COURSE NAME; NUMBER; SEMESTER; MEETING DAYS, TIMES, AND PLACE.
Culinary Nutrition (3 credits)
11:709:201    Spring 2020
Tuesday and Thursday 3:55-5:15pm
Hickman Hall, Rm 101

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: By appointment

WELCOME
Welcome to the Culinary 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!

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 customercare.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

COURSE SYLLABUS

  - MindTap is REQUIRED!
    - Register and Access Cengage Resources (MindTap) on our Canvas course website on the “Modules” page.

**Required App: For Attendance and In Class Tests**
TopHat (you will receive an e-mail invitation)

All class-related documents, grades, and announcements for this class will be posted on our class canvas website. This includes powerpoint presentations from the lectures. This service is available through the student’s email account. Students will be responsible for regularly checking Canvas 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 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.

**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. 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, track participation, and for all four exams.

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, 2 food & nutrition assignments (30 points each) totaling 60 points and attendance/participation (40 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. 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. (Friday, May 8th 12-3pm in Hickman Hall, Room 101)

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 a laptop, iPad, or other electronic device with internet access to the exam as the test will be taken using TopHat. Other electronic devices not used for taking the exam (e.g., cell phone) must be turned off and stored in closed book bags during exams. Exams grades will be posted instantaneously and synced to your Canvas gradebook.

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.

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)*

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<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Assigned Readings</th>
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<tbody>
<tr>
<td>Jan 21st</td>
<td>Class welcome; Food choice behaviors of individuals and cultural groups</td>
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<tr>
<td>Jan 23rd</td>
<td>Food selection and sensory evaluation: differences by age, gender, and genetics</td>
<td>Chapters 1-2 (Supertaster experiment)</td>
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<td>Jan 28th &amp; 30th</td>
<td>Food &amp; Nutrition 101: Challenges faced in an obesogenic food environment</td>
<td>Chapter 3</td>
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<td>Feb 4th</td>
<td>Food safety issues from fork to table</td>
<td>Chapter 4</td>
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<td>Feb 6th &amp; 11th</td>
<td>Government food regulations and food labeling laws that affect consumer purchasing behaviors; consumer concerns with biotechnology in the food supply (GMOs vs. organic foods)</td>
<td>Chapter 29 (Food labeling in-class activity)</td>
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<td>Feb 13th</td>
<td>Food additives: purpose, use, availability, and consumer concerns</td>
<td>3.7 Nonnutritive food component reading</td>
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<td>Feb 18th</td>
<td><strong>First Hourly Exam</strong></td>
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<td>Feb 20th &amp; 25th</td>
<td>Application of dispersion gels, emulsions &amp; sol in foods</td>
<td>Chapter 18 <img src="link%20to%20assignment" alt="Food Additive assignment due 2/29" /></td>
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<tr>
<td>Feb 27th &amp; March 3rd</td>
<td>The science of carbohydrates in foods</td>
<td>Chapters 16-17, 19-20, and 23</td>
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<td>March 5th &amp; 10th</td>
<td>Methods of heating foods; functions of leavening agents in cooking/baking</td>
<td>Chapter 5</td>
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<td>March 12th</td>
<td><strong>Second Hourly Exam</strong></td>
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<td>March 14-22nd</td>
<td>Spring Break! No Classes</td>
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<td>March 24th &amp; 26th</td>
<td>Classification and functions of fresh vegetables &amp; fruits</td>
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<td>March 31st &amp; April 2nd</td>
<td>Meat and meat products: nutrient composition, purchasing &amp; inspection, preparation/cooking and health recommendations</td>
<td>Chapter 7</td>
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<tr>
<td>April 7th</td>
<td>Poultry: nutrient composition, purchasing &amp; inspection, preparation/cooking and health recommendations</td>
<td>Chapter 8</td>
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<td>April 9th</td>
<td>Eggs: nutrient composition, purchasing &amp; inspection, preparation/cooking and health recommendations</td>
<td>Chapter 12</td>
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<td>April 14th</td>
<td><strong>Third Hourly Exam</strong></td>
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<td>April 16th</td>
<td>Fats and Oils: nutrient composition, purchasing &amp; inspection, preparation</td>
<td>Chapter 22</td>
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and cooking, and health recommendations

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Pages/Assignments</th>
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<tbody>
<tr>
<td>April 21st &amp; 23rd</td>
<td>Marine Products: nutrient composition, purchasing &amp; inspection, preparation/cooking and health recommendations</td>
<td>Chapter 9 (Food Science and Nutrition Essay Assignment – Due April 26th)</td>
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<tr>
<td>April 28th &amp; 30th</td>
<td>Dairy Products: nutrient composition, purchasing &amp; inspection, preparation/cooking, and health recommendations</td>
<td>Chapters 10-11</td>
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**FINAL EXAM – Friday, May 8th 12 – 3pm (Hickman Hall, Room 101)**

**RUTGERS STUDENT FARM - EXTRA CREDIT OPPORTUNITY**

Come mid-March when the growing season begins, 10 extra credit points will be made available for students to spend a few hours working on the Rutgers Student Farm (located off Ryder Lane) at a time that is convenient for you. More details about this unique experience will be made available come mid-semester by Dr. Quick.

**ACCOMODATIONS FOR STUDENTS WITH DISABILITIES**

Please follow the procedures outlined at [https://ods.rutgers.edu/students/registration-form](https://ods.rutgers.edu/students/registration-form). Full policies and procedures are at [https://ods.rutgers.edu/](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/](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 (10%).

**ACADEMIC INTEGRITY**

The university's policy on Academic Integrity is available at [http://academicintegrity.rutgers.edu/academic-integrity-policy](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](mailto:mailto:).  
  - 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/](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](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/](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/](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](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/](http://veterans.rutgers.edu/)

• If you are in need of **legal services**, please use our readily available services: [http://rusls.rutgers.edu/](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/](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](http://vpva.rutgers.edu)

OTHER STUDENT WELLNESS SERVICES

Just In Case Web App  [http://codu.co/cee05e](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/
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.