

GRAYSON COLLEGE

Course Syllabus

Course Information

IFWA 1210 Nutrition and Menu Planning

Professor Contact Information

Professor name: Office phone:

Email: Office location:

Office hours:

Course Pre-requisites, Co-requisites, and/or Other Restrictions

N/A

Course Description – from college catalog

Application of principles of nutrition in planning menus for the food service industry.

Student Learning Outcomes

- A. Trace the changes in nutritional requirements of the human body throughout the lifecycle
- B. Associate nutrients with their related food groups
- C. Identify foods in the food pyramid/ My Plate
- D. Recognize substitutions in the food exchange program
- E. Prepare a menu for a target group assuring nutritional needs are met
- F. Understand Caloric content of foods and relationship to weight management

ACF Competencies

- G. Apply principles of nutrition to menu development.
 - H. Identify current USDA My Plate principles and food groups.
 - I. List the nutrients contributions of each food group.
 - J. Evaluate recipes and menus using dietary guideline recommendations, food guides, and food labels.
 - K. Identify common food allergies and determine appropriate substitutions (i.e. Gluten, sugar, lactose free)
 - L. Discuss contemporary nutritional issues (i.e. vegetarianism, heart healthy menus and religious dietary laws)
 - M. Discuss recipe modification to create more nutritionally sound products.
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Required Textbooks (ISBN # included) and Materials

Nutrition for Foodservice and Culinary Professionals, 9th Edition by Karen Eich Drummond and Lisa M. Brefere, ISBN-13: 978-1-119-14849-4

Suggested Course Materials

Computer to run accompanying program, Pen/pencil, paper, Calendar with space to write on it, 100 question scantron, hand held calculator (not associated with another electronic device).

Required Assignments & Academic Calendar

In case of inclement weather, emergency closings, or other unforeseen disruptions to scheduled classes, student must log onto their Canvas accounts for directions on where or how to continue their coursework.

SCHEDULED DATES ARE TENTATIVE AND CAN BE CHANGED WITH NOTICE BY THE PROFESSOR. CHANGES WILL BE ANNOUNCED IN CLASS. REGULAR CLASS ATTENDANCE WILL ASSURE THAT YOU ARE UP TO DATE WITH THE REST OF THE CLASS.

Table 1 Course Schedule

Week	Topics, Readings, Assignments, Deadlines
1	Syllabus review and beginning Chapter 1
2	Chapter 1 and 2 Quiz Due before beginning of class Chapter 1, Introduction to Nutrition Chapter 2 Using Dietary Recommendations, Food Guides, and Food
3	Continue Chapter 2 Chapter 3 Quiz Due before beginning of class Chapter 3 Carbohydrates
4	Continue Chapter 3 Exam 1 (Ch. 1-3)
5	Chapter 4 Quiz Due before beginning of class Chapter 4: Fat
6	Chapter 5 Quiz Due before beginning of class Chapter 5 Protein
7	Complete Chapter 5 Chapter 6 Quiz Due before beginning of class Chapter 6 Vitamins
7	Exam 2 (Ch. 4-6) Chapter 7: Water and Minerals
8	Chapter 7 Quiz Due before beginning of class Chapter 7 cont
9	Chapter 8 Quiz Due before beginning of class Chapter 8: Building Flavor and Balanced Baking
10	Chapter 9 Quiz Due before beginning of class Chapter 9 Recipe Makeovers
11	Personal Food Journal Assignment Final submission date. Chapter 10 Quiz Due before beginning of class Chapter 10: Balanced Menus
12	Exam 3 (Ch. 7-10) Chapter 11: Handling Customers' Special Nutrition Requests
13	Chapter 11 and 12 Quiz Due before beginning of class Chapter 12 Weight Management
14	Chapter 13 Quiz Due before beginning of class Chapter 13: Nutrition For All Ages Healthy Menu Assignment is due

Week	Topics, Readings, Assignments, Deadlines
15	Final Ch. 11-13; Comprehensive section.

Methods of Evaluation

Grading

Categories	Percentage	Points
Healthy Menu	10	100
Attendance	15	150
Personal Journal project	15	150
Quizzes the best 10 of 13	10	100
3 Exams	30	300
Final	20	200
Totals	100%	1000

Grades to be posted on Canvas

Rubrics will be given with the two assignments

Descriptions of:

Exams will be graded then discussed in class. There will be 3 exams given during the semester counting 30% of the final grade. Of 13 quizzes given the best 10 grades will count. Two assignments will be handed out in class and will also be on blackboard with the grading rubric for each assignment. Cell phone usage will result in a zero for the Attendance and Class Participation for that day. All cell phones will be turned into the proctor for the three exams and the final. (All cell phones are to be turned off or placed on silent during class and put away)

There will be no make-up quizzes.

Exams must be taken as scheduled; make-up tests must be scheduled in advance. All make-ups will be taken at the testing center, and should be scheduled for completion prior to the next scheduled class time.

Methods of Instruction

Lecture, class discussion, and audio-visual materials will be used.

Computer Hardware and Software Requirements

You will need access to a computer that has reliable internet. This will be for the Online work and to join in class discussions on conferences and to take quizzes and exams. You will also have a presentation that you will need to be online to do.

Course & Instructor Policies

There will be a 25 point deduction for every day that an assignment is late.

There will be one day set aside for make-up exams.

If you are disruptive to the class, you will be asked to leave that day and will not be allowed to return until the following day.

Class Attendance and Participation

Attendance and Participation Academic success is closely associated with regular class attendance and course participation. All successful students, whether on campus or online, are expected to be highly self-motivated. All students are required to participate in courses regularly and are obliged to participate in class activities and complete and submit assignments following their faculty' instructions. Students taking courses during compressed semester timeframes such as mini-mester, summer sessions, and 8-week courses should plan to spend significantly more time per week on the course. Responsibility for work missed because of illness or school business is placed upon the student. Instructors are required to include in their syllabi the attendance policy for the courses(s) they teach. The college considers absences equal to or greater than 15% of the course's requirements to be excessive.

In order for students to be counted as having attended a class before the census date, the following guidelines are to be used: • Physical attendance in class with an opportunity for instructor and student interaction • Submission of an academic assignment • Completion of an exam, interactive tutorial, or computer-assisted instruction • Attendance at a study group assigned by the faculty • Participation in an online discussion in the class • Contact with a faculty member to ask a question

Student Conduct & Discipline

Classroom Behavior:

Students are expected to maintain classroom decorum that includes respect for other students and the instructor, prompt and regular attendance and an attitude that seeks to take full advantage of the educational opportunity.

Defacing College Property:

Anyone caught defacing property will be responsible for cleaning, repairing or replacing the defaced property. The individual will also receive a zero (0) for the day. Defacing property includes, but is not limited to, writing, marking or scratching on the tables, tabletops, chairs, cabinets, counter tops, shelving or walls.

Cell Phone Policy:

All cell phones and other electronic devices must be turned off before entering the classroom. Text messaging is not permitted during class. If you have an emergency and need to take a call during class, you must inform the instructor before the beginning of class. Turn your ringer to vibrate, and when your call comes in, pick up all of your belongings and leave the classroom.

You may return to class the next time the class meets.

Communication between instructor and students should occur through the Canvas message center. This tool can also be used to communicate with other students. You can also reach the professor through the email or phone number in the contact information at the beginning of the syllabus.

Online participation will be **assessed and graded by participation in quizzes, exams, and joining conferences hosted by the instructor.**

The instructor will **monitor the online activities** by checking the canvas course at least three times a week and communicating with students through the Canvas message center.

The **standards of appropriate online behavior** will be maintained by all students and professor demonstrating professionalism and ethical behavior.

The minimum **computer hardware and software requirements** for the class is a working computer that has Chrome as a internet browser, and reliable internet access. If you do not have this ability at home, you can use the computers in the Grayson Library or you can contact the professor to possibly use the computers in the Culinary Arts Center. The use of the Culinary Arts center computers will have to be scheduled in advance (no walk ins).

In case of an instance where you cannot submit an assignment or take a test due to technical issues, you must contact the professor before the due date and time to notify them of the issue and then an **alternative procedures for submitting** work will be discussed, depending on what the item is and the technical issue.

Academic Integrity

The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts. Plagiarism, especially from the web, from portions of papers for other classes, and from any other source is unacceptable and will be dealt with under the college's policy on plagiarism (see GC Student Handbook for details). Grayson College subscribes to turnitin.com, which allows faculty to search the web and identify plagiarized material.

Plagiarism is a form of scholastic dishonesty involving the theft of or fraudulent representation of someone else's ideas or words as the student's original work. Plagiarism can be intentional/deliberate or unintentional/accidental. Unintentional/Accidental plagiarism may include minor instances where an attempt to acknowledge the source exists but is incorrect or insufficient. Deliberate/Intentional plagiarism violates a student's academic integrity and exists in the following forms:

- Turning in someone else's work as the student's own (such as buying a paper and submitting it, exchanging papers or collaborating on a paper with someone else without permission, or paying someone else to write or translate a paper)
- Recycling in whole or in part previously submitted or published work or concurrently submitting the same written work where the expectation for current original work exists, including agreeing to write or sell one's own work to someone else
- Quoting or copy/pasting phrases of three words or more from someone else without citation, • Paraphrasing ideas without citation or paraphrasing incompletely, with or without correct citation, where the material too closely matches the wording or structure of the original
- Submitting an assignment with a majority of quoted or paraphrased material from other sources
- Copying images or media and inserting them into a presentation or video without citation,
- Using copyrighted soundtracks or video and inserting them into a presentation or video without citation
- Giving incorrect or nonexistent source information or inventing source information
- Performing a copyrighted piece of music in a public setting without permission
- Composing music based heavily on someone else's musical composition.

In this course, if you are caught cheating or plagiarizing, the first time will result in a zero for that assignment, the second occurrence will result in an automatic F in the course.

Student Responsibility

You have already made the decision to go to college; now the follow-up decisions on whether to commit to doing the work could very well determine whether you end up working at a good paying job in a field you enjoy or working at minimum wage for the rest of your life. Education involves a partnership that requires both students and instructors to do their parts. By entering into this partnership, you have a responsibility to show up for class, do the assignments and reading, be engaged and pay attention in class, follow directions, and put your best effort into it. You will get out of your experience here exactly what you put into it – nothing more and nothing less.

GC policy prohibits discrimination on the basis of age, ancestry, color, disability, gender identity, genetic information, national origin, race, religion, retaliation, serious medical condition, sex, sexual orientation, spousal affiliation and protected veterans status.

Furthermore, Title IX prohibits sex discrimination to include sexual misconduct: sexual violence (sexual assault, rape), sexual harassment and retaliation.

For more information on Title IX, please contact:

- Dr. Molly M. Harris, Title IX Coordinator (903)463-8714
- Ms. Logan Maxwell, Title IX Deputy Coordinator - South Campus (903) 415-2646
- Mr. Mike McBrayer, Title IX Deputy Coordinator - Main Campus (903) 463-8753

- Website: <http://www.grayson.edu/campus-life/campus-police/title-ix-policies.html>
 - GC Police Department: (903) 463-8777- Main Campus) (903-415-2501 - South Campus)
 - GC Counseling Center: (903) 463-8730
 - For Any On-campus Emergencies: 911
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**Grayson College is not responsible for illness/injury that occurs during the normal course of classroom/lab/clinical experiences.

**These descriptions and timelines are subject to change at the discretion of the Professor.

** Grayson College campus-wide student policies may be found at the following URL on the College website: <https://www.grayson.edu/currentstudents/Academic%20Resources/index.html>