Course Syllabus

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ASU Arizona State University

NTR 353: Perspectives on The Western Diet: Food, Health, and Sustainability

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Course and Faculty Information

Course Description: This online course will introduce the student to political, ethical, social, and cultural issues inherent in the U.S. food system. Topics will include examination of U.S. food guidance, the food system and food environment, the history of food and farm policy, food security, and aspects of sustainability in relation to food system impacts on the health of humans, society, and the environment.

Credits: 3

Prerequisites: minimum 45 hours. Credit is allowed for only NTR 353 or NTR 394 (The Western Diet: Food, Health, & Sustainability) or SOS 353

Instructor: Melinda Johnson, MS, RDN

Contact Info: Melinda.Duff@asu.edu

Office Hours: Throughout the semester, I will post weekly office hours that are "open virtual door". I will be in my Zoom office during this time, and would love for you to stop in!

I am also happy to set up a time to meet with you through Zoom, for any reason! Please just send me an email and let me know a few times that work for you.

Use this link: **https://asu.zoom.us/j/5252027443** (https://asu.zoom.us/j/5252027443)

What you can expect from me: I will be actively participating in this course throughout the semester! This means that I will answer your emails promptly (less than 24hours Monday-Friday and less than 48 hours Sat-Sunday), I will do my best to grade your submissions within 48 hours and provide feedback, and I will be available to meet through planned Office Hours or by appointment. You will also find me posting announcements, and dropping into the Discussion Board throughout the semester.

I do my best to grade fairly and provide feedback, but mistakes do happen and I want you to reach out if you ever are confused by a grade or feedback that was given.

Course Learning Outcomes

At the completion of this course, students will be able to:

- Demonstrate knowledge of components of the US Food System including factors that contribute to food consumption in the US, sustainability of food production, food policy and programs, food security and equity, and food marketing.
- Identify social issues embedded in the US food system, including food equity, justice for food system workers, sustainability of resources, and impact on environment.
- Use evidence-based information to critically analyze and report on influences of, benefits of, and detriments of the U.S. food system on dietary intake, food access issues, and sustainability issues.
- Describe steps to become an active participant in making a healthier, robust, sustainable, and equitable US Food System

Textbook and Required Course Materials

There is no textbook required for this course.

All readings, videos and other learning material required for each Module will be posted within the corresponding weekly module. Please be sure to review each module for this information.

Assigned Readings for each module will be available on Canvas at **http://my.asu.edu** **(http://my.asu.edu/)** or **http://myasucourses.asu.edu.** **(http://myasucourses.asu.edu/)** **(http://myasucourses.asu.edu/)**

Course Access

Your ASU courses can be accessed by both **my.asu.edu** **(http://my.asu.edu)** and **myasucourses.asu.edu** **(http://myasucourses.asu.edu)** ; bookmark both in the event that one site is down.

Computer Requirements

This is a fully online course; therefore, it requires a computer with internet access and the following technologies:

- Web browsers (**Chrome** **(https://www.google.com/chrome)** , **Mozilla Firefox** **(http://www.mozilla.org/en-US/firefox/new/)** , or **Safari** **(http://www.apple.com/safari/)**)
- **Adobe Acrobat Reader** **(http://get.adobe.com/reader/)** (free)
- Microsoft Office (**Microsoft 365 is free** **(https://myapps.asu.edu/app/microsoft-office-2016-home-usage)** for all currently-enrolled ASU students)
- Reliable broadband internet connection (DSL or cable) to stream videos.

Note: A smartphone, iPad, Chromebook, etc. will not be sufficient for completing your work in ASU Online courses. While you will be able to access course content with mobile devices, you must use a computer for all assignments.

Help

For technical support, use the Help icon in the black global navigation menu in your Canvas course or call the ASU Help Desk at +1- (855) 278-5080. Representatives are available to assist you 24 hours a day, 7 days a week.

Student Expectations and Student Success

Here are my tips to be successful in this course:

- Set up a study plan! You will enjoy the course more, and be more successful, if you are able to log in and work on the material in small chunks throughout the week, rather than logging in right when things are due and trying to power through the material and assignments.
- Try to check into the course frequently, to make sure you are on track and so that you don't miss any course announcements.
- Be sure to read (or listen to) course announcements! They do become part of course content and may contain information that is critical to know for assignments.
- Reach out to the instructor when you need clarification or have questions. Or, you can also reach out to your peers by posting questions on the Community Forum.
- Complete assignments by the due dates specified.
- Access **ASU Online Student Resources -** **(http://goto.asuonline.asu.edu/success/online-resources.html)** there are many resources offered for your success, such as the ASU Writing Center, Librarian help desk, and health and counseling services
- Be respectful and professional when interacting with peers and the instructor. This course will cover some topics that might lead to debate or disagreement - a good rule of thumb is to pause communicating during times of intense emotion, and return to it later, when emotions have subsided.

To help you create a study schedule, **ASU Online calculates** **(https://currentstudent.asuonline.asu.edu/success-strategies)** that students should expect to spend about 18 hours a week on a 3-credit, 7 week online course.

Grading

Graded work will consist of weekly application projects, Discussion Board entries, and multiple-choice, true/false and short answer quizzes. All attempts will be made by the instructor to provide prompt and ample feedback with grades.

Please be sure to review the grade and feedback given to you on assignments. If you feel that you have lost points unfairly, be sure to reach out to me!   I am happy to look into it, and also happy to consider your point of view, or provide clarification.

You do have a right to file a formal grade appeal, if you still feel that a grade given was unfair.

Assignments

Discussion Board Posts (7 @15 pts each)   105 points

Quizzes (7 @ 20 pts each)   140 points

Explore and Share (3 @ 20 pts each)   60 points

Find, Learn, Teach (3@ 20 pts each)   60 points

Create!   30 points

Total Points Possible: **395 points**

Your grade will be determined based on the following grading schema:

Grade	Points Range
A+	387-395
A	367-386
A-	355-366
B+	347-354
B	327-346
B-	316-326
C+	308-315
C	276-307
D	237-275
E	236 or below

Assignment Descriptions

Discussions

Discussion assignments can earn a total of 15 points: your original post is worth 10 points and should address the prompt, and utilize one source cited from evidence based, reliable sources; you should comment and/or respond to at least two other student's posts prior to the due date listed on the course schedule to earn the final 5 points.

Posts are expected to be professional in tone (meaning proper grammar and spelling but also respectful to others).

Quizzes

Quizzes will be given online and will be comprised of multiple-choice, true/false and short answer questions based on the class readings, supplemental readings, and discussion board assignments. They are designed to be 'open book', meaning it is understood that you may open the quiz, and go through the Module material while you answer the corresponding quiz questions. The reason is because we are not assessing your memorization skills with the content, but instead are measuring your engagement with the material and application of course content.

Explore and Share

In three modules, you will be given a selection of resources to choose from (Module 1 we will explore academic journals, Module 2 we will explore podcasts, and Module 3 we will explore program). You will use the posted prompts to explore a resource from the list, and complete the assessment question provided.

Find, Learn, Teach

In three modules, you will select from the list of topics covered by course material and choose one to learn more about. You will research the topic and create a teaching tool designed for a younger audience (elementary school through high school age).

Create!

Your final project will be a tool that you create, to teach a course concept. You will define the topic, the target audience, and the main point of the tool. Examples of tools you may decide to create include a cooking video, a podcast interview, an infographic, a learning game, a farm tour toolkit, etc.

Submitting Assignments

All assignments, unless otherwise announced, MUST be submitted to the designated area of Canvas. Do not submit an assignment via email.

Assignment due dates follow Arizona Standard time and are always at 11:59PM. Click the following link to access the **Time Converter (http://www.thetimezoneconverter.com/)** to ensure you account for the difference in Time Zones. Note: Arizona does not observe daylight savings time.

Email assignment to instructor before the deadline IF an issue prevents you from submitting on time through Canvas. Email is an acceptable alternative only when technical issues have occurred that may interfere with turning in work by the deadline.

Late or Missed Assignments

Notify the instructor **BEFORE** an assignment is due if an urgent situation arises and you are unable to submit the assignment on time.

Assignments may be turned in early.

This course applies the "It Happens" concept to due dates.   What this means is that each student may ask for a two day extension **one time** during the course, for any reason at all (life happens!).   Please note that this may only be used once during the semester (the extension will be granted for that Module's assignments).

After you use your "It Happens" extension, if you need to turn in an assignment late, you will be allowed to do so at a 10% per day penalty **IF:**

- You notify the instructor before the due date, if possible, or as soon as possible after the due date (if there was an emergency preventing you from notification prior)
- You provide a valid reason for being late, with documentation as requested
- You notify the instructor once you complete the assignment

 If a *serious* illness or *exceptional* emergency prevents you from turning in assigned work on time, the instructor may waive the late penalty. This will be based on the instructor's discretion, and proper notification and documentation will be required.

If a problem should occur with the ASU Canvas site, and it impacts a course deadline, extensions will be allowed for the entire class; in this case, an announcement will be placed on Canvas once it is up and running.

Follow the appropriate University policies to request an **accommodation for religious practices (http://www.asu.edu/aad/manuals/acd/acd304-04.html)** or to accommodate a missed assignment **due to University-sanctioned activities (http://www.asu.edu/aad/manuals/acd/acd304-02.html)** .

Communicating With the Instructor

Community Forum

This course uses a discussion topic called "Community Forum" for general questions and comments about the course. Prior to posting a question or comment, check the syllabus, announcements, and existing posts to ensure it's not redundant. You are encouraged to respond to the questions of your classmates.

Email questions of a personal nature to your instructor.

Email

ASU email is an **official means of communication (http://www.asu.edu/aad/manuals/ssm/ssm107-03.html)** among students, faculty, and staff. Students are expected to read and act upon email in a timely fashion. Students bear the responsibility of missed messages and should check their ASU-assigned email regularly.

ASU Online Course Policies

View the **ASU Online Course Policies   (https://asuonline-dev.asu.edu/qm-template/CanvasQM/qm-policies.html)**

For all assigned work, it is the student's responsibility to:

- **Access and follow assignment instructions and assignment guidelines.**
- **Check in course shell regularly for announcements and postings in Community Forum**
- **Contact the instructor with questions and concerns**. General questions are encouraged to be posted on the Community Forum in Canvas, which helps to emulate the open discussion one would find in a face to face classroom. More personal questions and concerns should be emailed to the instructor.
- **Use proper time management** to allow enough time to successfully complete each assignment.
- **Meet due dates**; these are clearly listed in the course syllabus, and are also listed on Canvas Calendar
- **Do independent work**; copied work will mean a zero for all parties involved!
- **Do original work**; students may not re-use their own work that they turned in for a previous assignment, even if that assignment was done for another class. Assignments that are determined to be "recycled" work will receive a 0 for that assignment, with no opportunity to make-up the work
- **Turn in the correct document;** students must double-check that they are turning in the intended document when they submit. Documents that are turned in "incomplete" will be graded as-is. If the wrong document is turned in accidentally, the student must notify the

instructor immediately, before the deadline has passed. Student should attach the correct assignment to that notification email.

- **Double-check that the assignment was completed and successfully submitted**. Sometimes, files do not upload properly the first time. Double check that you turned in what you intended, and that it successfully uploaded.

- **Email assignment to instructor before the deadline IF an issue prevents them from submitting on time through Canvas.** As technical issues do occur, it is still the student's responsibility to turn in work on time. Email is an acceptable alternative only when technical issues have occurred that may interfere with turning in work by the deadline.

- **Secure access to a working computer and reliable internet**. Since this is an online class, it is assumed that students have secured a working computer with reliable internet connection to complete the coursework. Tablets (iPads, Kindles, etc.) and smartphones are not recommended for coursework in Canvas or the 3rd party tools used in this course. While some features may work on a tablet or smartphone, full compatibility is not guaranteed.

- **Plan for a backup computer, just in case**. Students are advised to plan on a "back-up" computer (such as through the public library, the ASU library, or at a friend or neighbor's house), just in case they have last-minute computer problems.   Personal computer issues will not be considered as an allowable emergency for late work.

Accessibility Statements

View the **ASU Online Student Accessibility**   **(https://asuonline-dev.asu.edu/qm-template/CanvasQM/qm-accessibility.html)** page to review accessibility statements for common tools and resources used in ASU Online courses.

If any other tools are used in this course, links to the accessibility statements will be listed below this sentence.

Copyright

This syllabus and all other course materials (powerpoint slides, handouts, assignments, quizzes, exams, digital recordings, etc.) are intellectual property of Arizona State University and are not to be publicly distributed or otherwise commercialized since these materials are copyright protected. Publishing, uploading, linking, redistributing, and/or downloading course material may subject students to penalties for academic misconduct. Such materials are for sole use in that designated semester. It cannot be used in any other form unless via a written statement of approval from the instructor of record. Commercial note taking services are prohibited without written permission from the instructor of record in accordance with ACD 304-06 available at **http://www.asu.edu/aad/manuals/acd/acd304-06.html (https://urldefense.proofpoint.com/v2/url?u=http-3A__www.asu.edu_aad_manuals_acd_acd304-2D06.html&d=DwMFaQ&c=l45AxH-**

. This includes powerpoint slides and powerpoint slides with audio.

Title IX

Title IX is a federal law that provides that no person be excluded on the basis of sex from participation in, be denied benefits of, or be subjected to discrimination under any education program or activity. Both Title IX and university policy make clear that sexual violence and harassment based on sex is prohibited. An individual who believes they have been subjected to sexual violence or harassed on the basis of sex can seek support, including counseling and academic support, from the university. If you or someone you know has been harassed on the basis of sex or sexually assaulted, you can find information and resources at [https://sexualviolenceprevention.asu.edu/faqs (https://urldefense.com/v3/__https://sexualviolenceprevention.asu.edu/faqs__;!!IKRxdwAv5BmarQ!PpWpydCIJxL760zKQdS4PFkDdEZ14UEptsfcd-0l9ILpA_d6nRh4IQeHMmmFjHUvbHmlzzM%24)](#) .

As a mandated reporter, I am obligated to report any information I become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence. ASU Counseling Services, [https://eoss.asu.edu/counseling (https://urldefense.com/v3/__https://eoss.asu.edu/counseling__;!!IKRxdwAv5BmarQ!PpWpydCIJxL760zKQdS4PFkDdEZ14UEptsfcd-0l9ILpA_d6nRh4IQeHMmmFjHUvnhPyZJc%24)](#) is available if you wish to discuss any concerns confidentially and privately. ASU online students may access 360 Life Services, [https://goto.asuonline.asu.edu/success/online-resources.html (https://urldefense.com/v3/__https://goto.asuonline.asu.edu/success/online-resources.html__;!!IKRxdwAv5BmarQ!PpWpydCIJxL760zKQdS4PFkDdEZ14UEptsfcd-0l9ILpA_d6nRh4IQeHMmmFjHUvD-Z8BJs%24)](#) .

Syllabus Disclaimer

The syllabus is a statement of intent and serves as an implicit agreement between the instructor and the student. Every effort will be made to avoid changing the course schedule but the possibility exists that unforeseen events will make syllabus changes necessary. Remember to check your ASU email and the course site often.

Course Summary:

Date	Details	Due
Sun Mar 20, 2022	📝 **Discussion Board 1 - Your Food Journey** [(https://asu.instructure.com/courses/115819/assignments/3043475)](https://asu.instructure.com/courses/115819/assignments/3043475)	due by 11:59pm
Mon Mar 21, 2022	📝 **Explore and Share assignment #1 - Journal Article** [(https://asu.instructure.com/courses/115819/assignments/3044762)](https://asu.instructure.com/courses/115819/assignments/3044762)	due by 11:59pm
	📝 **Module 1 Quiz: What Is a Food System?** [(https://asu.instructure.com/courses/115819/assignments/3043463)](https://asu.instructure.com/courses/115819/assignments/3043463)	due by 11:59pm
	📝 **Module 1: Syllabus and Academic Integrity Agreement** [(https://asu.instructure.com/courses/115819/assignments/3043457)](https://asu.instructure.com/courses/115819/assignments/3043457)	due by 11:59pm
	📝 **Discussion 1 - Respond to two others** [(https://asu.instructure.com/courses/115819/assignments/3065388)](https://asu.instructure.com/courses/115819/assignments/3065388)	due by 11:59pm
Sun Mar 27, 2022	📝 **Discussion Board 2: Your Food Environment** [(https://asu.instructure.com/courses/115819/assignments/3043474)](https://asu.instructure.com/courses/115819/assignments/3043474)	due by 11:59pm
Mon Mar 28, 2022	📝 **Module 2 Quiz: Food Security and Food Equity** [(https://asu.instructure.com/courses/115819/assignments/3043466)](https://asu.instructure.com/courses/115819/assignments/3043466)	due by 11:59pm
	📝 **Discussion 2 - Respond to two others** [(https://asu.instructure.com/courses/115819/assignments/3065389)](https://asu.instructure.com/courses/115819/assignments/3065389)	due by 11:59pm
	📝 **Find, Learn, Teach - Food Security/ Food Equity** [(https://asu.instructure.com/courses/115819/assignments/3046009)](https://asu.instructure.com/courses/115819/assignments/3046009)	due by 11:59pm

Date	Details	Due
Sun Apr 3, 2022	📝 **Discussion Board 3: Measuring Racial Equity in the Food System** (https://asu.instructure.com/courses/115819/assignments/3043472)	due by 11:59pm
Mon Apr 4, 2022	📝 **Explore and Share assignment #2 - Podcast Review** (https://asu.instructure.com/courses/115819/assignments/3051853)	due by 11:59pm
	📝 **Module 3 Quiz: Social Issues of US Food System** (https://asu.instructure.com/courses/115819/assignments/3043464)	due by 11:59pm
	📝 **Discussion 3 - Respond to two others** (https://asu.instructure.com/courses/115819/assignments/3065390)	due by 11:59pm
Sun Apr 10, 2022	📝 **Discussion Board 4: State Food System Legislation** (https://asu.instructure.com/courses/115819/assignments/3043473)	due by 11:59pm
Mon Apr 11, 2022	📝 **Module 4 Quiz: Government Programs & Policy** (https://asu.instructure.com/courses/115819/assignments/3043469)	due by 11:59pm
	📝 **Discussion 4 - Respond to two others** (https://asu.instructure.com/courses/115819/assignments/3065391)	due by 11:59pm
	📝 **Find, Learn, Teach - Policy and Food** (https://asu.instructure.com/courses/115819/assignments/3051919)	due by 11:59pm
Sun Apr 17, 2022	📝 **Discussion Board 5: Food Industry Influence** (https://asu.instructure.com/courses/115819/assignments/3043471)	due by 11:59pm

Date	Details	Due
	📝 **Explore and Share assignment #3 - programs** (https://asu.instructure.com/courses/115819/assignments/3051978)	due by 11:59pm
Mon Apr 18, 2022	📝 **Quiz 5** (https://asu.instructure.com/courses/115819/assignments/3043458)	due by 11:59pm
	📝 **Discussion 5 - Respond to two others** (https://asu.instructure.com/courses/115819/assignments/3065392)	due by 11:59pm
Sun Apr 24, 2022	📝 **Discussion Board 6: Virtual Farm Tour** (https://asu.instructure.com/courses/115819/assignments/3052072)	due by 11:59pm
	📝 **Module 6 Quiz: Agriculture & Sustainability** (https://asu.instructure.com/courses/115819/assignments/3043461)	due by 11:59pm
Mon Apr 25, 2022	📝 **Discussion 6 - Respond to two others** (https://asu.instructure.com/courses/115819/assignments/3065393)	due by 11:59pm
	📝 **Find, Learn, Teach - Sustainable Diets** (https://asu.instructure.com/courses/115819/assignments/3052071)	due by 11:59pm
Sun May 1, 2022	📝 **Discussion Board: Personal Food Waste** (https://asu.instructure.com/courses/115819/assignments/3043470)	due by 11:59pm
Mon May 2, 2022	📝 **Quiz 7** (https://asu.instructure.com/courses/115819/assignments/3043460)	due by 11:59pm
	📝 **Discussion 7 - Respond to two others** (https://asu.instructure.com/courses/115819/assignments/3065394)	due by 11:59pm

Date	Details	Due
	📝 **Final project: Create!** **(https://asu.instructure.com/courses/115819/assignments/3052081)**	due by 11:59pm