

COURSE NAME; NUMBER; SEMESTER; MEETING DAYS, TIMES, AND PLACE.

Introduction to Foods & Nutrition (3 credits)

11:709:201 Spring 2019

Tuesday and Thursday 2:15-3:35pm

Loree Building, Room 022

CONTACT INFORMATION:

Instructor: Virginia Quick, PhD, RD

Office Location: Davison Hall, Room 209

Office Phone: (848) 932-0950 Email: vquick@njaes.rutgers.edu (preferred contact method)

Office Hours: Tuesday 12-2PM & Thursday 12-2PM or by appointment

WELCOME

Welcome to the Introduction to Foods & Nutrition class! I am glad you are a part of this class 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. Learning about food and nutrition is fun so let's start this journey together!

COURSE WEBSITE, RESOURCES AND MATERIALS:

- Required text: Brown, Amy. Understanding Food Principles and Preparation, 6thth ed., Cengage Learning, 2019.
 - **Option #1** – MindTap Standalone (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 - \$113
 - **Option #2** – Looseleaf print + MindTap: Brown - Bundle: Understanding Food: Principles and Preparation, Loose-leaf Version, 6th + MindTap® Nutrition, 1 term (6 months) Printed Access Card | **9781337882156** © 2019, 6th Edition - \$160
 - **Option #3** – 4 month subscription to unlimited access of MindTap courses. This a good deal for those of you that might be using MindTap in other courses. | **2818440073304** © 2019 - \$120
- **MindTap is REQUIRED!**
 - **You have to purchase the access code at Barnes & Noble Bookstore before logging into the integrated Sakai course website (i.e., Cengage Learning tab).**

Required App: For Attendance and In Class Quizzes

Tophat (you will receive an e-mail invitation)

\$24/semester or \$36/year or \$72/lifetime

- All class-related documents, grades, and announcements for this class will be posted on our class Sakai website (sakai.rutgers.edu). This includes powerpoint presentations from the lectures. This service is available through the student's email account. Students will be responsible for regularly checking Sakai for 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 Introduction to Foods & 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.

2017 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 3.4: Explain the processes involved in delivering quality food and nutrition services (i.e., food science, preparation and service skills assessed in final exam and online assignments).

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

CLASSROOM CONDUCT:

Whether you are taking this class as a requirement or as an elective, I expect college-level, professional behavior. Once class has started, such things as reading newspapers, working on outside-of-class materials, carrying on distracting side conversations, leaving early, etc., are considered rude and distracting to me, your classmates, and especially to our guests. All cell phones must be turned to vibrate or silent during class time. If a student feels it necessary to answer a phone or open a text during class time, that student must exit the classroom to do so. Laptops must be used for class-related activities ONLY, no social networking! Students attending class are expected to arrive to class on time and stay the entire class time. Special situations should be discussed with the instructor. It is disruptive to guest lecturers, students, and to the class to arrive late or leave before class is dismissed. Adjust travel times, appointments, and meal dates accordingly. Class will be dismissed in timely manner so that students may commute to the next class.

PARTICIPATION & ATTENDANCE:

I believe one of the best ways to learn is from conversation with your peers. I hold an open classroom where discussions will be copious. Please participate when you deem it is appropriate and please be courteous to your fellow peers. Reading your assignments ahead of time makes you a better participant and makes the discussions more interesting. TopHat will be utilized to take attendance during scheduled classes and track participation.

ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:

Grades for this course are based upon a maximum of 400 points. There will be 4 hourly exams for 75 points each, 3 MindTap assignments (each is 5 points) totaling 15 points, 4 food & nutrition assignments (15 points each) totaling 60 points and attendance/participation (25 points). 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 of the reason for missing the scheduled exam. Under no circumstances will make-up exams be given later than the week following the scheduled exam.

EXAM POLICY

All exams are mandatory – no exceptions!

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.

Final exam (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 must bring ID number as identification for scantron answer sheets. Cell phones, apple watches, pagers, computers, personal devices, or anything similar must be off and stored in **closed** book bags during any exams. Exams will not be handed back, however they will be filed in my office. **You will only be able to review an exam for 2 weeks after the exam has been given.** Grade feedback will also be available online on the Sakai course website.

MindTap Assignments: There will be 3 MindTap assignments (each is 5 points) dispersed throughout the course semester, which will provide an opportunity for you to better understand the course material. These assignments will count towards 15 points (3.75%) of your overall final grade. It is in your best interest to read the assigned readings in MindTap and complete the assignments when due. MindTap assignments are **due by 11:59pm on Sunday evenings** the week posted in the tentative schedule found below.

Food & Nutrition Assignments: There will be 4 food & nutrition assignments (Food Labeling, Food Additives, Evaluating the Lay Literature, Short Essay) worth 15 points each (60 points total). Directions for these assignments along with the grading rubric will be posted on the Sakai course website.

Final Grade Assessment: Final grade determination is based on the following: A = 360 points & above; B+ = 340-359; B = 320-339; C+ = 300-319; C = 280-299; D = 240-279; F = 239 & below.

COURSE SCHEDULE:

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

Dates	Topics	Assigned Readings
Jan 22 nd	Class welcome; Food choice behaviors of individuals and groups	
Jan 24 th	Food selection and sensory evaluation	Chapters 1-2 (Supertaster experiment)
Jan 29 th & 31 st	Food & Nutrition 101	Chapter 3
Feb 5 th	Food safety (guest speaker)	Chapters 4
Feb 7 th & 12 th	Government food regulations; Biotechnology and food supply	Chapter 29 (Food Labeling assignment – Due 4/12)
Feb 14 th	Food additives: purpose, use, and availability	(Food Additives assignment –Due 2/14)
Feb 19 th	First Hourly Exam	
Feb 21 st & 26 th	Dispersion gels, emulsions, sol	Chapter 18 (MindTap #1 is test at end of Chapter 18 due 3/3)
Feb 28 th & March 5 th	Carbohydrates: functions of flour, wheat, rice, corn, and oats	Chapters 16-17, 19-20, and 23
March 7 th	Heating of foods; Leavening agents	Chapter 5
March 12 th	Second Hourly Exam	
March 14 th	Fresh fruits, vegetables and salads	Chapters 13-14
March 16 th – 24 th	NO CLASSES (Spring Break)	
March 26 th	Fresh fruits, vegetables and salads, cont.	Chapters 13-14
March 28 th & April 2 nd	Meat and meat products	Chapter 7 (MindTap #2 is test at end of Chapter 7 due 4/7)
April 4 th	Poultry (guest speaker)	Chapter 8
April 9 th	Evidence analysis of the lay literature	(Evaluating the Lay Literature assignment – Due 4/9)
April 11 th	Third Hourly Exam	
April 16 th	Eggs	Chapter 12 (MindTap #3 is test at end of Chapter 12 due 4/21)
April 18 th	Marine Products	Chapter 9
April 23 rd & 25 th	Dairy Products	Chapters 10-11 (Short Essay assignment – Due 4/25)
April 30 th & May 2 nd	Fats and Oils	Chapter 22
FINAL EXAM – FRIDAY, MAY 10 FROM 8AM TO 11AM (Loree Building, Room 022)		

FINAL EXAM DATE AND TIME

Online Final Exam Schedule: <https://finalexams.rutgers.edu>
Friday, May 10th from 8AM to 11AM, Loree Building, Room 022

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, Tophat will be used for class attendance and participation, which will count towards your overall class grade (6.25%).

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.

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/

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://ods.rutgers.edu/students/registration-form>.

Scarlet Listeners

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.