

FOOD as MEDICINE (11:400:106)

SYLLABUS

Mondays & Thursdays

12:35-1:55 pm

FS Auditorium

Instructor: **Chitra Ponnusamy**, PhD

Food Science Department, Room 315-C
Office hours: After class; by appointment
Phone & Voicemail: 848-932-5452
Email: cp470@scarletmail.rutgers.edu

TA: **Mr. Ender Arserim**
eha14@scarletmail.rutgers.edu

We are here to help you get through with this course. Make use of it!

ATTENDANCE IN CLASS:

5 random lecture days will be chosen to take attendance in class. Your being in class really would help me push your final grade over if you are on the borderline. Please note that Exam days do not really count towards class attendance.

GRADING: You earn your own grade.

Each exam consists of 50 questions and total points for each exam would be 100. The final grade for the course will be an average of the 4 exams and an assignment. **NO CURVE**, whatsoever.

EXAM POLICY: Be honest and face the exams

Anyone caught cheating on the exams will be dealt with **harshly**. It is not that hard to do well in this class; do not risk your academic career by cheating. Cheating is a high risk, low payoff gamble.

EXAMS & ASSIGNMENT: It isn't rocket science; a little hard work can help you earn an "A"

All students must attempt all 4 exams in order to get through the course. NO cumulative exam. They are scheduled exams, given during regular class hours and suitable for grading using Scantron®.

NO MAKEUP EXAMS. You need to bring proof of absence and talk to me in person if you need an alternative date for the exam(s).

Assignment will be posted in Sakai and all students must submit assignment via Sakai ONLY. The assignment is due for submission on 11.20 at 11:59pm.

For help with assignment and Sakai, please contact: Mr. Arserim: eha14@scarletmail.rutgers.edu

EXTRA CREDIT (EC): (= extra work for you & us)

All students will be given 2 opportunities for gaining extra credits. Extra credit work must be submitted to me on the assigned date in order for you to get the points. Late submissions receive NO extra credit.

Points from the 3 extra credit assignments will be added to the corresponding exam. A maximum of 10 points can be earned by a student via extra credit.

Extra credit 1 (added to grade from exam 1): (submit by 9.10 at 11:59pm) 5 points maximum

Extra credit 2 (added to grade from exam 4): 5 points maximum (Pre- & post- course evaluation)

This is a 2-part evaluation, posted in Sakai. Pre- course evaluation must be completed before lecture-3 (9.13 at 11:59pm) and Post-course evaluation by end of lecture 25 (11.30 at 11:59pm). Upon completion of both evaluations, extra credit points will be added to Exam-4.

If you do just 1 evaluation, you will NOT receive any extra credit points.

BONUS

If ~70% in the class complete the Instructors' Rating Survey, +2 points will be added to the lowest exam score of each student in the class.

It is an online survey and you will receive an email towards the end of the semester.

Example of a students' score with and without extra credit

Student #1 (No extra Credit)	Student #2 (with 1 extra credit)	Student #3 (with 2 extra credits)
<u>Exam 1: 85/100= 85%</u>	<u>Exam 1: 85+5=90%</u>	<u>Exam 1: 85+5=90%</u>
	+ EC 1: 5/5	+ EC 1: 5/5
	+ Raw Score: 80+5=85%	+ Raw Score: 80+5=85%
<u>Exam 2: 83/100= 83%</u>	<u>Exam 2: 83/100= 83%</u>	<u>Exam 2: 83/100= 83%</u>

Exam 3: 73/100= 73%	Exam 3: 73/100= 73%	Exam 3: 73/100= 73%
Exam 4: 82/100 = 82%	Exam 4: 82/100 = 82%	Exam 4: 82+ 5 = 87%
		+ EC 2: 5/5
		+ Raw Score: 82/100 = 82%
Assignment: 75/100= 75%	Assignment: 75/100= 75%	Assignment: 75/100= 75%
Final Score: 398/500	Final score: 403/500	Final Score: 408/500
79% "C"	80% "B"	85% "B+"

GRADING GRID: "A"= 90 and above **"B+"= 85-89**
"B"= 80 - 84 **"C+"= 75-79**
"C"= 70 - 74 **"D": 60-69**
"F" = below 60% and/or if you do not attempt 1 or more exam(s) and/or do not submit assignment

IN- CLASS POLICIES: Follow them.....makes class run smooth.....every time.

- Arrive on time and leave when class ends
- No use of cell phones, no IM, no Facebook, no whatsapp, (and none of their e-predecessor and e-successor), no movies or music permitted
- No distractions in classroom.....talking, gum popping, snoring (list seems endless.....)

ALL THE VERY BEST TO ALL OF YOU!!!!

GOOD LUCK!!!!

CLASS SCHEDULE- FALL 2017 **

LECTURE #	DAY/DATE	TITLE
INTRODUCTION		
1	Th 9.7	Syllabus: Instructions for Ex cr -2
HEALTH & WELL-BEING		
2	M 9.11	Nutrients in Foods
3	Th 9.14	Human Microbiome
4	M 9.18	The Disease Processes- I
5	Th 9.21	The Disease Processes- II
6	M 9.25	Your Genes & You- Guest Lecture
7	Th 9.28	Exam -1

THE GOODS THE FOODS DELIVER		
8	M 10.2	Microorganisms in Foods
9	Th 10.5	Pre- & Pro-biotics in Foods, Health & Diseases
10	M 10.9	Research in Rutgers- Guest Lecture
11	Th 10.12	Carbohydrates: Structural Functional Components
12	M 10.16	Lipids: is Fat back?
13	Th 10.19	The Peptides & Proteins
14	M 10.23	Exam- 2
FUNCTIONAL PERSONALITY OF FOODS: The various “ins” in foods		
15	Th 10.26	Fruits & Vegetables
16	M 10.30	Polyphenols
17	Th 11.2	Soy, Nuts, Seeds & Mushrooms
18	M 11.6	Milk & Dairy
19	Th 11.9	Movie
20	M 11.13	Pharmacognosy- Guest Lecture
21	Th 11.16	Exam- 3
PROCESSING OF FOODS: Why and How?		
22	M 11.20	Organic Vs Conventional Foods: Assignment submission
23	Tu 11.21	GMO vs Non-GMO foods: The technology & health impact
24	M 11.27	Foods vs Supplements– via the Media Lens
25	Th 11.30	Thermal & Non-thermal Processing of Foods to improve functionality in foods
26	M 12.4	Micro-encapsulation & Nanotechnology in Foods
27	Th 12.7	Safety, Toxicity & Regulations of Functional Foods
28	M 12.11	Exam- 4

** Topics may change; exam dates remain fixed

STUDENT WELLNESS SERVICES

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/
www.rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of

professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932- 1181.

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Scarlet Listeners

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.