

FDSC 2701 Food for Health

Instructor: Sun-Ok Lee, PhD
Associate Professor
N211 Food Science Building
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Teaching Assistant: TBA

Meeting Time: Tuesdays and Thursdays at 11:00am to 11:50am, ARKU 424

Office Hours: You may make an appointment with Dr. Lee if you would like to meet on campus or after class or just drop in at Food Science room N211 from 9-10 am on Wednesdays.

Inquiries: All inquiries related to class should be sent to Dr. Lee.

Course Objectives:

1. To provide the student with an understanding of the importance of functional food and bioactive compounds
2. To understand how functional food relates to health
3. To encourage critical thinking in the application of scientific knowledge to the regular diet

Evaluation Method (160 points):

Exam: Exam will be given at an indicated time ONLY. In the event of an extreme situation please contact the instructor ahead of time (if possible) and alternative examination time will be considered on an individual basis.

Attendance: **Attendance is required.** Each class is worth 2 points.

In-Class Questions: A total of 3 questions will be asked about information covered during the lecture in each class. There will be no make-up questions unless you have an excused absence. Each class period points will be given for attendance and in-class questions as recorded using the Student Response System (clickers). Students must have the response devices to obtain these points.

Project: Course project will be due at the end of the semester (25 points). The project is due in class on April 18th (Tuesday). If any project is late, **five points** will be subtracted for each day.

The grades for this course will be determined as follows:

<u>Category</u>	<u>Points</u>
In class questions	40
1 project	25
Attendance	30
Final exam	65

<u>Composite Score</u>	<u>Grade</u>
90-100%	A
80-89%	B
70-79%	C
60-69%	D
<60	Failing

Academic Honesty: The University of Arkansas Academic Integrity Policy can be found on this website: <http://provost.uark.edu/> Students are expected to review and uphold this policy.

Accommodations Notice: If you need an accommodation due to a disability, please register with the Center for Educational Access (CEA).

Inclement Weather Policy: This class will be held unless the University is officially closed.

Professional Behavior Policy: No electronic devices may be used during class—*just like in the workplace*. This includes, but is not limited to cell phones and Blackberries for talking or text messaging, MP3s/iPods, iPads and laptops (unless the Accommodations Policy applies). If a student needs to be available for contact during class time, he/she must inform the instructor before class begins.

Violence/Active Shooter (CADD): **CALL**-911; **AVOID**-If possible, self-evacuate to a safe area outside the building. Follow directions of police officers; **DENY**-Barricade the door with desks, chairs, bookcases or any items. Move to a place inside the room where you are not visible. Turn off the lights and remain quiet. Remain there until told by police it's safe; **DEFEND**-Use chairs, desks, cell phones or whatever is immediately available to distract and/or defend yourself and others from attack

Class schedule:

	Week	Topic
3/9	1	Course Introduction and Expectations
3/14	2	Overview of Health Status in the US, Food Labels and Health Claims
3/16		Dark Chocolate
3/21 & 23		<i>Spring Break</i>
3/28	3	Red Wine – Dr. Threlfall
3/30		Soybean
4/4	4	Whole Grains
4/6		Protein – Dr. Baum
4/11	5	TBA
4/13		Prebiotics/Probiotics/Yogurt – Dr. Carbonero
4/18	6	Coconut & Project due
4/20		Organic & GMO – Dr. Baum
4/25	7	No Class
4/27		Berries – Dr. Howard
5/2	8	Green Tea
5/4		Review/Questions
5/9	9	<i>Final Exam (10:15am to 12:15pm)</i>