

## Culinary Nutrition 11:709:201 (3 credits)

Spring 2024 (IN PERSON)

Monday & Wednesday 3:50pm – 5:10pm

Location: Food Science Building, Room: Auditorium

### CONTACT INFORMATION:

Instructor: Melissa Keresztes, MS, NDTR

Office Location: Davison Hall, Room 222

Email: mp1254@sebs.rutgers.edu (preferred contact method)

Office Hours: By appointment

Teaching Assistant: Yi-Lin “Anna” Her

Email: yh966@scarletmail.rutgers.edu

Office Hours: By Appointment



### WELCOME

Welcome to the Culinary Nutrition! I am glad you are a part of this course where you will learn information on the consumer aspects of food selection and meal preparation along with learning the culinary science behind food. My goal is to provide you with the most accurate and current information in the nutrition and food science fields and enhance your knowledge and skills in culinary food principles and preparation. I have an open-door policy so if you have any questions or comments, please do not hesitate to ask.

### School of Arts and Sciences Learning Goals:

#### 1. Areas of Inquiry: Natural Sciences [NS]:

- Understand and apply basic principles and concepts in the physical or biological sciences [NS-1].

### COURSE WEBSITE, RESOURCES AND MATERIALS:

To enhance your learning experience and provide affordable access to the right course material, this course is part of an inclusive access model called First Day™. You can easily access the required materials for this course at a discounted price, and benefit from single sign-on access with no codes required in Canvas. Rutgers University will bill you at the discounted price as a course charge for this course.

It is NOT recommended that you Opt-Out, as these materials are required to complete the course. You can choose to Opt-Out on the first day of class, but you will be responsible for purchasing your course materials at the full retail price and access to your materials may be suspended.

For more information and FAQs go to [customer.care.bncollege.com](http://customer.care.bncollege.com).

### Student Tutorial Videos

Accessing Your eTextbook: <https://vimeo.com/304674236>

Opting Out of First Day for your eTextbook: <https://vimeo.com/304674616>

Opting Out of First Day for your courseware: <https://vimeo.com/304674959>

Other Features on the Course Materials page: <https://vimeo.com/304675344>

- **Required digital book:** Brown, Amy. Understanding Food Principles and Preparation, 6th<sup>th</sup> ed., Cengage Learning, 2019.
  - **OPT-IN (best bang for your buck!)**– MindTap (comes with interactive ebook): Brown - MindTap Nutrition, 1 term (6 months) Printed Access Card for Brown's Understanding Food: Principles and Preparation| **9781337557597** © 2019, 6th Edition ~\$80.00

- **Opt-Out** – MindTap (comes with interactive ebook): Brown - MindTap Nutrition, 1 term (6 months) Printed Access Card for Brown's Understanding Food: Principles and Preparation| 9781337557597 © 2019, 6th Edition - \$159.65
- **The digital book referred to as MindTap is REQUIRED!**
  - **Access and Register for your Cengage Resources (digital platform called MindTap) on our Canvas course site link found on the “Modules” page OR follow the instructions below:**

### How to Register for Your 2024SP - CULINARY NUTRITION 11:709:201 Course:

1. Go to [GetEnrolled.com](https://www.getenrolled.com)
2. Enter this Course Key: *MTPPCV5395Z9*
3. Follow the on-screen instructions to complete your *MindTap* registration
4. Visit the [Cengage Student Registration Page](#) for a step-by-step guide and short video on how to register for your course

### TOP HAT (REQUIRED PURCHASE):

Top Hat will be used in this course for taking attendance, participation, and exams throughout the semester. To purchase Top Hat, visit the following website: <https://app.tophat.com/register/student/> and enter the following **6-digit course code: 433179**

**Total Cost for Top Hat = \$20 for 4 months**

### CANVAS:

All class-related documents, grades, emails, and announcements for this class will be posted on our Canvas course website. This service is available through the student’s email account. Students will be responsible for regularly checking Canvas for emails, announcements and schedule changes.

### COURSE DESCRIPTION:

The purpose of this course is to provide students with basic overview on 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 skills for the betterment of their health.

### Student Learning Outcomes for Culinary Nutrition course (709:201)

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

1. Identify and discuss the physical, economic, sociological and psychological factors that influence individual and group food choices.
2. Describe the physical properties of food and food products.
3. Understand the effects of food preparation, storage and services on the nutritional value and organoleptic qualities of food.
4. Understand safe food handling procedures.
5. Understand the microbiological hazards inherent in the food supply.
6. Identify and explain the functions of labels on foods and legal controls of the food supply.
7. Understand the nutritional properties of food and the influence food processing and food preparation has on the availability of nutrients in foods.
8. Translate basic principles of culinary science and nutrition into appropriate food choices.

### 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 additive & food science and nutrition short essay assignments)

KRDN 4.5: Describe safety and sanitation principles related to food, personnel and consumers (i.e., food safety lecture assessed on first exam and online assignment).

**PARTICIPATION & ATTENDANCE:**

I believe one of the best ways to learn is from conversation with your peers. Please participate when you deem it is appropriate and please be courteous to your fellow peers while attending lectures. Reading your assignments ahead of time makes you a better participant and makes the discussions more interesting. Top Hat will be utilized to take attendance during classes, track participation, and for all four exams (each worth 75 points). Lecture attendance and participation is worth 40 points of your final grade. Therefore, attending classes and receiving full points can play a large factor when just a few points shy of the next whole letter grade.

If you cannot attend lecture because of an emergency or are sickness, please self-report your absence at the following self-reporting absence application: link: <https://sims.rutgers.edu/ssra/>. Once submitted, I will receive an email notification of your absence. Please get notes from a classmate for any material that you might have missed. The lecture slides will be posted before each class on Canvas.

**ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:**

Grades for this course are based upon a maximum of 500 points. There will be 4 hourly exams for 75 points each, 10 quizzes (10 points each), 2 food & nutrition assignments (30 points each) and attendance/participation (40 points), see breakdown below:

Assignment	Points
Lecture attendance/participation	40
Food Additive Assignment	30
Food science and nutrition essay	30
Quizzes (10)	100 (10 ea)
Exams (4)	300 (75 ea)
<b>TOTAL</b>	<b>500</b>

**Final Grade Assessment:** Final grade determination is based on the following:

- A = 450 points & above
- B+ = 425-449
- B = 400-424
- C+ = 375-399
- C = 350-374
- D = 300-349
- F = 299 & below.

**EXAM POLICY**

- All students are expected to take exams during the assigned time in class. Make-up exams will ONLY be given at the discretion of the instructor with appropriate written documentation. Under no circumstances will make-up exams be given later than the week following the scheduled exam.

- Exams will be conducted in person via Top Hat. You will need an electronic device with good Internet Connection for exams.
- **Please make note of the following exam day instructions:**
  - Smart watches, air pods, headphones, and cell phones must be stored away during the exam
  - Please be sure to use the bathroom before the exam begins
  - The exam will be proctored on TopHat, therefore a computer and/or a tablet should be fully charged.
    - Paper exams will not be provided, unless otherwise under the discretion of the instructor
  - Please arrive on time, a 10-minute grace period will be provided. After the 10 minutes have passed, you will not be able to sit for the exam.
  - Do not access TopHat through Canvas. Instead, please access ONLY VIA CHROME, the exam will not work on safari.
  - Make sure all pop ups are disabled - this includes SMS that may be sent to your electronic device.
  - Once you have "handed in" your exam on TopHat please exit the classroom.

**Exam 1** will cover all material covered in class from the first day of class until the day of the exam.

**Exam 2** will cover all material covered in class since the first exam through the indicated class meeting before the second exam and all assigned readings.

**Exam 3** will cover all material covered in class since the second exam through the indicated class meeting before the third exam and all assigned readings.

**Exam 4 (NOT Comprehensive)** will cover all material covered in class since the third exam to the last day of scheduled class.

- All exams will cover lecture material and assigned readings. Exam formats will be a combination of multiple choice, matching, and T/F. Students need to have a computer or other electronic device with internet access for taking the exam via Top Hat. Exams grades will be posted instantaneously and synced to your Canvas gradebook.

**Quizzes:** There will be 10 online quizzes that will cover content from the chapter readings. The timed Canvas online quizzes (10 minutes) are closed book. Each quiz is 10 points (100 points total). Any quizzes submitted after the due date will not be graded.

**Food & Nutrition Assignments:** There will be 2 food & nutrition assignments (Food Additive & the Food Science and Nutrition Essay) worth 30 points each (60 points total). Directions for these assignments along with the grading rubric will be posted on the Canvas course website. Assignments submitted after the due date will not be graded.

### **How to Position Yourself for Academic Success:**

Tips for improving your chances for success in Culinary Nutrition

- **Attend Lectures:** Individuals learn many ways such as auditory, visual and tactile learners, but most of use a combination of all of these. I try to incorporate a variety of these in class so attending lecture will increase your opportunities for learning.
- **Note-Taking Techniques:** Taking notes in class in outline form and leaving space on the page to “fill in” from the text is highly recommended. Reading your notes within 24 hours after class and supplementing with more detail from the text will greatly enhance your retention of the course content.

- **Keep up with the material:** Learn the vocabulary and study them regularly. Keep up with the assigned book chapters each week too. Do not wait until the day before the exam to find out you do not understand something.
- **Read the Text:** Lectures will not always cover all the material, so your text is an important resource. Focus on the summary charts, bold or highlight items, and review the end of chapter questions and quizzes. Supplement your lecture notes with points from the readings. The digital text book provides a wealth of visual illustrations and additional resources. Utilize all of the resources to your full advantage to help you learn.
- **Form Study Groups:** Study groups can help you learn while making new friends. Often students can learn as much from their peers as their professor. When you can explain a concept to someone else then you know that you really know it!
- **Ask for Help:** Students ARE NOT an interruption from my work, but the reason for it. Schedule a time to meet with me either in-person or virtually. I want to see all students excel in the course!

**COURSE SCHEDULE: Tentative Schedule:** *(This is subject to adjustment)*

Dates	Topics	Assigned Readings & Assignments
Week 1- January 17th	Class welcome; Food choice behaviors of individuals and cultural groups	<ul style="list-style-type: none"> <li>Read Chapters 1-2</li> </ul>
Week 2-January 22 <sup>nd</sup>	Food selection and sensory evaluation: differences by age, gender, and genetics	
Week 2/3- January 24 <sup>th</sup> & 29 <sup>th</sup>	Food & Nutrition 101: Challenges faced in an obesogenic food environment  <b>NO IN-PERSON CLASS THE 24<sup>TH</sup> &amp; 29<sup>TH</sup> WATCH PRE-RECORDED LECTURES</b>	<ul style="list-style-type: none"> <li>Read Chapter 3</li> </ul>
Week 3- January 31 <sup>st</sup>	Food safety issues from fork to table	<ul style="list-style-type: none"> <li>Read Chapter 4</li> <li><b>Quiz #1</b> (basic nutrition) – <b>IN CLASS QUIZ ON 1/31. rev. 1/22/24</b></li> <li></li> <li><b>Quiz #2</b> (food safety and sanitation) – due Feb 7<sup>th</sup></li> </ul>
Week 4- Feb 5 <sup>th</sup> & 7 <sup>th</sup>	Government food regulations and food labeling laws that affect consumer purchasing behaviors; consumer concerns with biotechnology in the food supply (GMOs vs. organic foods)	<ul style="list-style-type: none"> <li>Read Chapter 29</li> <li>(In class activity: Food labeling) *Time permitting</li> </ul>
Week 5- Feb 12 <sup>th</sup>	Culture and Entomophagy: Environmental Impact- <b>material on exam #1</b>	
<b>Week 5- Feb 14<sup>th</sup></b>	<b>First Hourly Exam</b>	
Week 6- Feb 19 <sup>th</sup>	Food additives: purpose, use, availability, and consumer concerns  *Review food additive assignment in class	
Week 6/7- Feb 21 <sup>st</sup> & 26 <sup>th</sup>	Application of dispersion gels, emulsions & sol in foods	<ul style="list-style-type: none"> <li>Chapter 18</li> <li><b>Quiz #3</b> (dispersion systems) – due March 3rd</li> </ul>
Week 7/8 Feb 28 <sup>th</sup> & March 4 <sup>th</sup>	The science of carbohydrates in foods	<ul style="list-style-type: none"> <li>Read Chapters 16-17, 19-20, and 23</li> <li><b>Quiz #4</b> (Wheat flour and mixtures) – due <b>March 10<sup>th</sup>*</b></li> </ul>
Week 8- March 6 <sup>th</sup>	Methods of heating foods; functions of leavening agents in cooking/baking	<ul style="list-style-type: none"> <li>Read Chapter 5</li> <li><b>Quiz #5</b> (heating methods) – due <b>March 10<sup>th</sup>*</b></li> <li><b>Food Additive assignment due</b></li> </ul>

		<b>March 8<sup>th</sup> by 11:59pm</b>
March 11-15 <sup>th</sup>	<b>Spring Break (No Classes)</b>	
<b>Week 9- March 18<sup>th</sup></b>	<b>Second Hourly Exam</b>	
Week 9/10 March 20 <sup>th</sup> & 25 <sup>th</sup>	Classification and functions of fresh vegetables & fruits	<ul style="list-style-type: none"> <li>Read the Assigned Chapters 13-14</li> <li><b>Quiz #6</b> (fruits and veg) – due March 31<sup>st</sup>)</li> </ul>
Week 10/11 March 27 <sup>th</sup> & April 1 <sup>st</sup>	Fats and Oils: nutrient composition, purchasing & inspection, preparation and cooking, and health recommendations  *Review Food Science and Nutrition essay assignment in class	<ul style="list-style-type: none"> <li>Read the Assigned Chapter 8</li> <li><b>Quiz # 8</b> (Fats &amp; Oils) – due April 7<sup>th</sup></li> </ul>
Week 11/12 April 3 <sup>rd</sup> & 8 <sup>th</sup>	Meat and meat products: nutrient composition, purchasing & inspection, preparation/cooking, and health recommendations	<ul style="list-style-type: none"> <li>Read the Assigned Chapter 7</li> <li><b>Quiz #7</b> (meat and meat products) – due April 14<sup>th</sup></li> </ul>
<b>Week 12- April 10<sup>th</sup></b>	<b>Third Hourly Exam</b>	
Week 13- April 15 <sup>th</sup>	Poultry: nutrient composition, purchasing & inspection, preparation/cooking, and health recommendations	<ul style="list-style-type: none"> <li>Read the Assigned Chapter 22</li> <li><b>Quiz #9</b> (poultry) – due April 21<sup>st</sup></li> </ul>
Week 13- April 17 <sup>th</sup>	Eggs: nutrient composition, purchasing & inspection, preparation/cooking, and health recommendations	<ul style="list-style-type: none"> <li>Read the Assigned Chapter 12</li> <li><b>Food Science and Nutrition Essay Assignment due April 21<sup>st</sup> by 11:59pm</b></li> </ul>
Week 14-April 22 <sup>nd</sup>	Marine Products: nutrient composition, purchasing & inspection, preparation/cooking and health recommendations	<ul style="list-style-type: none"> <li>Read the Assigned Chapter 9</li> <li><b>Quiz #10</b> (Marine) – due April 28<sup>th</sup></li> </ul>
Week 14/15 April 24 <sup>th</sup> – April 29 <sup>th</sup>	Dairy Products: nutrient composition, purchasing & inspection, preparation/cooking, and health recommendations	<ul style="list-style-type: none"> <li>Watch <u>Farm Tour Video</u></li> <li>Read the Assigned Chapters 10 &amp; 11</li> </ul>
<b>Final Exam: TBD</b>		

## FINAL EXAM DATE AND TIME

The fourth exam (NOT comprehensive) will be held during final exam week:

**DATE:** TBD

**TIME:** TBD

**LOCATION:** Food Science Building, Auditorium

**\*Please arrive on time! Students arriving 15 minutes past the exam start time will not be permitted to take the final exam, resulting in a final exam score of zero.**



## 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. Keep in mind, Top Hat will be used for class attendance and participation, which will count towards your overall class grade (10%).

## 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

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

#### Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / [www.rhscaps.rutgers.edu/](http://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/](http://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://ods.rutgers.edu/students/registration-form>.