrition, and the environment.
5. Analyze the role of food composition (chemistry) on food quality.
6. Describe common physical, chemical and biological food hazards, and discuss the governments', industries', and consumers' role in minimizing the risk of illnesses caused by these hazards.
7. Analyze the industrial methods used for food processing and preservation and their impact on human health and food quality.

You will find the learning objectives for each unit on UM Learn. The questions on the midterm and final exam will be directly focused on these learning objectives.

Course Materials [ROASS]

Required Materials

There is no required textbook for this course. All course readings are available through UM Learn.

Technology

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner.

UM Learn

All course materials are available on UM Learn. The assignment and Unit quizzes will be submitted through the Quizzes application on UM Learn and the Discussions Postings will be submitted on UM Learn. The midterm exam and the final exam will be written on UM Learn.

This course requires the use of LockDown Browser and a webcam for online exams. The webcam can be built into your computer or can be the type that plugs in with a USB cable. Watch this [short video](#) to get a basic understanding of LockDown Browser and the webcam feature. A student [Quick Start Guide](#) is also available. Then download and install LockDown Browser from this link: <http://www.respondus.com/lockdown/download.php?id=896914579> . System Requirements: <https://support.respondus.com/hc/en-us/articles/4409607170459-What-are-the-computer-requirements-for-installations-of-Respondus-LockDown-Browser>

To ensure LockDown Browser and the webcam are set up properly, do the following:

- Start LockDown Browser, log into UM Learn, and select this course.
- Locate and select the Help Center button on the LockDown Browser toolbar.
- Run the Webcam Check and, if necessary, resolve any issues.
- Run the System & Network Check. If a problem is indicated, see if a solution is provided in the Knowledge Base. Troubleshooting information can also be emailed to our institution's help desk.
- Exit the Help Center and locate the practice quiz in the Assessments tab, under Quizzes.
- Upon completing and submitting the practice quiz, exit LockDown Browser.

When taking an online exam that requires LockDown Browser and a webcam, remember the following guidelines:

- Ensure you're in a location where you won't be interrupted
- Turn off all other devices (e.g. tablets, phones, second computers) and place them outside of your reach
- Clear your desk of all external materials not permitted — books, papers, other devices
- Before starting the text, know how much time is available for it, and that you've allotted sufficient time to complete it
- Remain at your computer for the duration of the test
- If the computer or networking environment is different than what was used previously with the Webcam Check and System & Network Check in LockDown Browser, run the checks again prior to starting the test
- To produce a good webcam video, do the following:
 - Avoid wearing baseball caps or hats with brims
 - Ensure your computer or tablet is on a firm surface (a desk or table). Do NOT have the computer on your lap, a bed or other surface where the device (or you) are likely to move
 - If using a built-in webcam, avoid tilting the screen after the webcam setup is complete

- Take the exam in a well-lit room and avoid backlighting, such as sitting with your back to a window
- Remember that LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted

You can access UM Learn from the University of Manitoba homepage: www.umanitoba.ca. For login assistance, visit the [UM Learn Resources Page](#) or contact **IST Service Desk** at servicedesk@umanitoba.ca or (204) 474-8600. Please run a system check at (<https://universityofmanitoba.desire2learn.com/d2l/systemCheck>) to verify that your system is configured properly.

Course Schedule [ROASS]

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#) (<https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students>).

Date	Class Content & Teaching Strategies	Required Readings or any Pre-class Preparation	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade
Week 1 Jan 6-9	Introduction to the course: <ul style="list-style-type: none"> ● Review the Course Syllabus, including the Course Schedule section. ● Review the requirements for all course assessments. 				

	<ul style="list-style-type: none"> Familiarize yourself with the course materials and readings. 				
Week 2 Jan 12-16	Unit 1: Basics of Nutritional Sciences	Unit 1 course notes	Unit 1 quiz	Monday, January 19 by 11:59pm	2%
Week 3 Jan 19-23	Unit 2: Food Production	Unit 2 course notes	Unit 2 quiz	Monday, January 26 by 11:59pm	2%
Week 4 Jan 26-30	Start Unit 3: Food Security	Unit 3 course notes	Discussion 1 posting	Friday, January 30 by 11:59pm	5%
Week 5 Feb 2-6	Finish Unit 3: Food Security	Unit 3 course notes	Unit 3 quiz	Monday, February 9 by 11:59pm	2%
Week 6 Feb 9-13	Unit 4: Food Chemistry Online Midterm Exam	Unit 4 course notes	Online Midterm Exam	Wednesday February 11 available to start 4:00-6:00pm CST	25%
Winter Term Break: February 16-20					
Week 7	Unit 4: Food Chemistry	Unit 4 course notes	Discussion 2 posting	Friday, February 27 by 11:59pm	5%

Feb 23-27					
Week 8 Mar 2-6	Unit 4: Food Chemistry	Unit 4 course notes	Unit 4 quiz	Monday, March 9 by 11:59pm	2%
Week 9 Mar 9-13	Unit 5: Food Safety	Unit 5 course notes	Assignment	Monday, March 16 by 11:59pm	8%
Week 10 Mar 16-20	Unit 5: Food Safety Last day for Voluntary Withdrawal: March 19	Unit 5 course notes	Unit 5 quiz	Monday, March 23 by 11:59pm	2%
Week 11 Mar 23-27	Unit 6: Food Processing	Unit 6 course notes	Discussion 3 posting	Friday, March 27 by 11:59pm	5%
Week 12 Mar 30 – Apr 3	Unit 6: Food Processing <ul style="list-style-type: none">Complete and send in the course evaluation (UM SRI) on UM Learn.	Unit 6 course notes	Unit 6 quiz	Monday, April 6 by 11:59pm	2%
Week 13 Apr 6-9	<ul style="list-style-type: none">Compile your study notes for the final exam				
			Final exam (scheduled by Registrar's Office during Winter		40%

			Term Exam period: April 11- 25, 2026.		
					100%

January 19, 2026 is the last date to withdraw from Winter term courses with refund. The last day to withdraw with no refund is March 19, 2026. Students who do not drop the course by the deadline will be assigned a final grade. Please note that withdrawal courses will be recorded on official transcript. Please refer to the [Registrar's Office](#) web page for more information. I am always willing to discuss student's progress and strategies for improvement prior the withdrawal date.

Course Evaluation/Assessments [ROASS]

Assessment Descriptions [ROASS]

All work in this course is to be completed independently unless otherwise specified. **Note:** Detailed instructions about the unit discussions, quizzes and assignment, including marking rubrics are found on UM Learn. Unit discussions will be submitted on the discussion boards on UM Learn and the unit quizzes, and midterm exam for this course will be written on UM Learn. All assignments in this course are to be completed individually, without the use of AI.

There are three unit discussions, one assignment, and six online quizzes:

Unit Discussions

Discussions will be completed online in designated discussion forums. You will find the specific questions to be answered for each discussion topic on each discussion board. To access the discussion boards on UM Learn, click on the Communication tab and select Discussions. The due dates for the discussion submissions are listed in the course schedule within your Course Syllabus.

Assignment

Detailed instructions about the assignment can be found on UM Learn in the Assignments folder under the Content tab. The assignment will be submitted through the Quizzes application in UM Learn.

Quizzes

There will be a timed online quiz for each unit on UM Learn. There are 10 multiple choice / true and false questions in each quiz, and you are allotted 10 minutes for each quiz. **Only your first attempt at each quiz will be recorded into the gradebook**, so ensure that you have completed the assigned readings for the unit before attempting the quiz. You are encouraged to complete each quiz multiple times, as you will receive a random assortment of different questions each attempt.

Examinations:

Online Midterm Exam

The online midterm exam is 40 minutes in length and consists of 40 multiple choice / true and false questions, focusing on the learning objectives found in each unit. The midterm will test units 1, 2 and 3. The midterm exam will be administered online through UM Learn. The midterm will be available for the time period listed in the course schedule, however once you open the exam, you will have 40 minutes to complete the test. Therefore, it is important that you do not open the midterm until you are ready to complete the entire exam. The midterm exam will be a proctored exam (supervised) using Respondus Monitor. It is expected that you will complete the midterm without using unauthorized materials (such as notes, cellphones, textbooks or other websites). The midterm should also be completed individually, and should be completed by the student who is registered in the course. Taking pictures of exam questions is in violation of academic integrity. Please review the information found on the University of Manitoba Academic Integrity website: <http://umanitoba.ca/student-supports/academic-supports/academic-integrity> for more information on academic misconduct, and how to avoid it. Students found to be engaging in any of the above behaviours will be referred to the Food and Human Nutritional Sciences Department for investigation.

Final Exam

The online final exam is 105 minutes in length and consists of 100 multiple choice / true and false questions, focusing on the learning objectives found in each unit. The final exam will cover materials from units 1-6, with more emphasis on units 4, 5 and 6. The Registrar's Office is responsible for the final exam schedule which is available approximately 4-6 weeks after the start of the course. This exam will be administered online through UM Learn and will be available for a scheduled time period, however once you open the exam, you will have 105 minutes to complete the exam. Therefore, it is important that you do not open the exam until you are ready to complete the entire exam. The final exam will be a proctored exam (supervised) using Respondus Monitor. It is expected that you will complete the final examination without using unauthorized materials (such as notes, cell phones, textbooks or other websites). This exam should also be completed individually, and should be completed by the student who is registered in the course. Taking pictures of exam questions is in violation of academic integrity. Please review the information found on the University of Manitoba Academic Integrity website: <http://umanitoba.ca/student-supports/academic-supports/academic-integrity> for more information on academic misconduct, and how to avoid it. Students found to be engaging in any of the above behaviours will be referred to the Food and Human Nutritional Sciences Department for investigation.

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 - If using a built-in webcam, avoid tilting the screen after the webcam setup is complete
 - Take the exam in a well-lit room and avoid backlighting, such as sitting with your back to a window
- Remember that LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted

Assignment Feedback [ROASS]

My goal is to have your unit discussions and assignment marked and returned to you within 14 working days of the due date. You will be able to access your marked discussions rubrics and assignment feedback on UM Learn.

Grading [ROASS]

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	90-100	4.25-4.5	4.5
A	80-89.9	3.75-4.24	4.0
B+	75-79.9	3.25-3.74	3.5

B	70-74.9	2.75-3.24	3.0
C+	65-69.9	2.25-2.74	2.5
C	60-64.9	2.0-2.24	2.0
D	50-59.9	Less than 2.0	1.0
F	Less than 50		0

Please note that marks in all sections of HNSC 1200 are not rounded.

Expectations

You should plan on the reading, writing, and studying to take approximately six hours per week. Six hours is roughly equivalent to three hours of regular course contact plus three hours of study time, if you were a student attending an on-campus course. For each unit, course notes are provided, including videos, and links to external websites. Materials from these videos and links will be included in the midterm and final exam.

The assignment, online midterm exam and the online quizzes at the end of each unit relate directly to what you can expect on the final exam. You should complete the online quizzes regularly to make sure that you know the correct answers. If you do this periodically during the course, you will perform better on the online midterm exam and final exam.

My goal is the return emails and answer discussion questions within 48 hours of submission. I keep an active presence on the course page and expect you to log in to the course regularly as well. I hope that the mixture of readings (course notes and textbook), audio files and video clips will give you more of a feeling of being in class. Be sure to read the [Respectful Work and Learning Environment Policy \(https://bit.ly/3aMI7nE\)](https://bit.ly/3aMI7nE) so that you are aware of what it contains.

Course Policies [ROASS]

Academic Integrity [ROASS]

The University of Manitoba's policy for academic integrity is located within the Student Discipline Bylaw and Student Academic Misconduct Procedure.

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Each student in this course is expected to complete their coursework and programs of study with integrity by making a commitment to the six fundamental values of honesty, trust, fairness, respect, responsibility, and courage.

Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or

university). Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., crib notes, cell phones, etc.). Exam cheating can also include exam personation. A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalty.

Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). An assignment which is prepared and submitted for one course should not be used for a different course. This is called “duplicate submission” and represents a form of cheating because course requirements are expected to be fulfilled through original work for each course.

Plagiarism, duplicate submission, cheating on quizzes, tests, and exams, inappropriate collaboration, academic fraud, and personation are violations of the Student Discipline Bylaw and will lead to the serious disciplinary action. When in doubt about any practice, ask your professor or instructor. Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Accessibility [ROASS]

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services

520 University Centre

Phone: (204) 474-7423

Email: Student_accessibility@umanitoba.ca

Attendance [ROASS]

Just as you would be expected to attend class regularly, you are also expected to log in to our UM Learn course regularly. See the University of Manitoba’s [Self-Declaration for Brief and Temporary Student Absences Policy and Procedure](#).

Assignment Extension and Late Submission Policy [ROASS]

Be sure that you plan your time accordingly throughout the term, as extensions will not be granted for reasons other than medical or compassionate circumstances. 10% will be deducted from your mark for each day late. UM Learn date stamps your submissions, so the late penalty will be applied starting immediately after the due date and time outlined in the course schedule. You must email me in order to submit a late discussion posting, as the discussion boards will automatically close on the due date. For the online quizzes or midterm exam, please email me if you have missed the deadline with the reason you missed the deadline. Again, extensions will only be granted for medical or compassionate

circumstances. You must contact me within 48 hours of the missed assessment to qualify for an extension/deferral. A deferred midterm must be written within 2 weeks of the originally scheduled date. Assignments submitted more than 10 days after the due date will automatically receive a mark of 0. Marks from a missed assessment will not be carried over to the final exam under any circumstances.

Please review the University of Manitoba's [Self-Declaration for Brief and Temporary Student Absences Policy and Procedure](#).

Class Communication [ROASS]

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy:

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.

Recording Class Lectures [ROASS]

Chamila Nimalaratne and the University of Manitoba hold copyright over the course materials, presentations and lectures which form part of this course. No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of Chamila Nimalaratne. Course materials (both paper and digital) are for the participant's private study and research.

Referencing Style

Assignments should use the APA reference style as outlined in the text:

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). Washington, DC.

There are resources available on APA reference style on the University of Manitoba Library page: www.umanitoba.ca/libraries, as well as a file on UM Learn to assist with APA Referencing.

Technology Use [ROASS]

Policies such as the [Respectful Work and Learning Environment policy \(RWLE\)](#) (<https://bit.ly/3OxGtnd>) are applicable in all University-related activities, even ones happening in online environments such as social media platforms. It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical, and legal manner.

Using Copyrighted Material [ROASS]

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright

laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn) or any website (e.g., Course Hero, Chegg, etc.), unless an exception to the Copyright Act applies or written permission has been confirmed. For more information, see the [University's Copyright Office website \(http://umanitoba.ca/copyright/\)](http://umanitoba.ca/copyright/) or contact um_copyright@umanitoba.ca.

UM Policies [ROASS]

As a student at the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The University of Manitoba (UM) website's [Governing Documents \(https://umanitoba.ca/governance/governing-documents\)](https://umanitoba.ca/governance/governing-documents) is one important source of information, in particular the Academic and Students sections. The Student Advocacy office can also help you understand policies and procedures; find their information in the UM Learner Supports section below.

Academic Calendar

The [Academic Calendar \(https://umanitoba.ca/registrar/academic-calendar\)](https://umanitoba.ca/registrar/academic-calendar) is the University's official publication containing course descriptions, program and graduation requirements, as well as UM and faculty/school-specific rules, regulations and policies. In particular, familiarize yourself with the sections *University Policies and Procedures* and *General Academic Regulations*.

Academic Integrity

In addition to reviewing your instructor's academic integrity policy listed in their syllabus, you are expected to view the *General Academic Regulation* section within the [Academic Calendar \(https://umanitoba.ca/registrar/academic-calendar\)](https://umanitoba.ca/registrar/academic-calendar) and specifically read the regulation pertaining to Academic Integrity. Ask your instructor for additional information about demonstrating academic integrity in your academic work, and consult the following UM resources for more information and support:

- [Academic Integrity \(https://umanitoba.ca/student-supports/academic-supports/academic-integrity\)](https://umanitoba.ca/student-supports/academic-supports/academic-integrity)
 - [Student Resources \(https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity\)](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity)

- [Academic Misconduct and How to Avoid It](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it) (https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it)
- [Student Advocacy Office](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (https://umanitoba.ca/student-supports/academic-supports/student-advocacy)

Copyright

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The [Copyright Office](https://umanitoba.ca/copyright/) (https://umanitoba.ca/copyright/) provides copyright resources and support for all members of the University of Manitoba community.

Grade Appeals

If you have questions about your grades, talk to your instructor. There is a process for term work and final grade appeals. Note that you have the right to access your final examination scripts. See the [Registrar's Office](https://umanitoba.ca/registrar/grades/appeal-grade) (https://umanitoba.ca/registrar/grades/appeal-grade) for more information including appeal deadline dates and the appeal form.

Intellectual Property

For information about rights and responsibilities regarding intellectual property view the [Intellectual Property Policy](https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property) (https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property)

Program-Specific Regulations

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective [faculty/college/school](#) website (https://umanitoba.ca/academics).

Respectful Work and Learning Environment

The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate and respectful manner. Policies governing UM community behaviour include:

- [Respectful Work and Learning Environment](https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy) (https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy)
- [Student Discipline](https://umanitoba.ca/governance/governing-documents-students#student-discipline) (https://umanitoba.ca/governance/governing-documents-students#student-discipline)
- [Violent or Threatening Behaviour](https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour) (https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour)

The UM website, [Engaging in Respectful Conduct](https://umanitoba.ca/student-supports/respectful-conduct) (https://umanitoba.ca/student-supports/respectful-conduct), includes more details about expectations for behaviours related to university activities.

Sexual Violence Policies

The UM has several policies and procedures that deal with the rights and responsibilities of the University community with regards to all forms of sexual violence. For a comprehensive list of policies and associated resources, visit the [Sexual Violence Resource Centre's information page](https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed) (<https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed>). Please note that there are many supports available in addition to these policy documents (see UM Learner Supports).

Voluntary Withdrawal

Voluntary withdrawal (VW) is a way for students to leave a class without academic penalty once the Registration Revision Period has ended. If you opt to voluntarily withdraw from a course, you will not be eligible for a refund and, if applicable, will still be required to pay any outstanding tuition fees for the course. On your transcript, the course you have withdrawn from will be listed; however, "VW" will appear in lieu of a grade. If you do not drop a course before the VW deadline, you will receive a final grade in the course on your transcript.

Please note that there are separate deadlines for dropping a course early in a term during the Registration Revision Period. Dropping a course means you are removing that course from your schedule, will not be charged tuition fees for that course, and the course will not appear on your transcript.

The Registrar's Office website, [Withdraw from a Course](https://umanitoba.ca/registrar/withdraw-course) (<https://umanitoba.ca/registrar/withdraw-course>), includes more information on the different ways in which you can withdraw from a course and important dates and deadlines to do so.

UM Learner Supports [ROASS]

Below you will find a select list of important supports for learners at the UM, both academic supports and otherwise. For a complete listing of all learner supports at the University of Manitoba, visit the [Everything You Need to Thrive](https://umanitoba.ca/student-supports) (<https://umanitoba.ca/student-supports>) website.

2SLGBTQIA+ Community

Find your queer community on campus! UM is committed to being an inclusive and welcoming space for all 2SLGBTQ+ students, staff and faculty. Visit the [2SLGBTQ+ Community](https://umanitoba.ca/2slgbtq-community) (<https://umanitoba.ca/2slgbtq-community>) website to access services, find resources, and connect with like-minded people and allies.

Academic Advising

Contact an [Academic Advisor](https://umanitoba.ca/student-supports/academic-supports/academic-advising) (<https://umanitoba.ca/student-supports/academic-supports/academic-advising>) for support with degree planning and questions about your academic program and regulations.

Academic Learning Centre (ALC)

The [Academic Learning Centre](https://umanitoba.ca/student-supports/academic-supports/academic-learning) (<https://umanitoba.ca/student-supports/academic-supports/academic-learning>) offers one-to-one tutoring, groups study sessions and workshops, as well as video and tip-sheet resources to help you throughout your academic program. All Academic Learning Centre programming, supports, and services are free for UM students.

Make an appointment for **free one-to-one tutoring** (<https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring>).

Content tutors (over 90 UM courses) can help you understand concepts and learn problem-solving strategies. **Study skills tutors** can help you improve your skills such as time management and goal setting, reading and note-taking, as well as learning and test-taking strategies. **Writing tutors** can give you feedback on your academic writing, whether you are just getting started on a written assignment or already have a draft. **English as an Additional Language** specialist, Antoanela Denchuk, is available for one-to-one tutoring to help you improve your English-language academic writing skills. Use the drop-down menu, read the tutor biographies, and make an appointment for tutoring on the [Academic Learning Centre schedule](https://manitoba.mywconline.com/) (<https://manitoba.mywconline.com/>).

Attend **Supplemental Instruction (SI)** (<https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study>) sessions in historically difficult courses (including Chemistry, Engineering, and Computer Science). These free weekly review sessions are facilitated by a peer mentor who has previously taken the course and provide an opportunity to discuss course content, ask questions, compare notes, solve practice problems, and develop study strategies. See online for a list of SI courses and meeting times.

Register for an **Academic Success Workshop** (<https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops>), where you can learn strategies to improve your writing and studying. More information on topics, dates, and registration, are found online.

Register for **Faculty of Graduate Studies Grad Steps Workshops** (<https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops>). These workshops are specifically designed for students working towards **Master's degrees or PhDs**. More information on topics, dates, and registration can be found online.

Access the Academic Learning Centre's collection of **videos and tip sheets** (<https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills>) to help you with many of the academic tasks you'll encounter in university.

Contact the Academic Learning Centre by calling 204-480-1481 or emailing academic_learning@umanitoba.ca. Bannatyne students can contact the Bannatyne Student Services office at 204-272-3190.

Basic Needs

It can be difficult to learn and succeed in courses when you are struggling to meet your or your family's basic needs. Several UM and community resources are listed below if you would benefit from support with regards to housing, food, finances, and/or childcare:

- *Housing*
 - [UM Housing](https://umanitoba.ca/housing) (<https://umanitoba.ca/housing>)
 - [Winnipeg Rental Network](https://www.winnipegrentnet.ca/) (<https://www.winnipegrentnet.ca/>)
 - [Manitoba Residential Tenancies Branch](https://www.gov.mb.ca/cca/rtb/) (<https://www.gov.mb.ca/cca/rtb/>)
 - [HOPE End Homelessness Winnipeg Services & Supports](https://umanitoba.ca/housing) (<https://umanitoba.ca/housing>)
- *Food*
 - [U of M Food Bank](https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank) (<https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank>)
 - [Food Matters Manitoba](https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/) (<https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/>)
- *Finances*
 - [UM Financial Aid and Awards](https://umanitoba.ca/financial-aid-and-awards) (<https://umanitoba.ca/financial-aid-and-awards>)
 - [Manitoba Student Aid](https://www.edu.gov.mb.ca/msa/) (<https://www.edu.gov.mb.ca/msa/>)
- *Child Care*
 - [UM Child Care](https://umanitoba.ca/about-um/child-care) (<https://umanitoba.ca/about-um/child-care>)
 - [Manitoba Child Care Subsidy](https://bit.ly/3yG3ijy) (<https://bit.ly/3yG3ijy>)
 - [Manitoba Child Care Association](https://mccahouse.org/looking-for-child-care/) (<https://mccahouse.org/looking-for-child-care/>)

English Language Centre

The [English Language Centre \(ELC\)](https://umanitoba.ca/english-language-centre) (<https://umanitoba.ca/english-language-centre>) provides courses, tests, accommodations and individual support to students whose first language is not English in order to support academic success and participation in the University of Manitoba community.

Health and Wellness

Physical, mental, emotional, and spiritual health and wellness play a critical role in student success. See all of UM's resource on their [Health and Wellness](https://umanitoba.ca/student-supports/student-health-and-wellness) (<https://umanitoba.ca/student-supports/student-health-and-wellness>) website, and make note of several specific UM and community supports listed below.

Winnipeg Urgent Physical and Mental Health Care

If you are an adult experiencing a mental health or psychosocial crisis, contact the [Klinik Community Health](https://klinik.mb.ca/crisis-support/) (<https://klinik.mb.ca/crisis-support/>) 24/7 crisis line at 204-786-8686, visit the [Crisis Response Centre](https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) (<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>) located at 817 Bannatyne Avenue, or contact the Mobile Crisis Service at 204-940-1781.

To speak with a nurse for guidance on what health-care path to take for the issue you are facing or for general information about health resources available in Manitoba, contact [Health Links](https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) (<https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>) at 1-888-315-9257 (toll free).

If you need urgent medical care, visit the Winnipeg Regional Health Authority's [Emergency Department & Urgent Care Wait Times](https://wrha.mb.ca/wait-times/) webpage (<https://wrha.mb.ca/wait-times/>) for a list of locations and current wait times.

Student Counselling Centre (SCC)

The [Student Counselling Centre](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) (<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>) provides free counselling and mental health support to UM, English Language Centre, and International College of Manitoba (ICM) students. We are open year-round, Monday through Friday from 8:30 am to 4:30 pm. Our commitment is to offer a support service to every student who contacts us.

Visit the SCC's [For Urgent Help](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help>) webpage or the urgent care resources listed above if you require immediate support.

Visit the SCC's [Our Services](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#our-services) (<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#our-services>) webpage for more information on accessing a variety of services including individual counselling, counselling workshops and groups, support resources, and learning disability assessment services.

The SCC is located at 474 UMSU University Centre (Fort Garry Campus).

Health and Wellness Office

Students often juggle multiple demands, and we recognize that it can be difficult to find balance. For any changes you want to make to your health and wellness, the Health and Wellness Office at the University of Manitoba would like to support you in your journey. We are here to help you take control of your own health and make your own decisions. We are a judgment-free space and we avoid labels whenever possible. For more information, please visit the [Health and Wellness Office](https://umanitoba.ca/student-supports/health-wellness) (<https://umanitoba.ca/student-supports/health-wellness>) website.

Spiritual Care and Multifaith Centre

Spiritual care services are available to all, whether you identify as spiritual, atheist, religious or agnostic. [Spiritual Services](https://umanitoba.ca/student-supports/spiritual-services) (<https://umanitoba.ca/student-supports/spiritual-services>) also offer specific denominational support for certain religious groups and by Indigenous Elders-in-Residence.

Student Support Case Management (SSCM)

Contact the [Student Support Case Management team](https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management>) if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

University Health Service (UHS)

The [University Health Service](https://umanitoba.ca/student-supports/health-wellness/university-health-service) (<https://umanitoba.ca/student-supports/health-wellness/university-health-service>) offers a full range of medical services to students, including psychiatric consultation, via two health clinics:

- Fort Garry Campus: (204) 474-8411, ACW-Lot temporary trailer (behind the Isbister building)
- Bannatyne Campus: (204) 474-8411, P309 – Pathology Building

Student Services at Bannatyne Campus

Student Services at Bannatyne Campus (SSBC) offers a full range of mental health supports to students and residents in the Rady Faculty of Health Sciences, along with other academic and personal supports. Visit the [SSBC website](https://umanitoba.ca/student-supports/student-services-bannatyne-campus) (<https://umanitoba.ca/student-supports/student-services-bannatyne-campus>) for a list of services available.

Indigenous Students

Staff, faculty and Elders are well-equipped to ensure your university experience is as beneficial, accessible, and successful as possible. Visit the Indigenous [Student Experience](https://umanitoba.ca/indigenous/student-experience) (<https://umanitoba.ca/indigenous/student-experience>) website for more information on the supports and services available.

International Students

The transition to a new country and a new academic system can be both exciting and overwhelming. The International Centre (IC) is here to help you settle into life at University of Manitoba. Visit the [International Students](https://umanitoba.ca/current-students/international) website (<https://umanitoba.ca/current-students/international>) for more information.

Sexual Violence Support and Education

Sexual violence affects people of all ages, sexual orientations, genders, gender identities, abilities and relationship statuses. At the U of M, we are committed to ensuring a respectful work and learning environment for all. We want to build a safe and inclusive campus community where survivors of sexual violence know they can receive the supports they need to succeed, both academically and personally.

The [Sexual Violence Resource Centre](https://umanitoba.ca/sexual-violence) (<https://umanitoba.ca/sexual-violence>), located at 537 UMSU University Centre (Fort Garry campus) provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence.

Student Accessibility Services (SAS)

The University of Manitoba is committed to providing an accessible academic community. [Student Accessibility Services](https://umanitoba.ca/student-supports/accessibility) (<https://umanitoba.ca/student-supports/accessibility>) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g., mental health, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation. SAS is located at 520 University Centre (Fort Garry Campus).

Student Advocacy

[Student Advocacy](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>) is a safe place for students. We help you navigate university processes and advocate for your rights as a student at UM. If anything in your personal or academic life is affecting your studies, contact our confidential intake assistant by phone (204-474-7423) or email (stadv@umanitoba.ca).

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a key role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you have about the research process. Liaisons can be contacted by email or phone, and are also available to meet with you online or in-person. A [complete list of liaison librarians can be found by subject](http://bit.ly/WcEbA1) (<http://bit.ly/WcEbA1>).

General library assistance is also available at both the Bannatyne and Fort Garry campuses by [visiting any library location](https://www.umanitoba.ca/libraries/locations-and-facilities) (<https://www.umanitoba.ca/libraries/locations-and-facilities>). When working online, students can receive help via the Ask Us chat button found on the right-hand side of the [Libraries' homepage](http://www.umanitoba.ca/libraries) (<http://www.umanitoba.ca/libraries>).

Foundational Knowledge Content Areas for Dietetics Education

The Undergraduate Dietetics program is designed to meet the Integrated Competencies for Dietetic Education and Practice (ICDEP). ICDEP provides outcome-based standards for entry-to-practice dietetic education and entry-level dietetic practice. Outcome-based standards focus on abilities possessed as a result of learning. The ability to perform a task to a specified standard, and in a way that is observable to others, is typically called a Practice Competency (PC).

Performance Indicators (PIs) describe abilities that are intended to be demonstrated within the program (i.e., pre-practice). Below is a list of PIs that will be assessed throughout this course.

PRACTICE COMPETENCIES	PERFORMANCE INDICATORS	Course Learning Objectives (CLOs)
1. FOOD AND NUTRITION EXPERTISE: Dietitians integrate their food and nutrition expertise to support the health of individuals, communities and populations		
1.01 Apply understanding of food composition and food science	a. Demonstrate understanding of physical and chemical properties of food	5
	b. Demonstrate understanding of food preparation, processing and preservation	4,5,7
	c. Demonstrate understanding of the role of ingredients and their interaction in food preparation	4,5,7
	e. Demonstrate understanding of microbes in food	6
1.02 Apply understanding of food environments	a. Demonstrate knowledge of government policy in regulating food products in Canada	1,6
	c. Demonstrate awareness of Indigenous values and ways of knowing related to food environments	2
	d. Demonstrate understanding of factors affecting food security of Canadians	2
	e. Demonstrate understanding of factors affecting food safety	6
	f. Demonstrate understanding of sustainable food systems	3
	1.03 Apply understanding of human nutrition and metabolism	a. Demonstrate understanding of the role of nutrients and other food components
1.04 Apply understanding of dietary requirements and guidelines	c. Demonstrate understanding of current nutrition recommendations and dietary guidelines	1
1.05 Apply understanding of dietary practices	b. Demonstrate understanding of social aspects of food choice and eating	1
	c. Demonstrate understanding of psychological aspects of food choice and eating	1

	d. Demonstrate understanding of the impact of financial resources on food choice and eating	1
1.07 Integrate population health promotion principles and practices	a. Demonstrate understanding of determinants of health, health equity, and social justice	2
2. PROFESSIONALISM AND ETHICS: Dietitians use professional, ethical and client-centered approaches, to practice with integrity and accountability		
2.01 Practice within the context of Canadian diversity	d. Identify structures that impact health equity and social justice	2
2.03 Practice in a manner that promotes cultural safety	d. Demonstrate awareness of the role of self-determination in supporting capacity development	3
4. MANAGEMENT AND LEADERSHIP: Dietitians use management skills and provide leadership to advance health, through food and nutrition		
4.08 Foster development of food skills in others	g. Interpret food label	1