



Sustainable and Healthy Lifestyle

1.0 Faculty Information

Name: Prof. M. Enamul Hossain

Email: enamulh@nsric.ca (personal email)

2.0 Course Information

Course Title	Sustainable and Healthy Lifestyle
Class days (For synchronous course)	Open – Free Course
Class time (For synchronous course)	Open – Free Course
Course total contact hours	3 Hrs.
Class location	NSRIC online platform
Prerequisites and/or co-requisites	n/a
Level: A, C, E, H, I, K12, M, P, S, T, U, V, W	Undergraduate / U

Note: The below classification of courses is related any areas of knowledge:

A: Advanced level academic level courses; **C:** Canadian Immigration Training Program; **E:** Executive courses; **H:** Higher-level courses (i.e., graduate courses); **I:** Intermediate courses (i.e., university preparatory courses – Grade XII+); **K12:** Foundational, and lower-level courses; **M:** Mid-level courses (i.e., undergraduate courses); **P:** Professional courses; **S:** Short/seminar courses; **T:** Training courses; **U:** Tutorial Courses; **V:** Vocational training courses; and **W:** Workshop courses.

3.0 Professor Information

Name	Prof. Dr. M. Enamul Hossain
Title	NSRIC Chair Professor in Sustainable Energy
Contact Information	Email: enamul@nsric.ca
Office Location	NSRIC online platform
Office Hours	Not applicable

Our Specializations:

1. **ADK:** to create different avenues and opportunities for the **Acquisition and Dissemination of Knowledge**.
2. **BDM:** to create **Business Development and Marketing** relationships for the growth of the institution.
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4.0 Course Description

This is an important and inspiring course for audiences and students who are interested in learning more about healthy living, natural eating habits and living a healthy life. The course consists of a single lecture and is free of charge. The course materials are tailored to the author's personal experience, available literature, and established facts related to suggested natural foods. This course is designed to help people who are interested in choosing healthy and natural foods. The choice of these foods gives an idea of what should be the principles of natural food habits. Sustainable and healthy food concepts are described throughout the course. A list of foods is provided for breakfast, day and evening meals. Breakfast is the most significant portion of the day followed by a light lunch and dinner. The guideline is given according to the dietary habits of the author since more than 20 years. The health benefits of the foods offered have been proven in various literature for centuries and have scientific merits.

Keywords: Honey, olive oil, green tea, coffee, MCT oil, nuts, lemon, meats, fishes, eggs, and vegetables.

5.0 Course Learning Outcomes (CLO)

Upon successful completion of this course, students will be able to:

CLO1: Become familiar with sustainable and healthy lifestyle.

CLO2: Understand the good and healthy food habit.

CLO3: Ability to understand types of sustainable foods that a person may consider for healthy life style.

CLO4: Ability to understand what types of food should be taken in a daily basis.

6.0 Course Materials

Online course materials

- 1) Online PowerPoint presentation slides in pdf form, and course introductory video recording
- 2) Additional Course materials if any

Textbook and resources (If any)

- 1) Personal experience for more than 20 years.
- 2) Website 1: <https://www.healthline.com/health/fitness-nutrition/healthy-lifestyle-benefits>.
- 3) Website 2: https://en.wikipedia.org/wiki/Olive_oil.
- 4) Website 3: <https://www.kardamas.com/blog/a-glass-of-water-with-honey-lemon-and-olive-oil-every->

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Participation/Engagement/Performance

Your participation in every aspect of the course is important for the learning process. Your engagement in every discussion in the course, due delivery of all assignments, quizzes, and research projects will be fruitful. These efforts from your side will reflect your performance in the course delivery and your commitments. This performance is the reflection of your dream grade!!

Assignments

You will be given **0 assignments** during the course delivery. The due dates for assignments are specified in the course content and schedule section. The assignments will be given time to time to solve/answer during the term. Assignments will be posted through NSRIC online platform at least one week before they are due. Due dates are given in course schedule (tentative schedule). However, in case of any special circumstance, the date will be posted beforehand or announced in class.

Quizzes

A Maximum of zero quizzes (maximum of **five MCQ @ five minute**) will be taken based on class lectures and performance. The quiz will be taken in the beginning of the lecture through NSRIC online platform. If you miss the quiz without any valid official excuse, you will receive **zero** for the non-attended quiz. If any student fails to attend the quiz, he/she must submit a valid reason to the instructor. In such case, he/she should appear another quiz or may be averaged on the quizzes that he/she attended. It will depend on the situation and instructor.

Research Project and presentation

Each student will be assigned a topic related to the course material by the instructor. Each student will submit a research project report. The student will present his/her work during the class (5 min presentation + 5 min discussion). Additional information is available at term project guideline.

Midterm and Final Exams

There will not be any midterm exams and one final exam will be taken according to the NSRIC policies and guideline. The exams would be through NSRIC online platform. The midterm and final exams dates would not be announced by the course instructor/NSRIC administration.

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9.0 Grading Scale of the Course

Important Note:

- i) The below classified courses (i.e., academic courses) will only be evaluated based on the grade system shown in Table 2. A grade and certificate will be issued for the student(s) and participant(s).

A: Advanced level academic level courses; **H:** Higher-level courses (i.e., graduate courses); **I:** Intermediate courses (i.e., university preparatory courses – Grade XII+); **K12:** Foundational, and lower-level courses; **M:** Mid-level courses (i.e., undergraduate courses).

- ii) The below classified courses will **not** be evaluated based on the grade system shown in Table 2. A certificate will be issued for the student(s) and participant(s).

E: Executive courses; **P:** Professional courses; **S:** Short/seminar courses; **T:** Training courses; **U:** Tutorial Courses; **V:** Vocational training courses; and **W:** Workshop courses.

At the end of the term, the below Table 2 will be used for translating your marks into a “Letter Grade” based on NSRIC grading policy.

Table 2: NSRIC grading system (NOT applicable)

Marks	Letter Grade	Points	Description
≥ 93	A+	4.00	Outstanding
≥ 90	A	3.75	
≥ 87	A-	3.50	Excellent
≥ 84	B+	3.25	Very good
≥ 81	B	3.0	
≥ 78	B-	2.75	Moderately Good
≥ 75	C+	2.50	Good
≥ 72	C	2.25	
≥ 69	C-	2.0	Moderately Good
≥ 66	D+	1.75	Pass
≥ 63	D	1.50	
≥ 60	D-	1.25	Poor Pass
< 60	F	0	Failing

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10.0 Advice and additional requirements

I advise you to:

- Please contact me if you need any help.
- Students are expected to attend all scheduled online lecture classes.
- Students are expected to study from the course materials and/or textbooks which will help to easily read and understand.
- Students are encouraged to write their own notes during lectures/presentations (pdf PowerPoint presentations, and additional materials if any).
- Students are encouraged to attend online platform classes on time because late-attendee disrupts the flow of the class for both the instructor and the other students.

Additional information (During Online Course offering Period)

- The PowerPoint course materials, and video lectures will be available at the NSRIC Platform.
- There will **not** be scheduled discussion/tutorial sessions on **every Sunday** at the class scheduled time. All students must attend this session.
- There will **not** be an office hour for students on Sunday from 1:00 pm – 2:00 pm, Toronto, Canada time. Students need to send an email request so that a zoom meeting can be arranged. In addition, any time student can set up an online appointment (i.e., phone, zoom, and/or other mode of communications) based on availability of the course instructor. However, student should send an email request for setting up this type of meeting.

11.0 Course Topics

- Introduction to natural food and life-long willingness
- Morning drinks and breakfast
- Lunch and dinner

12.0 Course Contents and Schedule

Lec No.	Module	Topics	Remarks
01	Healthy food	Sustainable and Healthy foods	

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Bringing people together through knowledge dissemination

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