

Culinary Nutrition Lab 11:709:202 (1 credit)

Updated: 10/4/2023

Fall 2023 (IN PERSON)

Lab Hours – Section 01 Tuesday 12:10pm to 1:30pm
Section 02 Wednesday 8:30am to 11:30am

Lab Location: Davison Hall (Douglass/Cook Campus), Room 219

CONTACT INFORMATION:

Instructor: Melissa Keresztes, MS, NDTR

Office Location: Room 222, Davison Hall

Email: mp1254@sebs.rutgers.edu

Office Hours: By Appointment

Teaching Assistant: Nancy Lin

Email: nl532@scarletmail.rutgers.edu

Office Hours: By Appointment

COURSE WEBSITE, RESOURCES AND MATERIALS:

- Resources and materials will be made available on the Canvas course website on the Modules page.
- **Required Attire:** lab coat or *full* apron, close-toed shoes, pants (not leggings), no loose clothing or jewelry, hair must be tied-up into a bun or hairnets, beards must be covered with Beard Guards, nails should be kept short, free of nail polish and clean.

COURSE DESCRIPTION:

The purpose of this course is to provide students with hands-on application of culinary food principles and preparation that will provide a broad foundation for students interested in a food-related career and/or to enhance their food-related knowledge and culinary skills.

LEARNING OBJECTIVES:

At the conclusion of this course, students will be able to:

1. Demonstrate proper kitchen and food safety
2. Apply techniques of food preparation
3. Identify principles of food science and nutritional aspects of food preparation
4. Perform sensory evaluations of foods

2022 Core Knowledge for the RDN (KRDN) – Standards for the Didactic Programs in Dietetics:

Rutgers University Department of Nutritional Sciences undergraduate Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). The following ACEND Core Knowledge aptitudes are included within the curriculum of this course:

KRDN 1.3: Apply critical thinking skills (i.e., food sensory assessments; weekly quizzes; lab reports).

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation (i.e., food sensory assessments; weekly quizzes; lab reports).

KRDN 4.5: Describe safety and sanitation principles related to food, personnel and consumers (i.e., food safety lecture, home food safety audit, quiz)

ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:

The course instructor reserves the right to modify the syllabus and assignments to take advantage of emerging learning opportunities and/or student learning needs and achievements.

Lab Performance: Attendance and active participation is expected. It is your responsibility to keep up to date with the course content. Student lab performance each week will be evaluated on the following criteria: attendance, professional ethics & conduct, professional appearance, safety & sanitation, tools & equipment, recipe & menu understanding, and mise en place. See lab performance rubric below

Attendance Policy: It is important that you show up to lab 5-10minutes earlier than the start time of lab to allow the time to prepare before class.

Post - Lab Study Questions: These question sets are found on our Canvas site and are a tool to help you study for each week's lab quiz. You will receive participation (5 points) for completing the weekly study questions, so it is to your advantage to complete them. **Post- Lab study questions submitted after the due date will be an automatic zero.**

Lab Quizzes: A timed, 20 minute quiz on Canvas (10 points) will need to be completed by the end of the week for each lab session **(by 11:59pm the day before your scheduled lab). Quizzes submitted after the due date will be an automatic zero.** Quiz questions will be based on material presented in lab lectures and in the lab manual/handouts/study questions, as well as on applied information learned from actual lab practice. Make-up quizzes **will not** be offered unless for an unusual circumstance.

Lab Reports There will be **THREE lab reports** assigned throughout the semester and need to be submitted via the Canvas course website (NO HARD COPIES ARE ACCEPTED). Plagiarism is taken very seriously at Rutgers. Turnitin software will be used to detect student plagiarism upon submission of lab reports. You will prepare a lab report on the following selected labs: **QUICK BREADS, LEGUMES AND CEREALS** and **EGGS**. Lab reports are **due two weeks** after the recipes are conducted in the food's lab at the beginning of your lab session. The lab report format (purpose, ingredient and equipment list, procedure, results, and discussion) as well as any additional written components will be discussed in class prior to the assignment. Late lab reports will be deducted 5 points per day late

Lab Report	Lab Section 1 - DUE DATE	Lab Section 2 - DUE DATE
Report 1- Quick Breads	October 16 th by 11:59pm	October 17 th by 11:59pm
Report 2- Legumes/cereals	November 6 th by 11:59pm	November 7 th by 11:59pm
Report 3- Eggs	November 27 th by 11:59pm	November 28 th by 11:59pm

Final: A final exam (covering all labs) will be given online via Canvas during the last week of classes. The final exam will be available for you to take, at a time most convenient for you, beginning Wednesday, December 6th and will close Wednesday, December 15th at midnight. The exam will consist of a total of 50 questions, and you will be provided with 60 minutes to complete the exam.

Grading policy:

- Late submissions: 5 points deducted daily after the due date
- No late submissions are allowed for the Final Exam

Grade Evaluation:

	Points Each	Total Points	Grading: A: 570-620 pts. B+: 545-569 pts. B: 520-544 pts. C+: 495-519 pts. C: 470-494 pts. D: 419-469 pts. F: 0-418 pts.
Lab Performance (12 labs) <ul style="list-style-type: none"> • Attendance (3 pt) • Professional ethics & conduct (2 pt) • Professional appearance (2 pt) • Safety & Sanitation (2 pt) • Tools & Equipment (2 pt) • Recipe & Menu Understanding (2 pt) • Mise en Place (2 pt) • Post-Lab Study Questions (5 pt) 	20	240	
Quizzes (10)	10	100	
Lab Reports (3)	60	180	
Final Exam	100	100	
		620	

Lab Performance Rubric (15 points Total)

Criteria	Points Awarded			
	Attendance	Absent (0)	15 minutes late (1)	< 15 minutes late (2)
Professional Ethics & Conduct	Uncooperative; fails to successfully follow instructions (0)	Works well with other during most opportunities; follows most instructions (1)	Works well with others; assists or shares knowledge; follows lab instructions (2)	
Professional Appearance	No lab coat or apron (or no appropriate attire) (0)	One for more areas (hair, uniform, shoes) below standards (1)	Lab coat and attire thoroughly clean; hair neat (restrained as needed) (2)	
Safety & Sanitation	Two or more significant safety and/or sanitation standards violated (0)	One significant or two minor safety & sanitation standards violated (1)	All safety & sanitation standards maintained during class time (2)	
Tools & Equipment	Needs assistance $\geq 70\%$ of the time in operating equipment and/or tools (0)	Operates all equipment or tools correctly, but requires assistance about 33% of the time (1)	Operates all equipment or tools correctly after instruction (2)	
Recipe & Menu Understanding	Minimal knowledge of relevant recipes and ingredients (0)	Understands at least 60% of the information about relevant recipes and ingredients (1)	Thorough understanding of all information about relevant recipes and ingredients (2)	
Mise en Place	Unprepared to work; maintenance of work area below standards (0)	Preparation of work area or maintenance of area below standards (1)	Work area prepared & maintained throughout class time (2)	

***** If you do not meet the laboratory requirements either:**

- Points will be deducted from your lab participation grade
- Repeated offenses will not be able to participate in lab

Week of:	Lab	Assignment
Sep 4 th – Sep 8 th	NO LAB THIS WEEK	Review Syllabus & Course Expectations
Sep 11 th – Sep 15 th	Lab 1: Culinary Nutrition Fundamentals, Sanitation, Equipment and Knife Skills.	<ul style="list-style-type: none"> Syllabus Quiz (Extra credit)
Sep 18 th – Sep 22 nd	Lab 2 - Measurement/Sensory Evaluation	<ul style="list-style-type: none"> Make Sure to Bring Lab Coat or Apron to Class!!! Lab Quiz 1 (covers lab 1)
Sep 25 th – Sep 29 th	Lab 3 - Dispersion Systems & Emulsions	Lab Quiz 2 (covers lab 2)
Oct 2 nd – Oct 6 th	Lab 4 - Quick Breads	Lab Quiz 3 (covers lab 3)
Oct 9 th – Oct 13 th	Lab 5 - Yeast Breads	Lab Quiz 4 (covers lab 4)
Oct 16 th – Oct 20 th	Lab 6 - Shortened and Foam-Style Cakes.	1st Lab Report Due
Oct 23 rd – Oct 27 th	Lab 7 - Legumes and Cereals	Lab Quiz 5 (covers lab 5 & 6)
Oct 30 th – Nov 3 rd	Lab 8 - Fruits, Vegetables and Salads	Lab Quiz 6 (Covers lab 7)
Nov 6 th – Nov 10 th	Lab 9 – Meat, Poultry & Fish	2nd Lab Report Due Lab Quiz 7 (covers lab 8)
Nov 13 th – Nov 17 th	Lab 10 – Eggs	Lab Quiz 8 (covers lab 9)
Nov 20 th – Nov 24 th	NO CLASSES- THANKSGIVING RECESS	Lab Quiz 9 (covers lab 10)
Nov 27 th – Dec 1 st	Lab 11 - Milk and Cheese	3rd Lab Report Due
Dec 4 th – Dec 8 th	Lab 12 - Fats and Pie Pastries	Lab Quiz 10 (covers lab 11)
Dec 11 th – 15 th	Online Final Exam (via Canvas)	*Online final exam will open on Wed, 12/6, midnight and close on Wed 12/15, midnight

GENERAL KITCHEN SAFETY

Required Attire: lab coat or *full* apron, close-toed shoes, pants (not leggings), no loose clothing or jewelry,

hair must be tied-up into a bun or hairnets, beards must be covered with Beard Guards, nails should be kept short and clean. *You will not be allowed to participate in lab without the proper attire; points will be deducted per scale above.

CELL PHONES- will not be permitted in the foods laboratory, **ONLY** laptops and tablets for taking notes, reviewing lecture slides and accessing the Culinary Nutrition Lab manual.

Kitchen Station Cleanliness: Workstations need to be clean and clear of *all personal items* (cell phones, water bottles, clothing, bags, etc.)! Hands need to be washed thoroughly and often, and gloves should be worn when handling food items. Keep all bags and coats on chairs, under tables or windowsills-- not on tabletops.

Sharps: When walking with a knife, hold knife by handle with tip pointing down, blade edge facing behind you, keeping knife close to your side. Never leave sharp utensils in the sink! (Visible items quickly become potential dangers when hidden at the bottom of a soapy sink). Immediately report all injuries, broken equipment and missing supplies to instructor.

Knife Care: Always use a cutting board to prevent dulling of the blade. Hand wash knives to prevent drying and warping. Basic knife skills will be taught in subsequent lab sections.

Hot Items: (Dry) potholders or oven mitts should be used whenever handling hot items, be aware of steam hazards. If moving a hot pan/dish/food item, communicate to your partner/anyone standing close by that the item is hot.

Lab Procedures:

- Know which bowls and measuring equipment you need before coming to the supply areas. Use the proper measuring equipment.
- Leave food supplies on the cart or in food supply area. **DO NOT** take them to your unit. Measure ingredients carefully to avoid wasting food. **DO NOT** throw away any ingredient or finished product before asking your instructor. Extra supplies might be needed by the other lab groups.
- Food must be presented on a serving dish when applicable, and have its own serving spoon/fork etc. Food should not be brought to the table in a pot or pan. Do not eat anything that your group has prepared without first allowing other groups to evaluate your foods. You are responsible for evaluating your own prepared foods as well as evaluating prepared foods from other lab groups.
- Sit down to sample food. You **MUST** cook everything and participate in lab. Food tasting is recommended, but not required. If you have a food allergy or food preference, please alert the instructor ahead of time.
- Do a thorough clean up (all equipment, work areas, dishes and utensils). Applicable items should be rinsed and put in the dishwasher. **POTS AND PANS ARE NOT ALLOWED IN THE DISHWASHER** and must be washed with hot water and soap, dried, and put away prior to food evaluation. Be sure to clean up any spills on the stove or in the oven. Empty sink strainer; clean and dry sink. Place wet dishtowels and dishcloths on a tray near the door. **DO NOT LEAVE** until the instructor has inspected your lab area.

Safety & Sanitation Techniques:

Good food safety procedures will be always observed. (See safety procedures above.)

- Foods that require refrigeration will be kept in the refrigerator until needed and returned to the refrigerator and soon as possible after use.

- Use cutting boards for all chopping and cutting. Do NOT use the counter-top or trays for cutting unless otherwise indicated to do so. Wash wooden cutting boards in hot soapy water, do not soak. Plastic cutting boards can be placed in the dishwasher.
- Wipe up any spills with paper towels, not dishcloths or towels.
- When using electric mixers use dry hands; disconnect cord from the wall when cleaning; use rubber spatulas only when mixer is turned off.
- Before leaving be sure your oven and burners are off.

Fire Safety:

In case of a kitchen fire **DO NOT USE WATER**

Try to smother the fire:

- The carbon dioxide extinguishers are located: one in the back and one in the front of the foods lab. Remove the pin, aim, and squeeze trigger.
- Use flour, salt, or skillet cover to cover the flame.

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- **Points will be deducted from your lab participation grade**

- **Repeated offenses will not be able to participate in lab**

USAGE OF PHOTO & VIDEOGRAPHY:

During the academic year, Rutgers Nutritional Sciences may wish to use images or visual audio recordings of school activities involving its students in mass media, educational events, or other public relation activities for the university. Additionally, these photos may be published through our website, social media pages, and bulletin boards.

If **YES**, you give permission for the use of your image, please follow the below link:

Rutgers Model Release Form:

https://rutgers.ca1.qualtrics.com/jfe/form/SV_8oy980QqJtZgXHg

If **NO**, you do not give permission, Rutgers Nutritional Sciences will make every effort to not include your image.

ACCOMODATIONS FOR STUDENTS WITH DISABILITIES

Please follow the procedures outlined at <https://ods.rutgers.edu/students/registration-form>. Full policies and procedures are at <https://ods.rutgers.edu/>

ABSENCE POLICY

Students are expected to attend all classes; if you expect to miss one or two classes, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.

ACADEMIC INTEGRITY

The university's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academic-integrity-policy>. The principles of academic integrity require that a student:

- properly acknowledge and cite all use of the ideas, results, or words of others.

- properly acknowledge all contributors to a given piece of work.
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Adherence to these principles is necessary in order to ensure that

- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.
- the academic and ethical development of all students is fostered.
- the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

AVAILABLE STUDENT SUPPORT SERVICES

- ***If you are having personal or other problems, there are many options at Rutgers for assistance.***
 - Student Affairs office can help with issues related to your experience at Rutgers and when you don't know where to start when looking for assistance, contact the [Dean of Students office](#).
 - If are in need of *mental health* services, please use our readily available services. Rutgers Counseling and Psychological Services (CAPS) – New Brunswick: <http://rhscaps.rutgers.edu/>
 - If you need some temporary guidance, there is “Lets Talk” – which is a CAPS service offering drop-in hours at a number of locations across campus. No appointment is necessary. <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/community-based-counseling/#runbhc>
- ***If you are in need of physical health services*** due to illness, please reach out to:
Rutgers Health Services – New Brunswick: <http://health.rutgers.edu/>
- ***If you do not have enough food***, there is a Food Pantry on College Ave campus that is exclusively for Rutgers Students. <http://ruoffcampus.rutgers.edu/food/>
- If you need accommodation for a ***disability***, obtain a Letter of Accommodation from the Office of Disability Services that provides student-centered and inclusive services. <https://ods.rutgers.edu>
- If you are a ***military veteran*** or are on active military duty, you can obtain support through the Office of Veteran and Military Programs and Services. <http://veterans.rutgers.edu/>
- If you are in ***need of legal services***, please use our readily available services: <http://rusls.rutgers.edu/>
- If you are in need of additional ***academic assistance***, please use our readily available services. Rutgers University-New Brunswick Learning Center: <https://rlc.rutgers.edu/>.
- If you or somebody you know has been victimized by a ***crime, interpersonal violence*** (e.g., stalking, sexual assault), support is available at the Rutgers Office for Violence Prevention and Victim assistance. <http://vpva.rutgers.edu>

OTHER STUDENT WELLNESS SERVICES

Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / www.rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932- 1181.

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://webapps.rutgers.edu/student-ods/forms/registration>

