



COURSE OUTLINE

NUT201 Food Studies

Course Coordinator: Rachael Thurecht (rthurech@usc.edu.au) **School:** School of Health and Behavioural Sciences

2022 | Semester 1

USC Sunshine Coast

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course introduces you to the principles of food science and will develop your critical thinking and application skills. You will learn about the chemical, physical and biological properties of food, and how these relate to food composition and sensory characteristics. Food processing, preparation and preservation will also be explored, focussing on techniques and the subsequent impact on food properties and nutrient content. The application of Australian food law will be a key theme throughout this course. Workshops will focus on the practical application of theory.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Pre-recorded concept videos and other associated activities.	2hrs	Week 1	13 times
Laboratory 1 – On campus kitchen lab	3hrs	Week 1	13 times

1.3. Course Topics

Sensory science and food evaluation

Classification and grouping of foods

Nutritional composition of food and analysis of foods using nutrition composition databases

Food components and their functional properties in foods and the impact of food production and processing on chemical, physical, nutritional and sensory properties

Food law in relation to composition, classification, production, processing and retailing (including food labelling, food safety and food handling)

2. What level is this course?

200 Level (Developing)

Building on and expanding the scope of introductory knowledge and skills, developing breadth or depth and applying knowledge and skills in a new context. May require pre-requisites where discipline specific introductory knowledge or skills is necessary. Normally, undertaken in the second or third full-time year of an undergraduate programs.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Evaluate and discuss the paddock to plate journey of a food identifying key production and processing techniques and describe the impact these have on physical, chemical, nutritional and sensory characteristics.	Knowledgeable Creative and critical thinker Empowered Engaged
2 Identify and interpret Australian food law in relation to food safety, composition, classification, production, processing and retailing.	Knowledgeable Empowered
3 Describe the classification, composition and changes that occur over the lifespan of a food.	Knowledgeable

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

SCI105

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

FSN201

5.4. Specific assumed prior knowledge and skills (where applicable)

It is assumed that students enter this course with a solid understanding of chemistry. It is expected that students are familiar with and able to use scientific literature in their coursework.

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Early feedback will be provided through formative revision activities both in class and in preparation activities. Students will receive ongoing formative feedback during workshops.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Written Piece	Individual	30%	Two submissions of short answers and activity evidence.	Refer to Format	Online Submission
All	2a	Oral and Written Piece	Individual	35%	10 minute narrated video, written transcript and reference list.	Week 9	Online Submission
All	2b	Written Piece	Individual	5%	You will be allocated five peer presentations to evaluate.	Week 11	Online Assignment Submission with plagiarism check
All	3	Examination - Centrally Scheduled	Individual	30%	120 minutes	Exam Period	Online Test (Quiz)

All - Assessment Task 1: Food Studies Worksheets

GOAL:	The goals of this task are to develop your understanding of food regulation by identifying and interpreting Australian food law in relation to a range of foods and to develop an understanding of classification, composition and changes that occur naturally over the lifespan of a food.	
PRODUCT:	Written Piece	
FORMAT:	You will complete a series of tasks in the weekly workshops and via self-directed research. You will navigate the FSANZ website to identify and apply relevant food regulation to answer questions posed. You will explore food and food products in order to develop an understanding of the products and ingredients used, reviewing the application of labeling and packaging. You will also undertake practical activities in the kitchen to develop an understanding of changes that occur over the lifespan of food and answer questions related to these activities. Worksheets will be randomly selected for marking in weeks 5 and 9.	
CRITERIA:	No.	Learning Outcome assessed
	1	Identify and interpret food law/regulation in relation to the composition, classification, production, processing and retailing of a range of foods
	2	Describe changes that occur naturally over the lifespan of a food

All - Assessment Task 2a: A Paddock to Plate Food Journey

GOAL:	To investigate and apply knowledge of food production and processing to describe the paddock to plate journey of a food.
PRODUCT:	Oral and Written Piece
FORMAT:	In this task you will research the paddock to plate journey of a food. You will create and submit a video of your findings following the guidelines as outlined on the course Canvas site. You are also required to submit a transcript of the spoken text in the video and full reference list of sources used.

CRITERIA:	No.	Learning Outcome assessed	
	1	Identify and describe key processes in the production of the food	1
	2	Explain the impact of key production processes on the sensory, chemical, physical and nutritional properties of a food in the context of the paddock to plate journey	1
	3	Evaluate appropriate sources of information	1
	4	Communicate information clearly in a professional manner	1

All - Assessment Task 2b: Evaluation of paddock to plate journey

GOAL:	To provide constructive feedback of peer paddock to plate presentations.		
PRODUCT:	Written Piece		
FORMAT:	You will be provided with a template to guide you through peer evaluation of paddock to plate presentations.		
CRITERIA:	No.	Learning Outcome assessed	
	1	Provide feedback on the paddock to plate journey of a food.	1

All - Assessment Task 3: Food Studies Exam

GOAL:	The goal of this task is to assess your knowledge of the classification, composition and changes that occur over the lifespan of a food.		
PRODUCT:	Examination - Centrally Scheduled		
FORMAT:	The exam will contain questions on all material covered in the course. The exam will be held in the centrally scheduled end-of-semester exam period.		
CRITERIA:	No.	Learning Outcome assessed	
	1	Demonstrate an ability to recall knowledge of food, its classification, composition and changes that occur naturally over the lifespan	3

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Required	Food Standards Australia New Zealand	0	Food Standards Code. Available at www.foodstandards.gov.au	n/a	FSANZ

8.2. Specific requirements

Covered shoes, apron, and hair tie for long hair are all requirements for participation in practical kitchen labs (in the workshops).

9. How are risks managed in this course?

Risk assessments have been performed for all laboratory classes and a low level of health and safety risk exists. Some risk concerns may include equipment, instruments, and tools; as well as manual handling items within the laboratory. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- a. The final mark is in the percentage range 47% to 49.4%
- b. The course is graded using the Standard Grading scale
- c. You have not failed an assessment task in the course due to academic misconduct

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.
- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.
- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. SafeUSC

USC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website: <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.9. Student Charter

USC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10. General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au