

FSHN 120 – Contemporary Nutrition

Spring 2026

Syllabus for Toni Gist's Class

WELCOME TO FSHN 120

FSHN 120 is a 3-credit General Education Life Science Course.

There aren't any prerequisites for enrollment in FSHN 120.

Toni Gist teaches the class with help from her teaching team.

Although late assessments are not accepted, if documentation is provided in accordance with the course policies, approved alternate assessments will be provided during Reading Day.

COURSE DESCRIPTION AND OBJECTIVES

FSHN 120 leads to the development of a general understanding of human nutrition. By the end of the semester, students should be able to:

- list essential macronutrients and micronutrients and their food sources
 - explain and discuss functions of nutrients
 - analyze a personal diet record
 - evaluate the validity of nutrition/health claims
 - identify nutritive and non-nutritive components of food that may protect from disease
 - develop a life-long interest in nutrition
-

WE HAVE A MASCOT

Before we dive into FSHN 120, meet our mascot.

Her name is "Oskee Bow Wow".

She is a little bit goofy, but full of love.

She (and her sister Vegas) will be popping up in course announcements and reminders.

A LOOK AT WHAT'S INSIDE THE SYLLABUS

- About FSHN 120 / Resources
 - Getting Questions Answered
 - Class Setup
 - University Policies
 - Course Assessments
 - Grading
 - AI Usage
 - Student Resources
 - Make-Up / Missed Work / Rounding
-

CLASS LOCATION AND TIME

Course materials can be found in the required interactive course textbook in conjunction with Canvas (the learning management platform).

- **Section ONL:** Online students will work asynchronously on lecture materials (no scheduled class).
- **Section H:** In-person honors students meet with Toni on Tuesdays at 4–5:50 PM in Bevier Hall.
- **Section BLC:** This action learning section meets with Toni on Wednesdays from 3–4:50 PM.

All materials for all sections are submitted in Canvas at:

<https://canvas.illinois.edu/>

GENERAL COURSE QUESTIONS

Review course announcements, subscribe to the “remind text messages”, and ask the trained course chatbot that is embedded into the eBook.

COURSE MATERIALS

Required eBook

“Nutrition for U” from AristAI

- Contains all materials and assessment links required for course success
- Purchased directly from the publisher’s website: <https://ebook.aristai.io/books>
- The Illini Union Bookstore has access packs if you prefer to purchase from the bookstore
- Only use your University of Illinois email to create/authenticate account

Recommended Print Text

“Nutrition for U: a printed guidebook for FSHN 120”

This print companion has similar content to the required eBook and is an optional purchase for those wanting to engage with a paper copy of the course materials.

Purchase from the Illini Union Bookstore
809 S Wright St., Champaign, IL

It is recommended that you walk into the bookstore to pick up the text personally.

USEFUL WEBSITES

- Learning management system (Canvas): <https://canvas.illinois.edu/>
 - Course website: <https://publish.illinois.edu/nutrition-fshn120/consider120/>
 - UIUC student e-mail: <https://techservices.illinois.edu/services/email>
 - End of semester final grades: <https://registrar.illinois.edu/check-your-grades>
-

MEET YOUR PROFESSOR

Toni Marie Gist has a passion for the sciences and education. She holds two Master’s degrees from UIUC and has taught classes that focus on the effects of exercise and nutrition on the body as well as food processing for over 2 decades. She has won local and national teaching and advising awards. Toni is always looking to improve herself and the classroom experience for her students by responding to student needs. She enjoys the outdoors with her husband, traveling with friends, hosting gatherings at her house, bonding with her kids, and hiking with her dogs Oskee and Vegas.

GETTING QUESTIONS ANSWERED

Course Topic or Structure Questions

FSHN 120 has an embedded trained ChatBot within the eBook that can provide quick answers in less than one minute. It is encouraged you navigate to the first source materials the ChatBot points you to for context and clarity.

General Question that Could Help Another Student

FSHN 120 has drop-in hours with our team through our Virtual Tutoring Center (Zoom) or during our In-Person Office Hours in Bevier Hall. We can address your questions and then update the materials to help others.

Specific / Assessment Questions

Subscribe to Remind Text Messages and you can text Toni directly to her phone. If she is available, you should get a reply within 1 hour.

Urgent Matters

If it is an urgent/personal matter, e-mail Toni at Burkhalt@Illinois.edu.

Concerning e-mail expectations:

- Please, e-mail from your UIUC e-mail (for various reasons, we do not use Canvas email)
- The subject line should begin with FSHN 120, followed by the topic in a few words
- Address the concern, propose possible solutions, and suggest a date for resolution
- Close your e-mail with your full name, UIN, and contact information

IMPORTANT: Communication outside the above formats may take longer or not receive a response. For various reasons, “assignment notes” should never be used for correspondence.

WHO IS ON THE TEACHING TEAM FOR FSHN 120?

We have a Teaching Team consisting of Graduate Students majoring in the field as well as undergraduates who successfully completed FSHN 120 with an “A” or “A+” who helped design the course and act as consultants to student questions/concerns. Most of our teaching team has been a part of the team for three or more years, with majors from all over campus. We have designed this class with you in mind. Almost all of the teaching team members have been in your shoes.

MENTAL HEALTH

Significant stress, mood changes, excessive worry, substance/alcohol misuse or interferences in eating or sleep can have an impact on academic performance, social development, and emotional wellbeing. The University of Illinois offers a variety of confidential services including individual and group counseling, crisis intervention, psychiatric services, and specialized screenings which are covered through the Student Health Fee. Getting help is a smart and courageous thing to do for yourself and for those who care about you.

- Counseling Center: (217) 333-3704
- McKinley Health Center: (217) 333-2700
- National Suicide Prevention Lifeline: (800) 273-8255
- Rosecrance Crisis Line: (217) 359-4141 (available 24/7, 365 days a year)

If you are in immediate danger, call 911.

CHAPTER / MODULE FORMAT

It is “ok” to do the best you can. Today’s best may look different than yesterday’s best. We understand and created a flexible syllabus for you. We are here if we can help in any way.

If you are having a difficult time with your mental health, there are resources available.

IT IS “OK” – GIVE YOURSELF PERMISSION – LIFE IS HARD!

Graded chapter materials have the same assessment format and are specifically designed to be predictable while allowing multiple student learning styles to succeed.

Steps include:

- Review the syllabus and schedule
 - Purchase/activate eBook using your University Email Address
 - Dive into the eBook chapter materials, then click the assignment chapter to:
 - Complete the video quiz multiple times while mastering the basic concepts
 - Work through the definition inquisition using the key terms from the eBook
 - Submit the reflective assignment before the chapter deadline
 - Complete an experiential learning assignment (ELA) engaging with the topic
-

A NOTE FROM YOUR PROFESSOR

Life happens, and your well-being is the foundation of your success in this class and beyond. We offer built-in drops, short extensions available for all, and no exams to help you focus on your health. Additionally, the University of Illinois offers robust resources specifically designed to support you through personal, financial, and health challenges. Please use them as needed; that is literally why they are there. You do not need to wait until a crisis to reach out; seeking support early is a strength, not a weakness.

CAMPUS WELL-BEING & SUPPORT RESOURCES

1. Mental Health & Wellness

If you are feeling overwhelmed, anxious, or struggling with your mental health, you have free, confidential support available on campus.

- **Counseling Center:** (217) 333-3704 | counselingcenter.illinois.edu
 - Same-day appointments are available if you call early in the morning (starting at 7:50 AM).
 - **McKinley Health Center (Mental Health):** (217) 333-2700 | mckinley.illinois.edu
 - **988 Suicide & Crisis Lifeline:** Call or text 988 anytime, 24/7, for free and confidential support.
-

2. Nutrition Security (Free Food Resources)

It is hard to learn when you are hungry. If you are facing food insecurity, the university has created several “no-questions-asked” resources for you.

- **Food Assistance & Well-Being Program:** Located in the ARC (Instructional Kitchen). This is a shopping-style pantry where you can choose the items you need for free.
 - **Everybody Eats (Dining Services):** A program offering free, nutritious meals at the Student Dining and Residential Programs (SDRP) building and Illinois Street Residence Halls (ISR) in warming boxes. Just walk up and grab the light meal!
 - **Everybody Eats (Bevier Cafe):** A program offering free cook to order lunches for those in need at the Bevier Café Monday through Friday between 11:30a and 1pm from the second week of the semester through Reading Day.
 - **Basic Needs Coordination:** If you need help navigating housing insecurity, email basicneeds@illinois.edu
-

3. Crisis & Emergency Support

- **Connie Frank CARE Center:** (217) 333-0050 | odos.illinois.edu/community-of-care
 - Located in the Office of the Dean of Students. If you don't know where to turn, start here. They help students navigate complex personal, medical, or academic difficulties and connect you to the right support systems.
 - **Emergency Dean:** (217) 333-0050
 - Available for health or safety emergencies that occur after business hours (evenings and weekends) and cannot wait until the next business day.
-

UNIVERSITY POLICIES

Students with Disabilities

To obtain disability-related academic adjustments and/or auxiliary aids, students with disabilities must contact the course instructor and the Disability Resources and Educational Services (DRES) as soon as possible. To contact DRES, you may visit 1207 S. Oak St., Champaign, call 333-4603, e-mail disability@illinois.edu or go to the DRES website.

If you are concerned you have a disability-related condition that is impacting your academic progress, there are academic screening appointments available on campus that can help diagnosis a previously undiagnosed disability by visiting the DRES website and selecting "Sign-Up for an Academic Screening" at the bottom of the page.

If you have a disability, be sure to submit your documentation in Canvas for accommodations.

For more information visit: <https://www.disability.illinois.edu/>

Family Educational Rights and Privacy Act (FERPA)

Any student who has suppressed their directory information pursuant to Family Educational Rights and Privacy Act (FERPA) should self-identify to the instructor to ensure protection of the privacy of their attendance in this course. See <http://registrar.illinois.edu/ferpa> for more information.

Emergency Response Recommendations

Emergency response recommendations can be found at the following website: <http://police.illinois.edu/emergency-preparedness/>. I encourage you to review this website and the campus building floor plans website within the first 10 days of class: <http://police.illinois.edu/emergency-preparedness/building-emergency-action-plans/>

Academic Integrity

The University of Illinois at Urbana-Champaign Student Code should also be considered as a part of this syllabus. Students should pay particular attention to Article 1, Part 4: Academic Integrity. Read the Code at: <http://studentcode.illinois.edu/>. It is expected that students adhere to the outlined guidelines for each assessment in FSHN 120. Students may discuss module assessment concepts with friends but should not share answers as this is a violation of academic integrity. Students should not discuss pre-exam case study questions, exam questions, or comprehensive review questions until those assessments are graded and released.

Sexual Misconduct Policy and Reporting

The University of Illinois is committed to combating sexual misconduct. Faculty and staff members are required to report any instances of sexual misconduct to the University's Title IX and Disability Office. In turn, an individual with the Title IX and Disability Office will provide information about rights and options, including accommodations, support services, the campus disciplinary process, and law enforcement options. A list of the designated University employees who, as counselors, confidential advisors, and medical professionals who can maintain confidentiality, can be found at: <https://wecare.illinois.edu/resources/students/#confidential>

INCLUSIVITY STATEMENT

The effectiveness of this course depends on creating an encouraging and safe classroom environment. Exclusionary, offensive or harmful speech (such as racism, sexism, homophobia, transphobia, etc.) will not be tolerated and in some cases is subject to University harassment procedures. We are all responsible for creating a positive and safe environment that fosters equal respect and comfort for all students. I expect each of you to help establish and maintain an environment where you and your peers can contribute without fear of ridicule or intolerant or offensive language.

COURSE ASSESSMENT DETAILS

Course assessments are submitted by linking through the “Assignment Chapter” in the eBook.

Chapter/Module Video Quizzes – 100 points total (10 points each)

Each of the 12 graded modules contains a video to introduce the topic. Students will be tested using a video quiz with unlimited takes and the highest score recorded.

Although students will be able to see the questions and points earned upon review, they will not be permitted to see the correct answer until the deadline passes.

The two lowest (or missed) module video quiz scores are dropped. The top 10 video quiz scores are included in the grade book total points.

Reflective Assignments – 400 points total (40 points each)

Each of the 12 modules has a reflective assignment that is graded on accuracy, not merely completion. Questions cover topics from anywhere in the module.

There is one submission of each module reflective assignment. The two lowest (or missed) module reflective assignment scores will be dropped with the top 10 reflective assignments included in the total points.

Definition Inquisitions (DIs) – 200 points total (20 points each)

In the sciences, terms are the language used to discuss the topic with accuracy and depth. The glossary in the required text helps you understand and apply the key terms.

Each of the 12 module DIs has three takes with the highest score counting in the grade book. The top 10 DIs are included in the total points with the two lowest (or missed) module DI grades dropped.

12-Step Semester Project – 300 points total (30 points each)

Each of the 12 modules expects students to complete a semester project “step” towards a healthier lifestyle.

The traditional semester project is a dietary analysis project with specific guidelines for each of the 12 “steps”. Although late steps cannot be accepted, the two lowest (or missed) steps are dropped with the top 10 module steps included in the total points. As this is a science class, for full consideration, it is required to show work and include proper units in each step of a calculation.

It is important to note that we are focused on health. Thus, there is an alternate project for students if the traditional project would be triggering.

GRADING & MAKEUP WORK

Grade Point Total – FSHN 120 is a points-based class

- Video Quizzes (10 pts each × 10): 100 points
- Definition Inquisitions (20 pts each × 10): 200 points
- Reflective Assignments (40 pts each × 10): 400 points
- Semester Project Steps (30 pts each × 10): 300 points

Total: 1,000 points

Grades are based on total points reported in Canvas at the end of the semester. Points will never go down – they only go up.

- A = 900–1,000 points
- B = 800–899.9 points
- C = 700–799.9 points
- D = 600–699.9 points
- F < 600 points

Grades are entered as a solid letter grade of an A, B, C, D, or F (no +/-).

Exception: Students earning over 1,000 points as reported in Canvas will earn an “A+”.

Makeup Work

The lowest/missed two assessments in each category are dropped to allow for student success. If an item is not completed for any reason, it is entered as a “0” in the grade book. Even if documented and approved, makeup work for the first two module assessments in each category (ex: video quiz) is not offered. However, if there is approved documentation for a third+ missed assessment in a module category, two in each module category will be dropped. If there is a third+ missed and assessment that is approved for makeup, it will be made up with alternate proctored and timed assessment in person beginning at 11:30 AM and ending at 1 PM on Reading Day. Any and all makeup work will be permitted if approved documentation is provided and it can be demonstrated to have a positive impact on a student’s grade. Makeup work is not offered during the regularly scheduled semester. Assessments can only be requested if it makes a positive impact on a student’s final letter grade.

Rounding Scores at the End of the Semester

For a variety of reasons, grades will not be curved/rounded up. Though it seems to be a 90, 80, 70, 60 percent breakdown, grades are based on points, not percentages.

EXTRA CREDIT – UP TO 30 ATTENDANCE POINTS

All sections can earn extra credit during four unique weeks focusing on wellness. Student responses will be used to better serve students in FSHN 120.

- Online students (section ONL) earn extra credit by participating in online discussions.
- In-person students (section H) earn extra credit for every class they participate in.
- BLC section earns extra credit by participating in interactive action learning activities.

Extra Credit for Finding Coding/Typing Error

Because we are revising the course materials, we may have a coding/other error. If you are the first student to respectfully post on the correct Extra Credit Discussion Board letting us know about the coding error or misinformation, you can earn +1 extra credit point for each error you find.

Again, we are in this together.

ARTIFICIAL INTELLIGENCE (AI) AND COURSEWORK

Generative AI & Academic Integrity

Policy Overview

In this course, we recognize that Generative AI tools (such as ChatGPT, Gemini, Claude, and others) are becoming standard instruments in professional and scientific environments.

You are permitted to use these tools to assist with brainstorming, outlining, editing, and refining your ideas. However, academic integrity at the University of Illinois requires transparency.

If you use AI to support your work, you must disclose that you used it and how you used it. Using AI without proper disclosure will be considered a violation of the Academic Integrity Policy.

Students who identify and report errors in ChatBot responses may earn extra credit while contributing to the ongoing improvement of this learning resource.

Your Responsibilities

1. **You are the Pilot:** AI is a tool, not the author. You are responsible for the accuracy, validity, and logic of everything you submit. Be aware that generative AI can “hallucinate” if it is an AI program that has access to the full internet.
 2. **Originality:** The core of your submission must reflect your own critical thinking. AI should be used to support your learning process, not to bypass it. Using AI for assignment questions is risky.
 3. **Mandatory Disclosure:** If you used AI in any way as you worked through your step project responses, you must include an “AI Disclosure Statement” at the end of any assignment where AI was utilized.
-

Required Disclosure Format

If you utilize AI, please copy, paste, and complete the following addendum at the end of your assignment.

AI Use Disclosure

- Tool(s) Used: (e.g., ChatGPT-4, Grammarly GO, Gemini, AristAI)
- Purpose: (e.g., Brainstorming topic ideas, summarizing a research article, checking grammar/syntax)
- Prompt Example: (Provide 1–2 examples of the specific prompts you gave the AI)
- Modification: Briefly explain how you verified the AI’s output or how you altered the text to better fit your voice and the assignment requirements.

Disclosure: The FSHN Team leverages AI for editing and image creation throughout 120 course materials.
