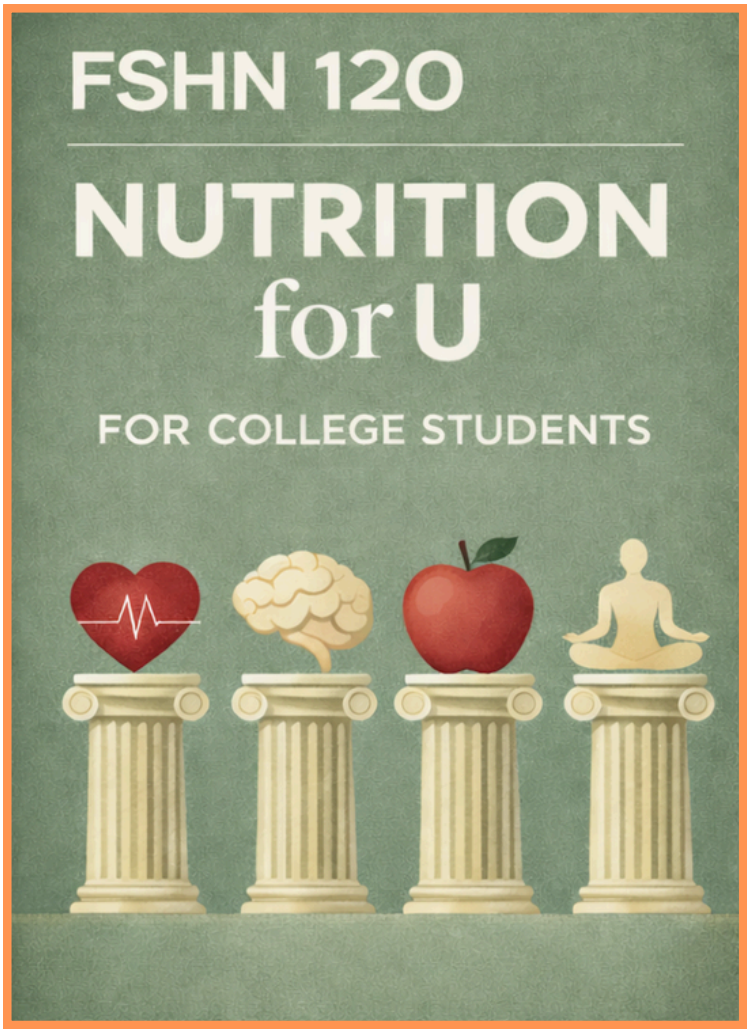
WELCOME TO...

FALL 2026 FSHN 120 CONTEMPORARY NUTRITION

Syllabus for Toni Gist's Class



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
Make-Up / Missed Work

ABOUT FSHN 120 AND YOUR RESOURCES

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.

Class Location/Time: Course materials can be found in the required interactive course e-book that works in conjunction with Canvas (the learning management platform)

- Online students will work asynchronously on lecture materials, completing them by their deadline
  - Assessments are accessed through the eBook that is linked to our learning management system.

Reminders for the Class: Review course announcements and subscribe to the "remind text messages."

General Course Related Questions Online: https://publish.illinois.edu/nutrition-fshn120/fshn-120-faq/
If your question is not answered on the FAQ link above, ask the trained chatbot in the eBook or reach out to the lead instructor. We are here for you!

Course Materials

- **Required E-Text: Nutrition for U eText (updated for Fall 2026 - $39.99)**
  - Recently updated with a dynamic and engaging e-book containing lectures, video quizzes, definition inquisitions, reflective assignments, & semester "step" project guidelines. It can be either:
    - Can be purchased directly from the publisher at https://ebook.aristai.io/marketplace
      - If you are on campus, you can walk into the Illini Union Bookstore to purchase code.
- **Recommended Print Accompaniment: Nutrition for U Print Workbook**
  - Can be purchased through Stipes Publishing or by going into the Illini Union Bookstore.

Useful Websites:

- **eBook login: https://ebook.aristai.io/books**
- 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

GETTING QUESTIONS ANSWERED

Course Topic or Structure Questions: Within the eBook, FSHN 120 has a trained ChatBot named "AristAI" that can provide quick answers in less than one minute.

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.

Zoom one-on-one with Professor Gist: You can also sign up for a 20-minute one-on-one Zoom meeting with Toni using her scheduler at https://tonigist.youcanbook.me/

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

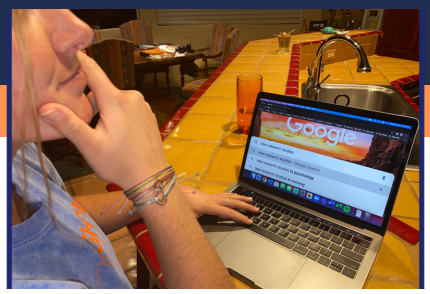
Concerning e-mail expectations:

- Please, e-mail from your UIUC e-mail (for various reasons, personal email gets lost)
- The subject line should begin with FSHN 120, followed by the topic in a few words
- Address the concern, propose possible solutions, and 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.



CHAPTER FORMAT

Graded chapter materials use the same assessment format and are designed to be predictable while supporting multiple student learning styles.

- Log in to the eBook, engaging with the materials. Before the deadlines, link to the assessments in the eBook:
  - Complete the **video quiz** multiple times while mastering the basic concepts
  - Work through the **definition inquisition** using the key terms from the book
  - Take notes using the online or in-person lecture options
  - Submit the **reflective assignment** before the chapter deadline
  - Share your answers to the chapter **"step"**

EXTRA CREDIT

You can earn extra credit during four unique weeks, reflecting on the concepts you engaged with and introducing you to additional wellness topics. The wellness week activities are optional but designed to meaningfully support student success. Student responses will be used to better serve students in FSHN 120.

IT IS "OK" - GIVE YOURSELF PERMISSION

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.

COURSE ETIQUETTE

It is important that all students maintain themselves in a polite and courteous manner.

- Be respectful. Let's create an amazing learning environment. We are in this together!
  - If you are disrespectful, we reserve the right to report or remove you from the class
  - If there is a meeting discussing conduct, the meeting will be recorded

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.

WHEN LIFE GETS TOUGH

CAMPUS WELL-BEING & SUPPORT RESOURCES

A Note from Your Professor:
Life happens, and your well-being is the foundation of your success in this class and beyond. We have built in drops, short extensions available for all, and no exams to help you focus on your health. Also, the University of Illinois has robust resources designed specifically to support you through personal, financial, and health challenges. Please use them as you need them.... 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.

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. Call early in the morning (starting at 7:50 AM) to schedule.
- 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.

COURSE ASSESSMENT DETAILS

All course assessments are submitted asynchronously through Canvas

100 points total for Chapter/chapter Video Quizzes - (10 points each)

Each of the 12 graded chapters 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) chapter video quiz scores are dropped. The top 10 video quiz scores are included in the grade book total points.

200 points total for Definition Inquisitions / DIs - (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 chapter 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) chapter DI grades dropped.

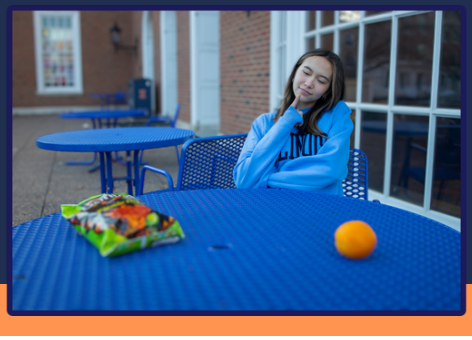
400 points total for Reflective Assignments - (40 points each)

Each of the 12 chapters has a reflective assignment that is graded on accuracy, not merely completion. Questions cover topics from anywhere in the chapter. There is one submission of each chapter reflective assignment. The two lowest (or missed) chapter reflective assignment scores will be dropped with the top 10 reflective assignments included in the total points.

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

Each of the 12 chapters 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 chapter 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 calculation step. It is important to note that we are focused on health. Thus, if medically needed there is an alternate project for students upon request and approval.

GRADING & MAKEUP WORK



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

Video Quizzes (10 pts each for the top 10)	100 points
Definition Inquisitions (20 pts each for the top 10)	200 points
Reflective Assignments (40 pts each for the top 10)	400 points
Semester Project Steps (30 pts each for the top 10)	300 points
Total	**1,000 points**

Grading scale 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 as noted above (no +/-)

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

OTHER COURSE NOTES

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 a documented emergency occurs, makeup work for the first two chapter assessments in each category (ex, video quiz) is not offered. However, if there is approved documentation for three or more in a chapter category, two of those will be dropped. If there are 3+ missed, an approved category assessment(s) will be made up with alternate, proctored, and timed materials administered from 11:30 AM to 1 PM in person 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 they make 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. Except for the A+, there will not be any other +/- grades. Points will be posted on the class Canvas website in the GRADES tab. Point totals can only go up.

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.

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 on FERPA.

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 Student Code should be considered as a part of this syllabus. Students should pay particular attention to Article 1, Part 4: Academic Integrity. Read the Code at the following URL: http://studentcode.illinois.edu/. Students are expected to adhere to the guidelines outlined for each assessment. Students may discuss module assessment concepts with friends who are actively working together, but should not share answers with others online or with those who are not in the class, or engage in learning-focused discussions adding to the decision-making, as this violates academic integrity.

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: wecare.illinois.edu/resources/students/#confidential

INCLUSIVITY STATEMENT

The effectiveness of this course is dependent upon the creation of 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 allows all students equal respect and comfort. 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.

AI AND COURSEWORK

Generative AI & Academic Integrity

Policy Overview

Generative AI tools (e.g., ChatGPT, Gemini, Claude) may be used to support brainstorming, outlining, editing, and refining your work. However, University of Illinois academic integrity standards require that any AI use be disclosed, including how it was used. Undisclosed AI assistance may be considered a violation of the Academic Integrity Policy. Although very rare, students who identify and report errors generated by the course ChatBot may earn extra credit while helping improve 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.

Use Case	Status	Requirement
Idea Generation	Allowed	Use disclosure statement to list tools used for brainstorming.
Editing & Polish	Allowed	Disclose that you used AI for syntax/grammar review.
Summarizing	Allowed	You must verify the summary against the original source text. Disclose usage.
Drafting	Caution	If AI writes a significant portion of the text, you must heavily edit and critique it. Submitting raw AI text is not permitted.
Research	Risky	AI often fabricates citations. You must verify every single reference and ensure they are accurate (not a hallucination).

FSHN 120 Team Disclosure: The FSHN instructional team develops and curates all course content using its professional expertise. When appropriate instructional images, graphics, or tables are not otherwise available, we may use generative AI tools to create supplemental visuals, which are clearly disclosed within the eText. The ideas, interpretations, and educational content remain those of the instructional team. Additionally, AI-powered tools such as Grammarly may be used to improve the clarity, readability, grammar, and mechanics of materials that have already been authored by the team.