



## Walters State Community College Course Syllabus

### Course Information

**Course Number and Name:** CULA 1305 Nutrition for Culinary Arts

**Section ID:** 80553.202380

**Semester and Year:** Fall 2023

**Credit Hours:** 3

**Start Date:** August 21, 2023

**End Date:** December 08, 2023

**Course Format:** HYB - Hybrid (Web-Assisted Classes)

**Catalog Course Description:** This is an introduction to the basic nutritional principles and guidelines. Topics include nutrients, carbohydrates, lipids, proteins, minerals and vitamins. Students plan meals and menus based on the above principles using nutritional guidelines as the primary basis. **(F)(S as needed)**..

**Meeting Details:** T; 06:00PM - 09:05PM; CAPE 152

**Course Drop Deadline:** October 27, 2023

### Instructor Information

**Name:** Lauren Woods

**Role:** Instructor

**Office Location:** CAPE 147 and Remote

**Office Hours:** Virtual, by appointment

**Office Phone:** 865-774-5817

**Email:** Lauren.Woods@ws.edu

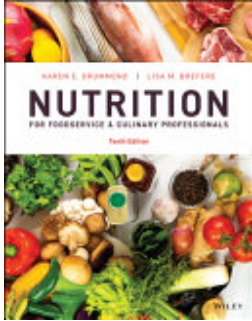
**Supervisor Name:** Joe Cairns

**Supervisor Phone:** 865-774-5816

**Secretary Name:** Deb Peachey

**Secretary Phone:** 865-774-5817

### Required Textbook(s) and Materials



**Nutrition for Foodservice and Culinary Professionals**

**ISBN:** 9781119777175

**Authors:** Karen Eich Drummond, Lisa M. Brefere

**Publication Date:** 2021-11-01

**Edition:** 10th

## Supplemental or Optional Materials

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## Student Learning Outcomes/Objectives

- The purpose is to describe the characteristics, functions, and food sources of the major nutrients and how to maximize nutrient retention in food preparation and storage; to apply the principles of nutrient needs throughout the life cycle to menu planning and food preparation.
  - To describe the characteristics, functions, and food sources of the major nutrients as well as how to maximize nutrient retention in food preparation and storage.
  - Discuss cooking techniques and storage principles for maximum retention of nutrients
  - To apply the principals of nutrient to needs throughout the life cycle to menu planning and food preparation
  - List the food groups in the current USDA My Plate and the recommended daily servings from each.
  - List the major nutrients contributed by each of the food groups.
  - Discuss the current dietary guidelines and adapt recipes to develop menus using dietary guideline recommendations, food guides and food labels.
  - Explain the recommended dietary allowances, Describe the characteristics and the functions of and best sources of the major nutrients
  - Evaluate diets in terms of the recommended dietary allowances.
  - List the primary functions and best sources of each of the major vitamins and minerals.
  - Describe the process of human digestion.
  - Calculate energy needs based upon basal metabolic rate and exercise expenditure.

- Categorize foods into exchange groups and plan menus applying the exchange system.
- Identify common/ major food allergies and determine appropriate substitutions. Recognize systems of allergic reactions and know the responsibilities of food service professionals
- Discuss contemporary nutritional issues such as vegetarianism, heart healthy menus, and religious dietary laws.
- List basic menu planning and demonstrate portion sizes for effective weight management. Discuss weight management and exercise and nutrition over the life cycle
- Discuss marketing of healthy menu options.
- Create a menu using the principles of sound nutritional practices.

## Instructional Approach and Methods

1. Evaluation is based on instructor observation.
2. Professionalism is a must.
3. Be aware that sanitation and cleaning habits have great value in nutrition. You must be wearing gloves when handling all ready-to-eat foods; this includes all items that will not be cooked any more before serving.

## Assessment, Evaluation and Testing Procedures

Class Activity	Percentage of Grade
Attendance	5%
Assignments/Quizzes	15%
Exam 1	15%
Exam 2	15%
MyPlate Assignment	15%
Special Diet Assignment	15%
Cumulative Final	20%
<b>TOTAL</b>	<b>100%</b>

## Grading Scale

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A	100 - 90%
B	89 - 80%
C	79 - 70%
D	69 - 60%
F	59% and Below

## Assignments

### 1. MyPlate Menu and Recipe

Each student will be responsible for making a one-day menu following the USDA MyPlate guidelines. Include at least one recipe from the menu with nutrition facts per serving.

- Must cover a full day and include Breakfast, Lunch, and Dinner. Dessert and snacks are optional.
- Recipe must follow rubric provided

### 2. Special Diet Assignment

You will be assigned a partner for this assignment.

You will be assigned a special diet, and will be responsible for:

- A menu that covers breakfast, lunch, and dinner and is appropriate for the diet assigned.
- Must include dietary recommendations for chosen population
- Include recipes for one main course item from breakfast, lunch, or dinner.
- Create PowerPoint presentation to present to the class. Presentation should be at least 5 minutes but no longer than 10. Allow time for questions.
- Include citations in APA style
- Must follow rubric provided

### **3. Street Fair - October 5, 2023**

Maples Institute for Culinary Arts will host a "Street Fair" on **Thursday, October 5, from 10 am – 2 pm**. The Street Fair will feature booths from each culinary class and will be open to the campus and the public. Each culinary class will be responsible for an exhibit, which could include a storefront, street vendor, location staging, or support personnel.

Each class will be required to complete the following for their exhibit:

- Submit a plan by **September 7<sup>th</sup>** using the following link: [Street Fair Registration](#) (opens in new window), to include:
  1. Booth Concept (drawing included)
    - Design should reflect actual store front and layout
  2. Business Name & Logo, which will be used on apparel
  3. Team Captains (2) & Duty Roster for setup & event
    - Each team will have two Team Captains
      - Kitchen/Food Production Captain
      - Booth Setup & Staging Captain
    - Each member of the class will be required to participate at some level of the process to include the following:
      - Design
      - Setup
      - Food Production
      - Service
      - Breakdown and clean-up
    - If you have more than one culinary class, you are expected to participate in the process for each class. For example:
      - Culinary I – Design & Setup prior to the event
      - Bakery Fundamentals – Service during the event
  4. Recipes to be used and the cost for each recipe
    - Food Concept for this class will be: **Smoothies**
  5. Proposed charge (in tickets) for each item to be sold.
    - 1 Ticket = \$1
  6. Space needed for exhibit (no more than 8' x 8')
  7. Requirements for booth
    - List of Equipment needed
      - Equipment is limited. Use will be on a first come, first serve basis.
    - Kitchen access required outside of normal class period
    - Location request
      - Hall access, near electrical outlets, etc.
- Faculty & Staff will review submissions with response to be provided by Week 5, with approval or suggestions for revisions.

Setup of exhibits should be complete by **Wednesday, October 4 at 4:00 pm**. All exhibits should be setup and ready to open by **Thursday, October 5 at 9:00 am**.

## Class Participation

Week	Date	Subject	Reading assignment	Test	Due
1	8/22/23	Syllabus		None	None
		Intro to Nutrition	Chapter 1		
		In Person Using Food Guides...	Chapter 2		
2	8/29/23	Using Food Guides...	Chapter 2	None	None
			Chapter 3		
		In Person Carbohydrates	Chapter 4		
		Fat			
3	9/5/23	Talk About Street Fair		None	Quiz Over Chapter 2 (Online)
		Fat	Chapter 4		
		Protein	Chapter 5		
		In Person Vitamins	Chapter 6		
4	9/12/23	Talk About Street Fair		None	Quiz Over Chapters 3 - 5 (Online)
		Vitamins	Chapter 6		
		In Person Water and Minerals	Chapter 7		
		Work On Street Fair			

Week	Date	Subject	Reading assignment	Test	Due
5	9/19/23	In the Kitchen  Review for Test 1	None	None	MyPlate Assignment
	In Person				
6	9/26/23	Building Flavor...	Chapter 8	Test # 1	None
	In Person				
7	10/3/23	Recipe Makeovers  Balanced Menus	Chapter 9  Chapter 10	None	Quiz Over Chapter 8 (Online)
8	10/10/23	No Class – Fall Break  No Meeting	None	None	None
9	10/17/23	Handling Customers' Special Nutrition Requests  Weight Management	Chapter 11  Chapter 12	None	Quiz Over Chapter 9-10 (Online)
10	10/24/23	Assignment on Your Own  On Your Own/Virtual		None	None
11	10/31/23	Nutrition for All Ages  Virtual Class	Chapter 13	None	None
12	11/7/23	Review  In the Kitchen		None	Quiz Over Chapters 11-13 (Online)

Week	Date	Subject	Reading assignment	Test	Due
13	11/14/23 In Person	Presentations	None	Test #2 <input type="checkbox"/>	Special Diet Assignment
14	11/21/23 On Your Own/Virtual	Presentations	None	None	None
15	11/28/23 Optional Virtual Meeting	Review for Final	None	None	None
16	12/4 – 12/8 In Person	Final Exam In Person	Final		

## Course and Class Policies/Procedures

Class will meet weekly in person or virtually (refer to outline and eLearn email for updates on class offerings).

Class time will met from 6:00 pm- 9:05 pm each week.

### LATE POLICY:

After the due date listed, projects will not be accepted for full credit. I will accept late assignments sent via eLearn or email up to three (3) days after the due date at a 10% per day drop in earned grade.

### HONESTY POLICY:

Plagiarism and/or academic dishonesty will result in an automatic failing grade for the class.

### USE OF EMAIL:

- Use Course Mail in eLearn for all private communication.
- Use my e-mail (LaurenNWoods@gmail.com) *only* if eLearn is unavailable.
- Generally, I will respond to e-mails within two business days. If a time arises when I will be unable to respond to email within two business days, I will let the class know. I generally will not



respond to emails on the weekend.

### **SUBMITTING ASSIGNMENTS:**

In this course you will submit selected assignments electronically using “**dropbox**” in **eLearn**. Because technology can be unreliable when you least expect it, submitting your work on time may require some persistence.

***There is always a means to submit your assignments on time. Be creative, be persistent, and keep your instructor informed!***

### **BACKING UP YOUR WORK:**

In this course you will complete all of your assignments on a computer. You are responsible for ensuring the safety of your work by regularly backing up your work. Hard drive crashes and technical difficulties are not acceptable excuses. Make frequent backups of your work and save the work in multiple places

## Online/Web-Enhanced Course Supplementary Information

Virtual Office Hours

Available by appointment only

Library Information

Technical Support

Web Addresses/Resources

Guidelines for Communication: Email,  
Discussion Posts, Chat

WS email, eLearn, and Microsoft Teams will be  
the preferred methods for online  
communication.

## Academic Honesty

Faculty expect all students to refrain from acts of academic misconduct including but not limited to:

1. Plagiarism - refers to using another person's ideas or writing without giving proper credit to the original source. Indulging in this type of conduct will subject the student to disciplinary sanctions, which may be imposed through the regular institutional procedures of Walters State Community College as outlined in the Student Handbook. Plagiarism will result in a grade of “0”

for the paper/exam/presentation. Student Conduct and Disciplinary Sanctions contained in the college Catalog/Student Handbook apply (see policy 04:18:02 Disciplinary Sanctions).

Plagiarism includes, but is not limited to the following:

- a. Using cut/paste tool from original document with no references given.
  - b. Copying another student's work and submitting it as one's own.
  - c. Forging or otherwise altering signatures.
  - d. Giving or falsifying academic documents or materials.
2. Cheating - construed as attempting to deceive or mislead which includes, but is not limited to the following:
- a. Utilizing old tests, projects, notes or written papers.
  - b. Providing unauthorized information to a fellow student about exam content.
  - c. Receiving unauthorized aid from any source with quizzes, examinations, or other assignments.
  - d. Seeking information in an unacceptable manner during/preceding an exam or other assigned work (cheat sheet, verbal exchange, looking at another person's paper or electronic device, utilizing headphones, using textbook when the test/quiz is not an open book test/quiz, using textbook test bank etc.).
  - e. Consulting with a classmate or others when taking a computerized test.
  - f. Disregarding other specific policies and procedures outlined for a particular class.
  - g. Utilizing unapproved technology/electronic equipment during testing (i.e.: mobile devices such as cell phones, smart devices, or tablets, etc.).
  - h. Using the same Internet Protocol network address (IP address) as another student for testing without approval from the course faculty.
3. The use of any generative artificial intelligence (AI) tool, such as OpenAI's ChatGPT, Google's Bard, or any other pre-trained language model (commonly referred to as "chatbot"), must be cited for any assignment where it has been used and may not be used unless specifically allowed by your instructor. Please see your instructor or the course policies within the syllabus if you have questions.

## Student Resources

### TUTORING SERVICES

Students in need of tutoring assistance are encouraged to contact the Office of Student Tutoring located as follows:

- Morristown Campus - Student Services Building Room L107 - (423) 585-6920
- Niswonger Campus - GRNV 226 - (423) 798-7982
- Sevierville Campus - MMH Room 210 - (865) 286-2787
- Claiborne Campus - Room 123A - (423) 851-4761

Specific tutoring assistance in mathematics and writing is available in-person and online as follows:

- Morristown Campus - English Learning Lab - HUM 120 - (423) 585-6970

[Walters State English Learning Lab \(opens in new window\)](https://www.waltersstate.edu/academics/humanities/writing-lab)  
[ws.edu/academics/humanities/writing-lab](https://www.waltersstate.edu/academics/humanities/writing-lab)

- Morristown Campus - Mathematics Lab - MBSS 222 - (423) 585-6872

[Walters State Mathematics Learning Lab \(opens in new window\)](https://www.waltersstate.edu/academics/mathematics/learning-lab)  
[ws.edu/academics/mathematics/learning-lab](https://www.waltersstate.edu/academics/mathematics/learning-lab)

## TECHNOLOGY SUPPORT

Students who need assistance with computing and technology issues should contact the IET Helpdesk by phone at Morristown: (423) 318-2742; Niswonger: (423) 798-8186; or Sevierville: (865) 286-2789 or on-line access.

[Walters State Helpdesk \(opens in new window\)](https://www.waltersstate.edu/helpdesk)  
[helpdesk.ws.edu](https://www.waltersstate.edu/helpdesk)

## STUDENTS WITH DISABILITIES SUPPORT SERVICES

Students with disabilities must register with Student Support Services each semester in the Student Services Building, Room U134 (phone (423) 585-6892) if they need any special facilities, services, or consideration.

[Walters State Student Support Services \(opens in new window\)](https://www.waltersstate.edu/student-services/disability/)  
[ws.edu/student-services/disability/](https://www.waltersstate.edu/student-services/disability/)

## SUICIDE PREVENTION STATEMENT

Walters State is committed to and cares about all students. Support services are available for any person at Walters State who is experiencing feelings of being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance. For immediate help, contact the National Suicide Prevention Lifeline by calling or texting 9-8-8 or the Trevor Lifeline at 1-866-488-7386. Veterans may also contact the Veterans Crisis Line at 1-800-273-8255 (press 1) or Text 838255.

Walters State has a relationship in place with the following community agencies to provide services (may include crisis referral services, prevention screenings, etc.):

- Cherokee Health Systems 423-586-5032
- Frontier Health 423-467-3600

## College Policies

### STUDENTS HANDBOOK AS OFFICIAL GOVERNING DOCUMENT

This class is governed by the policies and procedures stated in the current Walters State Community College Student Handbook. All students attending Walters State Community College, regardless of the time, location, or format of the class, must abide by the rules and regulations outlined in the current Walters State Catalog/Student Handbook and the current Walters State Timetable of Classes.

[Walters State Catalog \(opens in new window\)](http://catalog.ws.edu/)  
[catalog.ws.edu/](http://catalog.ws.edu/)

[Walters State Timetable of Classes \(opens in new window\)](http://ws.edu/admissions/registration/)  
[ws.edu/admissions/registration/](http://ws.edu/admissions/registration/)

### PURPOSE, LIMITATIONS AND MODIFICATION OF SYLLABUS

This syllabus sets forth the expectations for the course content, work, and grading as well as expectations for student performance and conduct. The syllabus does not constitute a contract between the student and the instructor or the College. The information contained here is subject to change at any time. The instructor reserves the right to modify this syllabus at any time with written notification to the students. Though changes are possible, it is expected that the course will be conducted as described in this syllabus for the semester/year specified in the Course Information section of the syllabus. This syllabus is only valid for the semester/year specified and course requirements are not guaranteed for future semesters.

### COURSE GROUND RULES

- Students must attend the first day of on-ground class or contact the instructor prior to the first class. Failure to do this may result in being dropped from the class. Excessive absences may substantially lower the course grade.
- Regular class attendance is a student's obligation for any course regardless of format. (See the Walters State Catalog/Student Handbook). If a student misses class, it is his or her responsibility to contact the instructor regarding missed assignments and/or activities and to be prepared for the next class assignment.

- Students enrolled in web courses must follow the course attendance policy defined for online attendance during the first week of class and throughout the term. Failure to do this may result in being dropped from the class during week one OR may result in the accrual of absences which may negatively impact the student's grade in the course.
- Students who have not paid fees on time and/or are not correctly registered for this class and whose names do not appear on official class rolls generated by the Walters State student information system (MyWS) will not be allowed to remain in class or receive credit for this course.
- Electronic devices must not disrupt the instructional process or college-sponsored academic activity. Use of electronic devices is prohibited unless use of the device is relevant to the activity and use is sanctioned by the faculty member in charge. Electronic devices that are not relevant to the activity or sanctioned by the faculty member in charge should be set so that they will not produce an audible sound during classroom instruction or other college-sponsored academic activity.

## **FINANCIAL AID**

Students receiving any type of financial aid or scholarship should contact the Financial Aid Office before making any changes to their schedule. Schedule changes without prior approval may result in loss of award for the current term and future terms.

All forms of student Financial Aid may be jeopardized or lost due to the lack of Satisfactory Academic Progress in one or multiple courses. Lack of Satisfactory Academic Progress may negatively impact a student's degree/certificate completion pace and further jeopardize Financial Aid eligibility.

## **CANCELLATION OF CLASSES AND ACADEMIC CONTINUITY**

For information related to the cancellation of classes due to inclement weather or other events, please check the Senators Emergency Text system or the college's Web site at:

[Walters State Homepage \(opens in new window\)](#)

[ws.edu/home/](http://ws.edu/home/)

[Walters State Facebook page \(opens in new window\)](#)

<https://www.facebook.com/WaltersState/>

[Walters State Twitter page \(opens in new window\)](#)

<https://twitter.com/waltersstate>

or call the college's student information line, 1-800-225-4770, option 1; the Sevier County Campus, (865) 774-5800, option 7; the Niswonger Campus (423) 798-7940, option 7; or the Claiborne County

Campus, 423-636-6200, option 7. Also, please monitor local TV and radio stations for further announcements.

When an event or disaster interrupts the scheduled operations of the college and the ability to proceed with the academic course activities as planned, the college and your instructor may alter the course plan outlined in the syllabus. Should an event occur, students should refer to their course e-Learn pages and/or class materials previously delivered to receive guidance from their instructor. Students should continue to monitor the official college channels of communication listed in the above paragraph. If you would like to sign up for the Senators Emergency Text system, please go to the following Web site:

[Senator Emergency Text System \(opens in new window\)](https://ws.edu/set/)  
[ws.edu/set/](https://ws.edu/set/)

Dual Enrollment students attending on a high school campus should refer to the high school inclement weather cancellations.

## **LEARNING MANAGEMENT SYSTEM**

Brightspace (commonly known as eLearn or D2L) is the college's Learning Management System (LMS).

Brightspace is committed to accessibility by "deliver[ing] a learning experience that meets the needs of all people, regardless of age or ability." [Brightspace Accessibility Standard \(opens in new window\)](#)

Brightspace is also committed to guarding student data and privacy. [Brightspace Privacy Policy \(opens in new window\)](#)