

**EUS3930/GEO3930 Health and Policy: Europeans Approach to Food
(3 credit)
Spring 2021**

Instructor

Agata Kowalewska PhD, RDN
Office: Turlington Hall, room 2326A, Gainesville 32611
Phone: 352-273-3473
Email: agatak@ufl.edu

Virtual Office Hours: Mondays and Wednesdays 11:00 am – 12:30 pm, or by appointment
Link (TBD)

This time is for you, the student. During office hours is probably the best time to talk on any topic related to the course, your academic or career plans, learn about the work of your instructor, etc. The office hours are not to examine or test you.

Course Meeting Time and Location

Classroom: Zoom and TBD
Meeting times: Thursday periods 8 and 9 (3:00 pm – 4:55 pm) and Thursday 9 period (4:05 pm – 4:55 pm) class periods

Course Description

European Union's largest manufacturing industry is food production. The region is the largest exporter of food and drink products in the world, with exports outside of the Union reaching more than 110 billion EURO.

At the same time, most of the EU agriculture is directed and supported by the Common Agricultural Policy (CAP). The CAP uses more than 60% of the overall EU budget, upward of 58 billion EURO, and supports around 10 million farms and 22 million people who regularly work in food production. In addition to CAP, there are food safety regulations, environmental regulations and since December 2019, all the activities are impacted by Europe Green Deal policies. All the factors affect food production, practices and traditions relating to methods of conserving, processing, cooking, sharing, and eating food. In Europe, the intangible cultural heritage is bound to different European regions and results in unique foodways and health outcomes for the local populations.

The course reviews agriculture-related rules and policies, and the resulting landscape of foodways and health of Europeans, on the continent and in the Union.

The course does not have pre-required courses.

Required Materials

All materials (readings) for the course will be published on Canvas.

Course Objectives

Upon completion of this course, students should be able to:

- List and summaries policies used by the European Union that apply to food and health

- List and define standard terms used in food production and marketing such as GMO, organic, protein food and protein content of food, etc.
- Discusses and critique food-based dietary guidelines of the European Union and member states.
- Summaries the primary nutrient-related health concerns of residents of the EU member states.
- Describe food customs and trends in different parts of Europe.

Student Evaluation

Each student will be able to earn up to 100 points. The assignments are marked on the Souse Schedule. Specific descriptions will be available on Canvas.

Grades are non-negotiable and will be assigned according to the following scale.

93-100%	A
90-92.9%	A-
87-89.9%	B+
83-86.9%	B
80-82.9%	B-
77-79.9%	C+
73-76.9%	C
70-72.9%	C-
67-69.9%	D+
63-66.9%	D
60-62.9%	D-
<60%	E

Grades and Grade Points

For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Absences and Make-Up Work

Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies that can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Academic Honesty

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: *"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity. "You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment."*

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/SCCR/honorcodes/honorcode.php> (Links to an external site.)Links to an external site.

Software Use

All faculty, staff, and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Service	Location	Phone/Email	Website	Services provided
University Counseling and Wellness Center	3190 Radio Road	352-392-1575	www.counseling.ufl.edu/cwc/	Counseling Services Groups and Workshops Outreach and Consultation Self-Help Library Wellness Coaching
U Matter We Care		umatter@ufl.edu	www.umatter.ufl.edu	Support for students in distress
Career Resource Center	First Floor J. Wayne Reitz Union	352-392-1601	www.crc.ufl.edu	Career development assistance and counseling

Services for Students with Disabilities

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations

within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability-related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Contact information: 0001 Reid Hall, 392-8565, www.dso.ufl.edu/drc/

Online Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Reading and Writing Center

The Reading and Writing Center is committed to helping the University of Florida students become better writers and readers. Individual assistance is provided and students of all levels and disciplines are welcome. <http://at.ufl.edu/rwcenter>. The Center is located in Broward Hall.

Comportment Policy

While you should feel free to express your ideas, slurs and epithets based on race, ethnicity, gender, sexual orientation and preference, religious practice, etc. will not be tolerated. Any disruptive, obnoxious, or disrespectful behavior may result in dismissal from the classroom and other disciplinary actions. I trust that we can all avoid such situations and create a safe classroom environment. This can be easily achieved through mutual respect for one another. Please review the Netiquette Guide for Online Courses for expected student behavior.

Privacy

Our virtual class sessions, if any, may be audio-visually recorded for students in the class to refer back. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials are prohibited.

Other Information

Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may

be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend and participate in class.

Disclaimer

Any part of this syllabus is subject to change, according to the needs and/or progression of the class. This syllabus is not exhaustive; I reserve the right to implement any reasonable methods not included in the syllabus if they serve the pedagogical purpose of the class.

Course Schedule (tentative)

	Topic	Assignments Due
Week 1 T - Jan 12 R - Jan 14	Syllabus Introductions and discussion of the semester project A cross-disciplinary and multidisciplinary approach to food and health	
Week 2 T - Jan 19 R - Jan 21	A short history of the European Union Main policies and laws that govern food production and distribution, and health	Class activity – EU states
Week 3 T - Jan 26 R - Jan 28	Common Agricultural Policy – history, introduction and impact European Green Deal	R – the Founding Fathers assignment and presentation
Week 4 T – Feb 2 R – Feb 4	EU, Food Environment and Food Composition, policy perspective	
Week 5 T – Feb 9 R – Feb 11	Nutrients of concern salt, saturated fat, trans fat, added sugar	R – draft of the semester project's outline
Week 6 T – Feb 16 R – Feb 18	Regional foods: cheeses Types, production, nutritional content, and health	
Week 7 T – Feb 23 R – Feb 25	Regional foods: meats Types, production, nutritional content, and health	R - CAP in a Member State assignment and presentation
Week 8 T – Mar R – Mar	EU, Food Environment and Food Labelling, policy perspective	
Week 9 T – Mar 2 R – Mar 4	Health claims and nutrition claims on food Understanding the food label	R – outline of the semester project and possible references, resources, guest speakers, interviews, etc.
Week 10 T – Mar 9 R – Mar 11	EU, Food Environment and Food Promotion, and Pricing, policy perspective	

Week 11 T – Mar 16 R – Mar 18	Effect of food promotion on consumption, market-based research	
Week 12 T – Mar 23 R - Mar 25	Regional trends in food customs, wild food foraging, farmer markets, phytochemicals and health	R - GMO pros and cons assignment and in-class debate
Week 13 T – Mar 30 R – Apr 1	European diets and sustainability The Traditional Nordic and the New Nordic, Mediterranean	
Week 14 T – Apr 6 R – Apr 8	Europe and Food-based dietary guidelines	
Week 15 T – Apr 13 R – Apr 15	Presentations (individual or small groups)	Semester project – country-specific analysis of food environment and health or problem-specific across EU Report and presentation
Week 16 T – Apr 20	Presentations (individual or small groups)	As above