

A Quick Intro to Canvas

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➤ Currently teach:

- ENVH 111: Environmental & Health Connections (Spring)
- ENVH 441/541: Food Protection (Autumn)
- ENVH 442: Zoonotic Diseases & Their Control (Spring)
- ENVH 473/584: Environmental Health Policy & Practice (Winter)

➤ Former Food Safety Specialist at the Washington State Dept. of Health

➤ Former EHS at Thurston County Public Health & Social Services

Cristen Harris

Teaching Professor in NSP, EPI

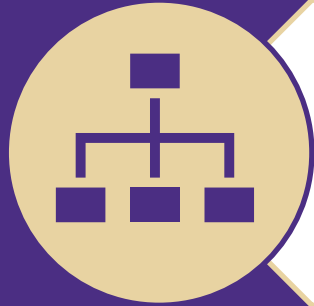
> **Currently teach:**

- NUTR 200: Nutrition for Today (AU)
- NUTR 310: Life Course Nutrition (SP)
- NUTR 405: Physical Activity in Health and Disease (AU)
- NUTR 415/515: Body Weight and Size Inclusivity (WI)
- NUTR 526: Maternal and Pediatric Nutrition (SP)
- NUTR 536: Nutrition Education (WI)

> **Practicing RDN x 31 years**



Topic Areas



1. Structuring Your Canvas Course using Modules



2. Creating Canvas Checklists and Announcements



3. Uploading Recordings and Embedding on Pages

1. Structing your Canvas course

ENVH 441/541-Food Protection Example

3-4 credits – TTh Lecture – 60 students – Flipped Classroom

WEEK	DATE	SUBJECT	TO READ & VIEW	TO COMPLETE & SUBMIT
1	9/28	Course Introduction	<ul style="list-style-type: none"> Read Course Syllabus 	<ul style="list-style-type: none"> Quick-Write: Who Are You? Quiz: Syllabus Quiz
2	10/3	2.1 Introduction to Food Protection	<ul style="list-style-type: none"> Read The Hands That Feed You - Ch.1 Introduction View Food Safety 101 Video 	<ul style="list-style-type: none"> Learning Group Activity: Food Risk in Cascadia Quick-Write: Food Safety a Shared Responsibility?
	10/5	2.2 Environmental Justice & Risk Assessment	<ul style="list-style-type: none"> Read The Injustice of Risk Avoidance View Food Toxicology - Bioaccumulation Video 	<ul style="list-style-type: none"> Learning Group Activity: Tribes Caught in a Food Safety Dilemma Case Study Quiz: Food Safety & Risk Assessment
3	10/10	3.1 Food Production Field Trip – UW Farm <i>[Douglas Classroom CUH confirmation # 22125]</i>	<ul style="list-style-type: none"> Read From Farm to Fork: The Beginning View The UMF 	<ul style="list-style-type: none"> Quick-Write: Field Trip Reflection
	10/12	3.2 Produce Safety Guest Lecture: Connie Fisk <i>[confirmed 7/13 – parking pass needed]</i>	<ul style="list-style-type: none"> Read Management of Food Safety: Farm to Fork View Romaine 	<ul style="list-style-type: none"> Learning Group Activity: Soil Amendments & Production Quick-Write: Guest Lecture Reflection
4	10/17	Regulatory Framework	<ul style="list-style-type: none"> Read The Hands That Feed You – Ch.2 History of Food Legislation View Protecting the Food Supply- Federal Partners Video 	<ul style="list-style-type: none"> Learning Group Activity: The Melamine Scandal Quick-Write: Regulatory Framework Complexity
		International Food Safety & Starbucks	<ul style="list-style-type: none"> Read The Retail Food Code 	<ul style="list-style-type: none"> Learning Group Activity: Pathogen Research

Schedule Guest Lectures & Field Trips First

1. Structing your Canvas course

ENVH 441/541-Food Protection Example

3-4 credits – TTh Lecture – 60 students – Flipped Classroom

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3	10/10	3.1 Food Production Field Trip – UW Farm <i>[Douglas Classroom CUH confirmation # 22125]</i>	<ul style="list-style-type: none"> Read From Farm to Fork - Farming, The Beginning of the Food Chain View The UW Farm Video 	<ul style="list-style-type: none"> Quick-Write: F...
	10/12	3.2 Produce Safety Guest Lecture: Connie Fisk <i>[confirmed 7/13 – parking pass needed]</i>	<ul style="list-style-type: none"> Read Strategies for the Safety Management of Fresh Produce from Farm to Fork View Romaine Recalls Video 	<ul style="list-style-type: none"> Quick-Write: G... Quiz: Food Pro...
4	10/17	Regulatory Framework	<ul style="list-style-type: none"> Read The Hands That Feed You – Ch.2 History of Food Legislation View Protecting the Food Supply- Federal Partners Video 	<ul style="list-style-type: none"> Learning Group Activity: The Melamine Scandal Quick-Write: Regulatory Framework Complexity
		International Food Safety & Starbucks	<ul style="list-style-type: none"> Read The Retail Food Code 	<ul style="list-style-type: none"> Learning Group Activity: Pathogen Research

Determine Materials for Students to Read/View Before Class

1. Structuring your Canvas course

ENVH 441/541-Food Protection Example

3-4 credits – TTh Lecture – 60 students – Flipped Classroom

WEEK	DATE	SUBJECT	TO READ & VIEW	TO COMPLETE & SUBMIT
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4	10/17	Regulatory Framework	<ul style="list-style-type: none"> Read The Hands That Feed You – Ch.2 History of Food Legislation View Protecting the Food Supply- Federal Partners Video 	<ul style="list-style-type: none"> Learning Group Activity: The Metamirne Scandal Quick-Write: Regulatory Framework Complexity
		International Food Safety & Starbucks	<ul style="list-style-type: none"> Read The Retail Food Code 	<ul style="list-style-type: none"> Learning Group Activity: Pathogen Research

Develop Assessments

1. Structing your Canvas course

ENVH 441/541-Food Protection Example

Populate Weekly Modules with Headers

The screenshot displays a Canvas course interface for 'Week 3: Food Safety on the Farm [10/10 & 10/12]'. The module is organized into two main sections: 'To Read/View:' and 'To Complete/Submit:'. Each section contains several items with associated dates and point values. All items have a green checkmark icon on the right, indicating they are complete or available.

Item	Date	Points	Status
To Read/View:			
3.1 Food Production	Oct 10		✓
3.2 Produce Safety	Oct 12		✓
To Complete/Submit:			
Quick-Write - Field Trip Reflection	Oct 10	3 pts	✓
LGA - Soil Amendments & Food Safety Risks	Oct 12	10 pts	✓
Guest Lecture Summary - Connie with WSDA	Oct 15	5 pts	✓
Weekly Quiz - Food Production	Oct 15	10 pts	✓

1. Structing your Canvas course

ENVH 441/541-Food Protection Example

Create Daily Canvas Pages – before, during & after class headers


3.2 Produce Safety [▲]

To-Do Date: Oct 12 at 3:30pm

Before Class:

Assign a “due date” for the Canvas page to appear on the Student Calendar

According to estimates by the CDC, produce has been responsible for approximately 46% of foodborne illnesses, 38% of hospitalizations, and 23% of deaths. The FSMA Produce Safety Rule is federal food safety legislation for fruit and vegetable farms that went into effect on January 26, 2016. This rule sets federal **regulatory** standards for the production, harvest, and handling of fruits and vegetables in an effort to prevent microbial contamination and reduce foodborne illnesses ([with a few exceptions listed here](#) ↗).

Food grains, such as barley, corn, oats, rice, rye, wheat, quinoa, and oilseeds, that are primarily grown to be processed into flour, baked foods, cereals, and oils, are not considered produce, and therefore they are not covered by the Produce Safety Rule. Also, Produce considered “rarely consumed raw” by the FDA is not covered by the Produce Safety Rule. The FDA has determined that items in the following list are commonly cooked  before being eaten, and therefore go through a “kill-step” that reduces the risk of microbial contamination.

- Asparagus
- Beans: kidney, lima, navy, pinto, black, and great northern
- Beets (roots and tops)
- Dates
- Dill (seeds and weed)
- Eggplants
- Figs
- Pecans
- Peppermint
- Potatoes
- Pumpkins



Produce Safety

1. Structing your Canvas course

ENVH 441/541-Food Protection Example

Before class materials – select one reading and one video

Reading: Strategies for the Safety Management of Fresh Produce from Farm to Fork

We will learn more about how the Produce Safety Rule is being implemented in Washington State when we hear from the WSDA Produce Safety Program. Before then, please read the journal article below. It is eight pages long and describes the strategies employed to ensure foods are safe, including good agricultural practices (GAPs) and good hygiene practices (GHPs).

[🔗 Strategies for the Safety Management of Fresh Produce from Farm to Fork](#) ↓

Citation: Julien-Javaux, F., Gérard, C., Campagnoli, M., & Zuber, S. (2019). Strategies for the safety management of fresh produce from farm to fork. *Current Opinion in Food Science*, 27, 145–152. <https://doi.org/10.1016/j.cofs.2019.01.004>

Video: Romaine Recalls - Why our salads can make us sick

Watch the short (less than 13 minutes) YouTube video from *CBC News*, Canada's National public news and information service. It investigates recent romaine lettuce recalls to understand why *E. coli* outbreaks continue to plague the food supply.



1. Structing your Canvas course

ENVH 441/541-Food Protection Example

During class materials – learning group activities

During Class:

During class, we will learn about food safety principles of prevention with a focus on produce safety. We will be joined by Connie Fisk, the Produce Safety Program Manager at the Washington State Department of Agriculture (WSDA). She will discuss her role at WSDA, some challenges associated with produce safety, and her career path in the world of food safety. Please arrive on time. The presentation slides and recording for the in-class lecture will be posted below after class:



Learning Group Activity

Before class, you learned about produce safety. To reinforce this concept, complete the learning group activity below. Be prepared to discuss your answers with the rest of the class.

[LGA: Food Safety Risk & Soil](#)

**This is where the in-class PPT/PDF
slides and Panopto recording are
embedded after class**



1. Structing your Canvas course

ENVH 441/541-Food Protection Example

After class materials – quick-writes and weekly quizzes

After Class:



Quick-Write

Reflect on the guest lecture today and answer the quick-write questions in the assignment below.

[Guest Lecture Summary - Connie with WSDA](#)



Weekly Quiz

Review the weekly lectures, Canvas pages, and in-class activities. Before the end of the week, complete the questions in the quiz below. Don't forget, from the time you begin you'll have 60 minutes to complete the quiz.

[Weekly Quiz - Food Production](#)

This page has been designed using images from Flaticon.com



1. Structuring your Canvas course

NUTR 200 *Nutrition for Today* Example

4 credits – MWF Lecture – 720 students – weekly Quiz sections

COURSE SESSION SCHEDULE

Wk.	Day	Date	Lecture Topic	Textbook		Quiz/Discussion Section and Assignment Topics*	Quizzes, Exams, and Reminders*
				Unit	PDF Pgs.		
1	W	9/27	1. Introduction and overview			Wk1: No Quiz Sections	Access Textbook
	F	9/29	2. Nutrition science and literacy	2	69-105		
2	M	10/02	3. Nutrition and health	1	9-31	17-39	Wk2: Intro/Food Choices
	W	10/04	4. Dietary reference intakes	1	32-39	40-47	
3	F	10/06	5. Tools for food selection	1	40-65		Units 1 & 2 Quiz
	M	10/09	6. Molecules of life and metabolism	2	109-134		
4	W	10/11	7. Digestive system				Exam Review (Zoom) Exam 1 (Units 1-3)
	F	10/13	EXAM #1 ONLINE CANVAS				
5	M	10/16	8. Carbohydrates 1 (includes Fiber)	2	151-166, 186-195		Unit 4 Quiz
	W	10/18	9. Carbohydrates 2 (includes Sugars)	4	167-179, 196-206		
6	F	10/20	10. Carbohydrates 3 (Diabetes, Sugar subs)	4	179-185, 207-212	187-195, 213-220	Unit 5 Quiz
	M	10/23	11. Lipids 1	5	215-240	223-248	
7	W	10/25	12. Lipids 2	5	241-254	249-262	Unit 6 Quiz
	F	10/27	13. Lipids 3 (Heart health)	5	255-260	263-268	
8	M	10/30	14. Proteins 1	6	263-287	271-295	Exam Review (Zoom) Unit 6 Quiz
	W	11/01	15. Proteins 2	6	288-297	296-305	
9	F	11/03	16. Proteins 3 and Food safety	6	298-308	306-316	Wk7: Supplements Exam 2 (Units 4-6)
	M	11/06	EXAM #2 ONLINE CANVAS				
10	W	11/08	17. Vitamins & minerals overview	8	383-403	401-411	HOLIDAY – NO CLASS
	F	11/10					

1. Arrange content around holidays and set exam dates.

1. Structuring your Canvas course

NUTR 200 *Nutrition for Today* Example

4 credits – MWF Lecture – 720 students – weekly Quiz sections

COURSE SESSION SCHEDULE

Wk.	Day	Date	Lecture Topic (In person unless otherwise indicated)	Textbook			Quiz/Discussion Section and Assignment Topics*	Quizzes, Exams, and Reminders*
				Unit	PDF Pgs.	Digital Pgs.		
1	W	9/27	1. Introduction and overview				Wk1: No Quiz Sections	<i>Access Textbook</i>
	F	9/29	2. Nutrition science and literacy	2	69-105	77-113		
2	M	10/02	3. Nutrition and health	1	9-31	17-39	Wk2: Intro/Food Choices	
	W	10/04	4. Dietary reference intakes	1	32-39	40-47		
3	F	10/06	5. Tools for food selection	1	40-65	48-73	Wk3: Nutrition Claims	Units 1 & 2 Quiz
	M	10/09	6. Molecules of life and metabolism	3	109-134	117-142		
	W	10/11	7. Digestive system	3	135-141	143-149		
4	F	10/13	EXAM #1 ONLINE CANVAS				Wk4: MyPlate Analysis	Exam Review (Zoom)
	M	10/16	8. Carbohydrates 1 (includes Fiber)					Exam 1 (Units 1-3)
	W	10/18	9. Carbohydrates 2 (includes Sugars)					
	F	10/20	10. Carbohydrates 3 (Diabetes, Sugar st)					Unit 4 Quiz
5	M	10/23	11. Lipids 1				Wk5: Lipids	
	W	10/25	12. Lipids 2					
	F	10/27	13. Lipids 3 (Heart health)					Unit 5 Quiz
6	M	10/30	14. Proteins 1	6	263-287	271-295	Wk6: Dietary Patterns	
	W	11/01	15. Proteins 2	6	288-297	296-305		Exam Review (Zoom)
	F	11/03	16. Proteins 3 and Food safety	6	298-308	306-316		Unit 6 Quiz
7	M	11/06	EXAM #2 ONLINE CANVAS				Wk7: Supplements	Exam 2 (Units 4-6)
	W	11/08	17. Vitamins & minerals overview	8	383-403	401-411		
	F	11/10	HOLIDAY – NO CLASS					

2. Schedule due dates of assessments and assignments

Units 1 & 2 Quiz
Exam Review (Zoom)
Exam 1 (Units 1-3)
Unit 4 Quiz
Unit 5 Quiz
Exam Review (Zoom)
Unit 6 Quiz
Exam 2 (Units 4-6)

1. Structuring your Canvas course

NUTR 200 *Nutrition for Today* Example

Organize weekly Modules with an overview Page & deliverables

The screenshot shows the Canvas interface for a course in Autumn 2023. The left sidebar contains navigation options: Home, Modules, Syllabus, Announcements, Discussions, Courses, Groups, Calendar, and Inbox. The main content area displays a weekly module structure. The first module is 'Week 1: Starting Sept 27th', which includes a sub-module 'Week 1 Overview: Course Intro and Nutrition Literacy' dated Sep 27. A callout box with a purple border and yellow background points to the 'Week 1 Overview' item, stating: 'A "due date" for this Canvas page was created (Edit Page) so it shows up in the Student Calendar'. A second callout box below it repeats the same information. The interface also shows 'Complete All Items' buttons and status indicators (checkmarks) for various items.

Week 2 Overview: Nutrition and Health

To-Do Date: Oct 2 at 12:30pm

This "To-Do" date appears in the Student Calendar

Learning Objectives: Nutrition and Health (U

- Define nutrition, food, and nutrients, and describe how nutrition is related to health, including risk of chronic disease.
- Describe the different factors that impact food choices.
- Explain the basic structure of molecules and that all nutrients are also chemical molecules.
- Describe the 6 types of nutrients and the various ways they are classified.
- Explain how Dietary Reference Intakes (DRI) are determined, what each type of DRI value means, and how they are used.
- Use the information in a Nutrition Facts label to understand the nutritional qualities of a food.


Textbook Readings

- **PDF:** [Nutrition Science and Everyday Application, v.2.0](#) ↓
- **Digital:** [Nutrition Science and Everyday Application, v.2.0](#) ↗
- **Unit 1:** pages 9-65 (pdf) and pages 17-73 (digital)

Class Topics









- **Mon:** Nutrition and Health
- **Wed:** Dietary Reference Intakes
- **Fri:** Tools for Food Selection

Graded Learning Activities/Deliverables

- [Units 1 & 2 Quiz](#)
-  [Week 2 Quiz/Discussion Section Assignment](#)

Helpful Resources

- [Unit 1 Guided notes \(pdf\)](#) ↓
- [Unit 1 Guided Notes \(docx\)](#) ↓
- [DRI Calculator for Healthcare Professionals](#) ↗
- [USDA MyPlate Plan Widget](#) ↗

- Modules
- Syllabus
- Announcements 
- Discussions
- Panopto Recordings
- People
- Grades
- Zoom
- Recording Scheduler
- UW Libraries
- UW Resources
- Rubrics
- Files 
- Assignments 
- Quizzes 
- Pages 
- BigBlueButton 
- Outcomes 
- Collaborations 
- Poll Everywhere
- Settings

2. Creating Checklists

NUTR 200 *Nutrition for Today* Example

Create Checklists by adding Prerequisites and/or Requirements

The screenshot displays the Canvas LMS interface for a course. The left sidebar contains navigation options: Home, Modules, Syllabus, Announcements, Discussions, Panopto Recordings, People, Grades, Zoom, Recording Scheduler, UW Libraries, and UW Resources. The main content area shows a checklist for 'Autumn 2023' with the following items:

- Week 1: Starting Sept 27th (Complete All Items)
- Week 1 Overview: Course Intro and Nutrition Literacy (Sep 27 | View)
- Week 2 Overview: Nutrition and Health (Oct 2 | View)
- Units 1 & 2 Quiz (Oct 7 | 5 pts | Submit)
- Week 2 Quiz: Discussion Section Assignment (Published)

Three callout boxes with arrows point to specific items:

- A box labeled 'Requirement to View the item' points to the 'View' link of the Week 1 Overview.
- A box labeled 'Requirement to Submit the assignment' points to the 'Submit' link of the Units 1 & 2 Quiz.
- A box labeled 'A "Requirement" has been added to Complete All Items in the Module' points to the 'Complete All Items' button for the Week 2 Overview.

2. Creating Checklists

NUTR 200 *Nutrition for Today* Example

Instructor View:

Week 2: Starting Oct 2nd Complete All Items + ⋮

- Week 2 Overview: Nutrition and Health**
Oct 2 | View ✓ ⋮
- Units 1 & 2 Quiz**
Oct 7 | 5 pts | Submit ✓ ⋮
- Week 2 Quiz/Discussion Section Assignment**
10 pts | Submit ✓ ⋮

Student View:

Week 2: Starting Oct 2nd Complete All Items

- Week 2 Overview: Nutrition and Health**
Oct 2 | View
- Units 1 & 2 Quiz**
Oct 7 | 5 pts | Submit
- Week 2 Quiz/Discussion Section Assignment**
10 pts | Submit

2. Creating Checklists

NUTR 200 *Nutrition for Today* Example

Create Checklists by adding Prerequisites and/or Requirements

The screenshot displays the Canvas LMS interface for a course. On the left is a navigation sidebar with icons for Home, Modules, Syllabus, Announcements, Discussions, Panopto Recordings, People, Grades, Zoom, Recording Scheduler, UW Libraries, UW Resources, Rubrics, Files, and Assignments. The main content area shows a list of course modules for Autumn 2023. The first module is 'Week 1: Starting Sept 27th', which includes 'Week 1 Overview: Course Intro and Nutrition Literacy'. The second module is 'Week 2: Starting Oct 2nd', which includes 'Week 2 Overview: Nutrition and Health', 'Units 1 & 2 Quiz', and 'Week 2 Quiz/Discussion Section Assignment'. The third module is 'Week 3: Starting Oct 9th'. A callout box with a yellow background and a purple border contains the following instructions: '1. Click on 3 dots' and '2. Click Edit'. A large yellow arrow points from the callout box to the three-dot menu icon in the top right corner of the 'Week 2' module header. This menu is open, showing options such as 'Edit', 'Move Contents...', 'Move Module...', 'Delete', 'Send To...', 'Copy To...', 'Share to Commons', 'Commons Favorites', and 'FeedbackFruits'. The 'Edit' option is highlighted in blue.

Autumn 2023

Home

Modules

Syllabus

Announcements

Discussions

Panopto Recordings

People

Grades

Zoom

Recording Scheduler

UW Libraries

UW Resources

Rubrics

Files

Assignments

Week 1: Starting Sept 27th

Complete All Items

Week 1 Overview: Course Intro and Nutrition Literacy

Sep 27 | View

Week 2: Starting Oct 2nd

Complete All Items

Week 2 Overview: Nutrition and Health

Oct 2 | View

Units 1 & 2 Quiz

Oct 7 | 5 pts | Submit

Week 2 Quiz/Discussion Section Assignment

10 pts | Submit

Week 3: Starting Oct 9th

Complete All Items

1. Click on 3 dots

2. Click Edit

Edit

Move Contents...

Move Module...

Delete

Send To...

Copy To...

Share to Commons

Commons Favorites

FeedbackFruits

2. Creating Checklists

NUTR 200 *Nutrition for Today* Example

Create Checklists by adding Prerequisites and/or Requirements

Lock until a specific date

Add Prerequisites

Add Requirements

Options depend
on the item

The screenshot shows the 'Edit Module Settings' dialog box with the following content:

- Header: Edit Module Settings [Close]
- Text input: Week 2: Starting Oct 2nd
- Checkbox: Lock until
- Section: Prerequisites
 - + Add prerequisite
- Section: Requirements
 - Students must complete all of these requirements
 - Students must move through requirements in sequential order
 - Student must complete one of these requirements
- Item 1: Week 2 Overview: Nu [dropdown] view the item [dropdown] [Close]
- Item 2: Units 1 & 2 Quiz [dropdown] submit the assignment [dropdown] [Close]
- Item 3: Week 2 Quiz/Discussi [dropdown] submit the assignment [dropdown] [Close]

Buttons: Cancel, Update Module

2. Posting Announcements

Keep students apprised on important course information using Canvas Announcements:

- > **Weekly Reminders of Required Material**
- > **Reminders about Assessments Coming Due**
- > **Emergency Updates**

Note - course must be published for students to receive e-mail notifications





Thank you for enrolling in ENVH 441/541 - Food Protection! I am your instructor and am looking forward to meeting you. Attached is the course syllabus that has some information that may be of interest to you. Specifically, there is not a required textbook for the 3-credit version of the course. All required readings will be posted through Canvas, so you do not need to purchase a textbook. Students enrolled in the 4-credit version of the course will use the [National Environmental Health Association \(NEHA\)](#) for the Certified Food Protection Manager (CFPM) Exam. If you are interested in switching your certification, please email me at ehovis@uw.edu.

Make sure students setup Canvas notification settings

BEFORE COMING TO THE FIRST DAY OF CLASS

1. Check out the [Getting Started: Welcome & Course Resources](#) module and the course [syllabus](#)
2. Setup your Poll Everywhere account & login - For this course, I will be using Poll Everywhere in class on a regular basis. I encourage you to set up your account and log in before coming to the first day of class. Here is a [helpful guide](#) on how to set up your Poll Everywhere account.
3. Review your Canvas notifications settings - For this course, I will send emails and notifications through Canvas. You can configure Canvas to ensure these emails go to your UW email inbox. You can also choose to get various other notifications if you'd like. Here is a [helpful guide](#) on accessing and changing your Canvas notification settings.

Please let me know if you have any questions or concerns.

Cheers,

Emily

Poll Everywhere Example – ENVH 441/541 from Autumn 2022

🌐 When poll is active, respond at pollev.com/emilyhovis529

📱 Text **EMILYHOVIS529** to **22333** once to join

W What day of the week would be best to receive weekly reminders through Canvas?

Sunday
Monday
Tuesday
Wednesday
Thursday



Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app



Weekly Announcement Example – ENVH 441/541 from Autumn 2022



Week Three Update

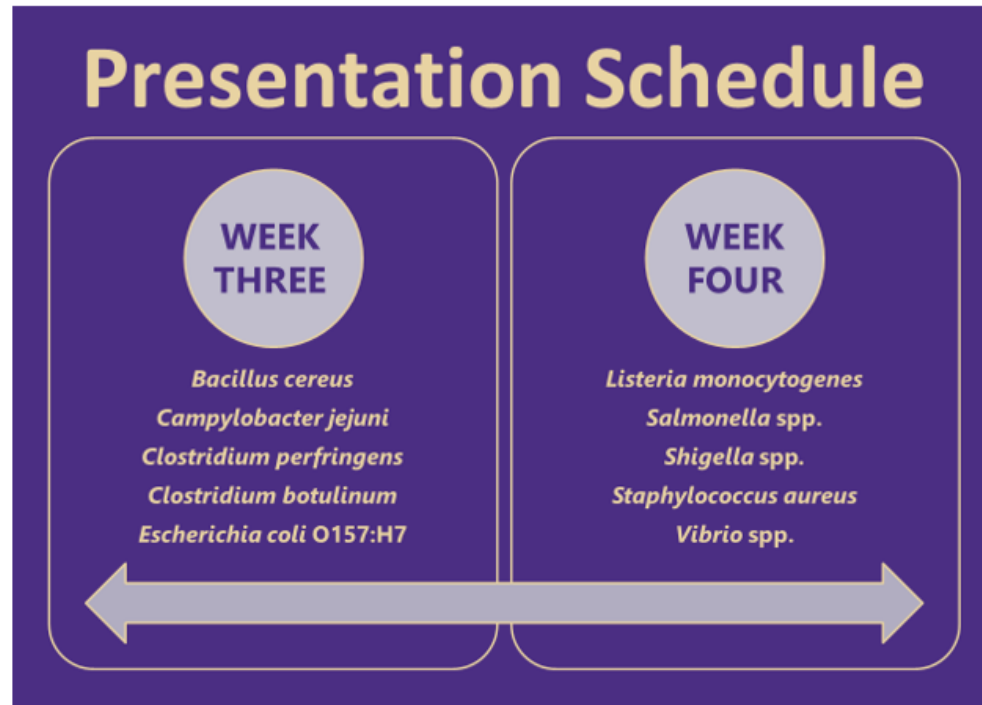
Emily Hovis

All Sections

Oct 9, 2022 at 8am

Good Morning Food Protection Students,

To prepare for class this week, be sure to review the [Overview & Preparation for Class on October 14th](#) page that lists all the required readings and assignments/quizzes. **Don't forget** that your [Guest Lecture Summary - Adam with Starbucks](#) is due tonight. Also, your [Pathogen Project #2 - Collaborative Presentation](#) should be submitted to Canvas on Thursday night. This will allow Izzy to compile presentations into our PPT before coming to class on Friday. If you have a conflict or are unable to come to class when you are assigned to present (see schedule below) please communicate with your group and then email Izzy. We may be able to move your presentation to a different week.



Please let us know if you have any questions,

Cheers,

Emily & Izzy

Emergency Announcement Example – ENVH 441/541 from Autumn 2022



Hybrid Class Today

Isabel Raisa Nerenberg

All Sections

Dec 2, 2022 at 8:44am

Hello everyone,

Some of you may have noticed that there is quite a bit of snow today. This being said both Professor Hovis and our guest lecturer will not attend class in person. I will be in class today and will attempt to get everything set up and recorded over Zoom. With that said, if you live off campus and are unsure if it is safe to drive (there have been black ice warnings), please feel free to attend class virtually at the Zoom link listed in this announcement. For those who can make it to class, I look forward to seeing you there.

Isabel Raisa Nerenberg is inviting you to a scheduled Zoom meeting.

Topic: ENVH 441 Class Meeting

Time: Dec 2, 2022 12:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://washington.zoom.us/j/92997971848>

Meeting ID: 929 9797 1848



2. Posting Announcements

NUTR 200 *Nutrition for Today* Example

Week 2 Winter Qtr

- > Assignments
- > Readings
- > Resources
- > Lecture Topics
- > Discussions

Use “delay posting” to schedule ahead of time.

Hello all!

Congrats on finishing up the first week of Winter Quarter. We hope that everything is off to a good start.

Below are a few reminders about what to expect in Week 2.

Assignments

- [Week 1&2 Content Quiz](#) opens 1/9 and is **due on 1/14 at 11:59 PM**. Content quizzes cover the readings, lectures, and learning activities led by Dr. Harris.
 - A good way to prepare for the quiz is with the guided notes that are provided for each unit (found in the corresponding week's module):
 - [Week 1 Module](#): use [Unit 2 Guided Notes](#) ↓
 - [Week 2 Module](#): use [Unit 1 Guided Notes](#) ↓
- **Week 2 Quiz Section assignment** opens at the beginning of your assigned quiz section and closes at the end of your quiz section period. **The assignment is meant to be completed in class.**

Reading

- Access the freely available textbook, [Nutrition: Science and Everyday Application v.2.0](#), and read **Unit 1, pages 9-65** (see page breakdown by day under "Lecture Topics")

Lecture Topics

Lecture topics, dates, and their associated readings are found in the [course syllabus](#). ↓

- 1/09 – Nutrition & Health
 - Read textbook, pages 9-31 (printed)/17-39 (digital)
- 1/11 – Dietary Reference Intakes
 - Read textbook pages 32-39 (printed)/40-47 (digital)
- 1/13 - Tools for a Health Diet
 - Read textbook pages 40-65 (printed)/48-73 (digital)

Discussion/"Quiz" Sections

- Topic: Introduction and Food Choices (no pre-reading)
- To-Do:
 - Please bring a device with you to your quiz section as you will need it to complete the in-class assignment.
 - Determine which Discussion/Quiz section you are enrolled in (found in your course registration).
- Quiz section attendance:
 - If you need to miss quiz section for any reason, there is no need to contact your TA. Zoom recordings of the quiz section will be sent out after the quiz section, and you can complete the assignment asynchronously for a late penalty. See [discussion section syllabus](#) ↓ for more information.

Have a great weekend!

-Nutr 200 Teaching Team

3. Uploading Recordings to Canvas

Features of Panopto to record video content



> Automation

- Lecture capture in large rooms (Recording Scheduler)
- Panopto Zoom integration (set up)

> Editing

> Viewing

> Retention

> Security



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

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Be mindful of the
microphone!

3. Uploading Recordings

> **Embed Panopto recordings to Canvas pages**

- Used for in-class lecture recordings that are uploaded to the weekly module Canvas pages.
- When a Canvas course is copied for a future quarter, the Panopto file will NOT copy over with the course!
- This works out well when you plan to re-record the in-class lectures

> **Upload an MP4 to Canvas pages for ease of longevity**

- Used for recordings that you record once and use year after year. I call these “mini-lectures.”
- When a Canvas course is copied for a future quarter, the MP4 file will copy over with the course!

Uploaded MP4 vs. Embedded Recording

Edit View Insert Format Tools Table

12pt Paragraph B I U A T² [Link] [Image] [Table] [List] [Text] [Quote] [Code] [Link] [Table] [Image] [Table] [List] [Text] [Quote] [Code]

Chemicals have long been known to cause illness and death. Early hunters and gatherers were aware of poisonous plants and animals, with some devising methods to intentionally remove the toxic element. Ingestion of chemicals through food and drink is the most common route of chemical exposure for most populations. More species of toxic fish, animals, and plants have caused sickness and death to humans throughout time than can be discussed in this class. Most societies have learned to recognize those in their immediate environment and teach their children to avoid them. Only those which occur widely and may be accidentally used or mistaken for food in North America will be discussed here. Note: the toxins attributed to shellfish and finfish are statistically classed as chemically-caused (not bacterial) foodborne illnesses.

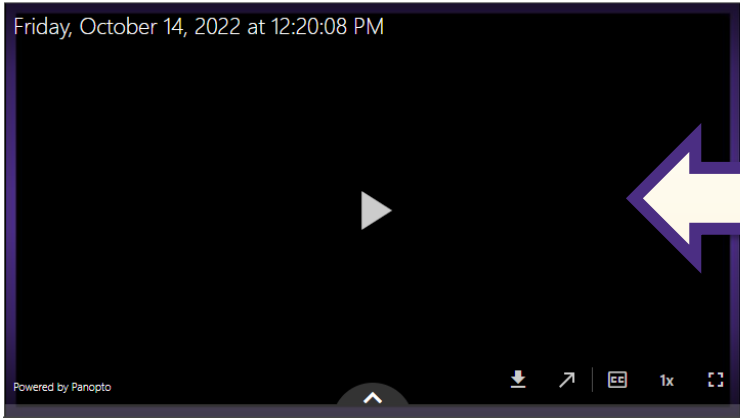
The short (less than 22 minutes) video below provides an overview of hazards in food with a particular emphasis on chemicals, allergens, and toxins that may cause foodborne illness. We will learn more about biological hazards and infections later this week!



**Uploaded MP4
File Recording
of Mini-Lecture**

During Class:

The presentation slides and recording for the in-class lecture will be posted below after class:



**Embedded
Panopto
Recording of
In-Class Lecture**

UPLOADING AN MP4 FILE - Record on Panopto, then download MP4

SHARE → OUTPUTS → DOWNLOAD PODCAST

The screenshot displays the Panopto interface for a recording titled "Mini-Lecture: Hazards in Food". On the left, a "Contents" table lists various sections with their durations:

Contents	Duration
PHYSICAL HAZARDS	0:09
Naturally Occurring Physical Hazards	0:57
Accidental Physical Hazards	1:33
BIOLOGICAL HAZARDS	2:03
SYMPTOMS OF FOODBORNE ILLNESS	2:18
Anyone can get a foodborne illness...	3:42
Chemicals	4:51
Allergens	6:18
Major	6:48
Toxins	7:36
Foodborne Illness Classification	7:54
Bacterial Toxins	8:48
Paralytic Shellfish Poisoning (PSP)	13:51
Finfish Toxins	17:09
Ciguatera Poisoning	17:33

The main interface shows the "Outputs" menu highlighted, with a callout box stating "2. Click 'OUTPUTS'". Below the menu, the "Video Podcast" section is visible, with a callout box stating "3. Click 'Download Podcast'". The "Audio Podcast" section is also visible, with a callout box stating "1. Click 'SHARE'" pointing to the "Share" option in the top right corner of the interface.

Callout boxes and arrows indicate the following steps:

1. Click "SHARE"
2. Click "OUTPUTS"
3. Click "Download Podcast"

UPLOADING AN MP4 FILE – Upload MP4 to Canvas Page

INSERT → MEDIA → UPLOAD/RECORD MEDIA

The screenshot shows the Canvas LMS interface with the 'INSERT' menu open. Three callout boxes with arrows point to the following steps:

1. Click "INSERT"
2. Click "MEDIA"
3. Click "UPLOAD/RECORD MEDIA"

The background content includes a table of contents for a chapter on food safety hazards:

• Biological	al, viral, and parasitic microorganisms. We will spend most of this week exploring biological hazards.
• Chemical	ly occurring or may be added during the processing of food. High levels of toxic chemicals may cause acute cases of foodborne illness and chronic illn
• Physical	foreign objects in food that can cause illness and injury. These physical hazards can result from contamination or poor procedures at many points on t

For a quick hazards, view the [Food Hazards Chart](#) fr [State Food Safety Food Hazards Chart](#)

Reading: Food Safety for the 21st Century - Foodborne Hazards and Their Control

To further explore food safety hazards, please read the chapter below from the textbook *Food Safety for the 21st Century*. It is twenty-three pages long (I know that sounds long but there the text is actually quite a bit shorter) and provides an overview of food safety hazards and foodborne diseases.

[Recognizing Food Safety Hazards](#)

Citation: Sperber, W. H., & Mortimore, S. (2011). *Food safety for the 21st century: managing HACCP and food safety throughout the global supply chain*. Blackwell Pub. [h](#)

Mini-Lecture Video: Chemical and Physical Hazards

Chemicals have long been known to cause illness and death. Early hunters and gatherers were aware of poisonous plants and animals, with some devising methods to intentionally remove common route of chemical exposure for most populations. More species of toxic fish, animals, and plants have caused sickness and death to humans throughout time than can be discussed in this environment and teach their children to avoid them. Only those which occur widely and may be accidentally used or mistaken for food in North America will be discussed here. Note: th

UPLOADING AN MP4 FILE – Upload MP4 to Canvas Page

Find your downloaded file and upload to Canvas

The screenshot displays the Canvas LMS interface. On the left is a navigation sidebar with items like Home, Syllabus, Modules, Announcements, Assignments, Collaborations, Grades, People, Zoom, Panopto Recordings, UW Resources, Add 4.0 Grade Scale, Ally Course, Accessibility Report, BigBlueButton, Discussions, Files, Pages, and Quizzes. The main content area shows a page titled '5.1 Food Safety Hazards & Risks'. A 'Before Class:' section is visible with introductory text and a bulleted list of hazard types: Biological, Chemical, and Physical. Overlaid on this is the 'Upload Media' dialog box. The dialog has two tabs: 'Computer' (selected) and 'Record'. It features a video player with a thumbnail showing a molecular structure and the text 'HAZARDS IN FOOD'. The video player controls show a play button, a progress bar at 0:00, a total duration of 21:23, a volume icon, and a 1x speed setting. Below the video player, the 'File name' field contains the text 'Mini-Lecture_ Hazards in Food.mp4'. A trash icon is located in the top right corner of the dialog.

EMBEDDING A RECORDING - Record on Panopto, then Copy Code

SHARE → SHARE → COPY EMBED CODE

The screenshot displays the Panopto interface for a video recording titled "Friday, October 14, 2022 at 12:20:08 PM". The left sidebar shows a table of contents with items like "Class Announcements", "Today's Objectives", "Today's Schedule", "BIOLOGICAL HAZARDS", "CHEMICAL HAZARDS", "PHYSICAL HAZARDS", "What's the difference?", "Toxic or infectious dose describes the number of...", "Onset of illness is the elapsed time between the...", "Vomiting Nausea", "Diarrhea Abdominal cramps", "Anyone can get foodborne illness...", "Foodborne Outbreaks", "Intoxication vs. Infection", "CHEMICALS", "ALLERGENS", "TOXINS", and "Foodborne Illness Classification".

The main content area shows the "Share" button highlighted with a purple arrow and a callout box that says "2. Click 'SHARE'". Below the "Share" button, there are options to "Add people and groups" and a list of users: "Autumn 2022 - ENV H 441 A Au 22: Food Protection::Cr..." (Creator) and "Autumn 2022 - ENV H 441 A Au 22: Food Protection::Vi..." (Viewer).

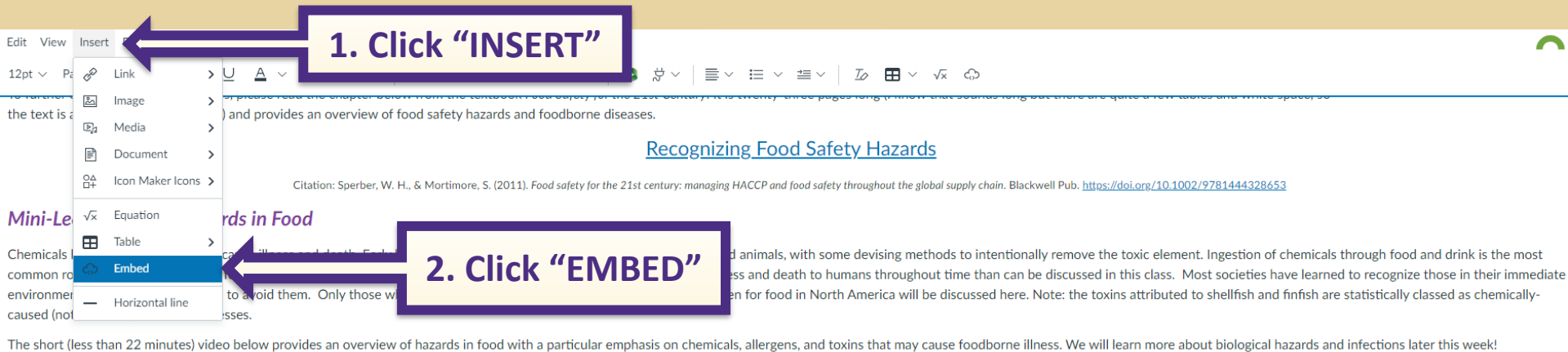
Below the user list, there is a section titled "Who can access this video" with a lock icon and the text "Only specific people and groups [Change](#)". There are two icons: "Link" and "Embed", with "Embed" selected. Below these are checkboxes for "Autoplay" (unchecked) and "Enable 'Watch in Panopto'" (checked), and "Show Captions" (unchecked).

At the bottom, there are settings for "Aspect Ratio" (16:9), "Width (px)" (720), "Height (px)" (405), "Start at" (0:42), and "Interactions" (All). A "Copy Embed Code" button is visible, with a purple arrow pointing to it and a callout box that says "3. Click 'Copy Embed Code'".

On the right side of the video player, there is a callout box with an upward-pointing arrow and the text "1. Click 'SHARE'".

EMBEDDING A RECORDING – Embed Panopto Recording on Canvas Page

INSERT → EMBED



The screenshot shows the Canvas LMS interface. The 'INSERT' menu is open, and the 'Embed' option is highlighted. A purple box with a white arrow points to the 'INSERT' menu header, labeled '1. Click "INSERT"'. Another purple box with a white arrow points to the 'Embed' option, labeled '2. Click "EMBED"'. The background shows a page titled 'Recognizing Food Safety Hazards' with a citation: 'Citation: Sperber, W. H., & Mortimore, S. (2011). Food safety for the 21st century; managing HACCP and food safety throughout the global supply chain. Blackwell Pub. <https://doi.org/10.1002/9781444328653>'. Below the citation is a video player with the title 'HAZARDS IN FOOD' and a play button. The video player shows a timestamp of 0:00 / 21:23.

1. Click "INSERT"

2. Click "EMBED"

Recognizing Food Safety Hazards

Citation: Sperber, W. H., & Mortimore, S. (2011). Food safety for the 21st century; managing HACCP and food safety throughout the global supply chain. Blackwell Pub. <https://doi.org/10.1002/9781444328653>

HAZARDS IN FOOD

0:00 / 21:23

During Class:

The presentation slides and recording for the in-class lecture will be posted below after class:

EMBEDDING A RECORDING – Embed Panopto Recording on Canvas Page

INSERT → EMBED → PASTE EMBED CODE → SUBMIT

The screenshot shows a Canvas LMS page with a Panopto video player. An 'Embed' dialog box is open, displaying the following embed code:

```
<iframe src="https://uw.hosted.panopto.com/Panopto/Pages/Embed.aspx?id=853666a6-28c0-447a-9712-af2e013f66f5&autoplay=false&offerviewer=true&showtitle=true&showbrand=true&captions=false&interactivity=all" height="405" width="720" style="border: 1px solid #464646;" allowfullscreen allow="autoplay"></iframe>
```

The dialog box has 'Close' and 'Submit' buttons. The background page content includes a navigation menu, a paragraph about foodborne hazards, a reading assignment titled 'Food Safety for the 21st Century - Foodborne Hazards and Their Control', a citation for Sperber, W. H., & Mortimore, S. (2011), and a mini-lecture video titled 'Hazards in Food'.

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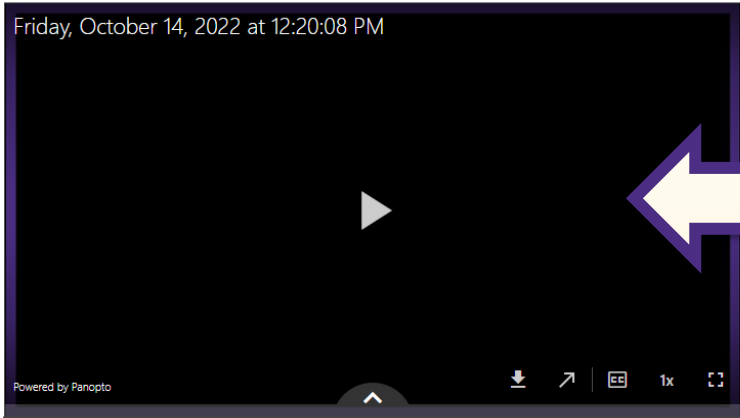
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Resources

> UW IT Connect – Canvas LMS

The screenshot shows the UW IT Connect website. At the top left is the 'W IT Connect' logo. To the right are navigation links: 'Tools, Services & Support', 'Guides by Topic', 'Getting Started', and 'IT at the UW', along with a 'Get Help' button. Below the logo is a breadcrumb trail: 'UW Information Technology' > 'Tools, Services & Support' > 'Teaching & Learning' > 'Canvas Learning Management System'. A search bar is located in the top right. The main content area features a sidebar with links: 'Canvas Learning Management System', 'Hide and display the Canvas course navigation', 'Canvas Help for Instructors and Staff', 'Canvas Help for Students', and 'Canvas Policies'. The main heading is 'Canvas Learning Management System', with a sub-heading 'Last updated: September 29, 2022' and an audience filter for 'Students', 'Instructors', and 'Staff'. The main text describes Canvas as the official learning management system of the UW, detailing its features and FERPA compliance. A 'SIGN IN TO CANVAS' button is at the bottom left. A 'UW-IT Service Catalog' link is in the bottom right.

> Canvas Instructure LMS Instructor Guide



Resources

- **Populating the Student Calendar**
 - Setting up “to do” Pages
- **Creating Student Checklists**
 - Adding requirements and prerequisites to a Module
- **Posting Announcements**
 - Scheduling weekly announcements
 - Canvas notification settings
- **Recordings**
 - Zoom to Panopto integration





**CONTACT
US!**



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