

CHEM 1003 for Fall 2026

The Chemistry of Food, Health and Drugs

We, the people of the Faculty of Science at Carleton University, acknowledge that our campus is located on the traditional, unceded territories of the Algonquin Anishinabeg people. Miigwetch for your hospitality and stewardship of this territory and the teachings that come from it. We are grateful for this land, the air that we breathe, and the water that sustains us all as well as for the animals, plants and other living beings: these enable us to research, teach, mentor, support, study, and learn. We recognize our responsibility to our natural environment and to reconciliation with Indigenous peoples.

Course Instructor: Peter Gordon

How to address me:

Peter, Mr./Dr. Gordon (he/him)

Email: Peter.Gordon@Carleton.ca

Note: If you have a question or would like to talk with me, but are not comfortable speaking up in class, you can send an email or approach me after lecture. I am happy to chat.

Student Hours: upon request

Office Location: Room 414, Steacie Building

Class Location: Tory Building (TB) 340

Class Time: Tuesday, 11:25 – 14:25

Prerequisites: a course in Chemistry (e.g. Ontario Grade 11)

Course TA:

Crystal Salkhordeh

crystalsalkhordeh@cmail.carleton.ca

Topics Covered and Learning Outcomes

I strive to create a classroom that is welcoming to diverse backgrounds and learning styles. My goal is to make chemistry accessible and connected to real-world contexts. I encourage you to communicate with me directly, and value feedback on how to improve. I hope this course will provide you with a solid foundation in the models that are used to understand the chemistry of food, health, and drugs.

Topics may include: proteins, carbohydrates, fats, vitamins, cofactors, enzymes, steroids, electrolyte and pH balance, trace elements. **Some of the topics covered will be dictated by the students' interest, so let me know if there is something specific you are interested in.**

Course Description

Aspects of chemistry relating to food, food additives, drugs (illicit and beneficial) and their relation to metabolism and health. Topics may include: proteins, carbohydrates, fats, vitamins, cofactors, enzymes, steroids, electrolyte and pH balance, trace elements.

Important dates and deadlines can be found here:

<https://carleton.ca/registrar/registration/dates/academic-dates/>

Assessments

COMPONENT	GRADE VALUE	WHEN
PROBLEM SETS — BEST 8 OF 10, MARKED FOR COMPLETION	15%	Weekly, weeks 2–11
PARTICIPATION — IN-CLASS RESPONSE CARDS AND VOTING	10%	Weekly
MIDTERM 1 — MULTIPLE CHOICE AND SHORT ANSWER	20%	Week 5, in class
MIDTERM 2 — MULTIPLE CHOICE AND SHORT ANSWER	25%	Week 10, in class
FINAL PAPER — 1200–1500 WORDS (APPROX)	30%	Week 12

Late and Missed Work Policies

Late Work

Late classwork will not be accepted. I strive to be very clear about deadlines, and exceptions can only be made for medical/personal reasons.

Missed Work

Short-term (5 days or less): see [academic considerations form](#).

Long-term (> 5 days): policy for [longer-term accommodation](#).

Learning Material(s)

All content will be provided in the notes or freely accessible from online sources. No purchases will be required of you.

Academic Accommodations and Regulations

Carleton is committed to providing academic accessibility for all individuals. You may need special arrangements to meet your academic obligations during the term. The

accommodation request processes are outlined on the Academic Accommodations website (<https://students.carleton.ca/course-outline/>).

Statement on Chat GPT/Generative AI usage

As our understanding of the uses of AI and its relationship to student work and academic integrity continue to evolve, students are required to discuss their use of AI in any circumstance not described here with the course instructor to ensure it supports the learning goals for the course.

Statement on Academic Integrity

Students are expected to uphold the values of academic integrity, which include fairness, honesty, trust, and responsibility. Examples of actions that compromise these values include but are not limited to plagiarism, accessing unauthorized sites for assignments or tests, unauthorized collaboration on assignments or exams, and using artificial intelligence tools such as ChatGPT when your assessment instructions say it is not permitted.

Misconduct in scholarly activity will not be tolerated and will result in consequences as outlined in Carleton University's Academic Integrity Policy. A list of standard sanctions in the Faculty of Science can be found here.

Additional details about this process can be found on the Faculty of Science Academic Integrity website.

Students are expected to familiarize themselves with and abide by Carleton University's Academic Integrity Policy.

Student Rights & Responsibilities

Students are expected to act responsibly and engage respectfully with other students and members of the Carleton and the broader community. See the 7 Rights and Responsibilities Policy for details regarding the expectations of non-academic behaviour of students. Those who participate with another student in the commission of an infraction of this Policy will also be held liable for their actions.

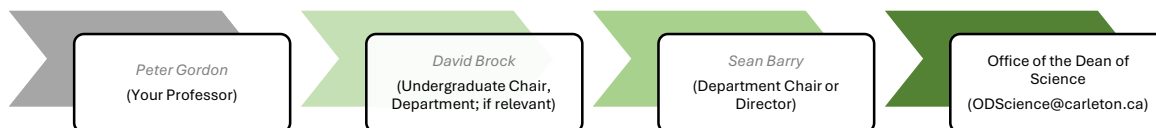
Mental Health and Wellness:

As a student you may experience a range of mental health challenges that significantly impact your academic success and overall well-being. If you need help, please speak to someone. There are numerous resources available both on- and off-campus to support you. For more information, please consult <https://wellness.carleton.ca/>.

Student Concerns

If a concern arises regarding this course, **your first point of contact is me**: Email or drop in during student hours and I will do my best to address your concern. If I am unable to address your concern, the next points of contact are (in this order):

Note: You can also bring your concerns to [Ombuds services](#).



Additional Assistance for Students

Writing and Learning Support: <https://carleton.ca/csas/support/>

Peer Assisted Study Sessions (PASS): <https://carleton.ca/csas/pass/>

Math Tutorial Centre: <https://carleton.ca/math/math-tutorial-centre/>

Science Student Success Centre: <https://sssc.carleton.ca/>

Student Emergency Funding: <https://wellness.carleton.ca/resources/student-emergency-funding/>