



Department: __ Culinary Arts _____
Course Title: _____ Nutrition for the food service professional _____
Section Name: __ IFWA 1218 _____
Semester: _____ Spring 2015 _____
Time: _____ Monday and Wednesday 3:00-5:00 _____
Classroom: _____ 139 R _____

Instructor: __ Alejandro Barrientos _____
Email: _____ abarrientos@odessa.edu _____
Office: _____ 139 M _____
Phone: _____ (432)- 335-6525 _____

Course Description:

FROM CATALOG introduces the concepts and principles of normal nutrition with emphasis on the importance of Nutrients and their roles and functions within the body and throughout one's life. The student will be Able to understand and interpret nutritional concepts and issues and estimate the nutritional value of specific food groups within ones diet. (ICO 1,2,3)

Required Texts:: Nutrition for Foodservice and Culinary Professionals, 8th Edition

Description of Institutional Core Objectives (ICO's)

Given the rapid evolution of necessary knowledge and skills and the need to take into account global, national, state, and local cultures, the core curriculum must ensure that students will develop the essential knowledge and skills they need to be successful in college, in a career, in their communities, and in life. Therefore, with the assistance of the Undergraduate Education Advisory Committee, the Coordinating Board has approved guidelines for a core curriculum for all undergraduate students in Texas.

Through the application and assessment of objectives within the institution's core curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world; develop principles of personal and social responsibility for living in a diverse world; and advance intellectual and practical skills that are essential for all learning. Appropriate Odessa College faculty periodically evaluates all of the courses listed in the descriptions on the following pages of this catalog and keys them to Odessa College's Institutional Core Objectives (ICOs), as defined by the Texas Higher Education Coordinating Board (THECB). (Source: *Odessa College Catalog of Courses 2012-2013, page 73*)

Odessa College's Institutional Core Objectives (ICOs):

- 1) *Critical Thinking Skills* - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information
- 2) *Communication Skills* - to include effective development, interpretation and expression of ideas through written, oral and visual communication
- 3) *Empirical and Quantitative Skills* - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
- 4) *Teamwork* - to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal

5) *Personal Responsibility* - to include the ability to connect choices, actions and consequences to ethical decision-making

6) *Social Responsibility* - to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

Learning Outcomes for _____ (Source: *Odessa College Catalog of Courses*)

| Outcome | ICO |
|---|--|
| 1. Identify the factors which make nutrition a science. 2. Identify and discuss the nutrient category known as carbohydrates. 3. Identify the various types of lipids consumed into the body and analyze their roles and Functions. 4. Identify the importance of minerals as they pertain to bodily functions. 1. | 1) <i>Critical Thinking Skills</i> - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information |
| 5. Point out the importance of proteins for the maintenance of life. 6. Summarize the importance of vitamins as they relate to the maintenance of life. 7. Explain the importance of the body's energy requirements and energy balance needs. 2. | 2) <i>Communication Skills</i> - to include effective development, interpretation and expression of ideas through written, oral and visual communication |
| 8. Summarize the importance of oxygen, water and other fluids in maintaining the body's energy, water balance and transport functions. 3. | 3) <i>Empirical and Quantitative Skills</i> - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions |
| 9. Explain the importance of nutrition as a health maintenance vehicle during young, middle-aged and elderly adulthood. 10. Summarize the importance of lifestyles, the contradictions in lifestyles and their significant impact on an individual's well-being and nutritional choices. 4. | 4) <i>Teamwork</i> - to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal |

| | |
|--|--|
| <p>11. Measure how much and what types of food are required by the body. 5.</p> | <p>5) <i>Personal Responsibility</i> - to include the ability to connect choices, actions and consequences to ethical decision-making</p> |
| <p>12. Identify and discuss the problems of obesity, eating disorders and famines. 13. Justifies the importance of a well-balanced, nutritious diet during pregnancy and lactation. 14. Point out the importance of a well-balanced and nutritious diet from infancy through Adolescence. 6.</p> | <p>6) <i>Social Responsibility</i> - to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities</p> |

Odessa College Policies

Academic Policies

Note that the OC Student Handbook states (page 32) that “[i]n cases of academic dishonesty, the instructor has the authority to impose appropriate scholastic penalties. Complaints or appeals of disciplinary sanctions may be filed in accordance with the college due process procedure. Copies of the college due process procedure are available in the office of The Director of Student Life (CC104).”

For more information on your rights and responsibilities as a student at Odessa College, please refer to the following: *The 411 of OC: Student Handbook 2012-2013; Student Rights & Responsibilities*
<http://www.odessa.edu/dept/studenthandbook/handbook.pdf>

Scholastic Dishonesty

Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by board policies. Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism and collusion.

"Cheating on a test" shall include:

- Copying from another student's test paper
- Using test materials not authorized by the person administering the test.
- Collaborating with or seeking aid from another student during a test without permission from the test administrator.
- Knowingly using, buying, selling, stealing or soliciting, in whole or in part, the contents of an un-administered test.
- The unauthorized transporting or removal, in whole or in part, of the contents of the un ministered test.
- Substituting for another student, or permitting another student to substitute for One's self, to take a test.
- Bribing another person to obtain an un-administered test or information about an un-administered test.
- "Plagiarism" shall be defined as the appropriating, buying, receiving as a gift, or obtaining by any means another's work and the unacknowledged submission or incorporation of it in one's own written work.
- "Collusion" shall be defined as the unauthorized collaboration with another

person in preparing written work for fulfillment of course requirements. (Source: *Odessa College Student Handbook 2012-2013, page 29-30*)

Special Populations/Disability Services/Learning Assistance

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Odessa College affirms that it will provide access to programs, services and activities to qualified individuals with known disabilities as required by **Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990 (ADA)**, unless doing so poses an undue hardship or fundamentally alters the nature of the program or activity. Disabilities may include hearing, mobility or visual impairments as well as hidden disabilities such as chronic medical conditions (arthritis, cancer, diabetes, heart disease, kidney disorders, lupus, seizure disorders, etc.), learning disabilities or psychiatric or emotional disabilities. A student who comes to Odessa College with diagnosed disabilities which may interfere with learning may receive accommodations when the student requests them and submits proper documentation of the diagnosis. A Request for Accommodations form and guidelines for beginning the request process are available in the OC Help Center or on the Odessa College web site at www.odessa.edu/dept/counseling/disabilities.htm. The college strives to provide a complete and appropriate range of services for students with disabilities such as assistance with testing, registration, information on adaptive and assistive equipment, tutoring, assistance with access and accommodations for the classroom where appropriate. For information regarding services, students with disabilities should contact the Office of Disability Services in the OC Help Center located in Room 204 of the Student Union Building or call 432-335-6433. (Source: *Odessa College Catalog of Courses 2012-2013, page 52*)

Dropping a Course or Withdrawing from College

Students wishing to drop a non-developmental course may do so online using Web Advisor, at the Wrangler Express, or Registrar's Office. A student wishing to drop a developmental course or withdraw from college should obtain a drop or withdrawal form from the Wrangler Express or the Registrar's Office. Students are encouraged to consult with instructors prior to dropping a class. Students may not completely withdraw from the college by use of the Web. Students must drop a class or withdraw from college before the official withdrawal date stated in the class schedule. Students who are part of the Armed Forces Reserves may withdraw with a full refund if the withdrawal is due to their being ordered into active duty. A copy of the student's orders must be presented to the Registrar's Office at the time of the withdrawal. For details, please contact the Office of the Registrar. **No longer attending class does not automatically constitute withdrawal from that class, nor does a student's notification to an instructor that the student wishes to be dropped. Failure of a student to complete the drop/withdrawal process will result in a grade of "F."** (Source: *Odessa College Catalog of Courses 2012-2013, page 36*)

Learning Resource Center (LRC; Library)

The Library, known as the Learning Resources Center, provides research assistance via the LRC's catalog (print books, videos, e-books) and databases (journal and magazine articles). Research guides covering specific subject areas, tutorials, and the "Ask a Librarian" service provide additional help.

Student Success Center (SCC)

Located in the LRC, the Student Success Center (SSC) provides assistance to students in meeting their academic and career goals. We strive to provide new and updated resources and services at no charge to OC students. Academic support services include tutoring, study skills training, workshops, and the mentoring

program. Tutoring is available for a variety of subjects including college mathematics, English, government, history, speech, chemistry, biology, and all developmental coursework. Appointments are preferred, but walk-ins will be served as soon as possible. Smarthinking online tutoring is also available. All computers in the center have Internet access, Microsoft Office, and software resources to assist OC students in improving their reading, writing and mathematical skills. The center also offers special assistance to students preparing for the THEA/COMPASS test. Computer lab assistants are available to assist students with student email, Blackboard, OC portal, Course Compass and more. For more information or to make an appointment, please call 432-335-6673 or visit www.odessa.edu/dept/ssc/ (Source: *Odessa College Catalog of Courses 2012-2013, page 54*)

Student E-mail

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **Correspondence will be submitted using your Odessa College email as an alternative method to contact you with information regarding this course.**

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Expectations for Engagement – Face to Face Learning

To help make the learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the learning environment. Students and instructors are welcome to exceed these requirements.

Reasonable Expectations of Engagement for Instructors

1. As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will
 - provided my contact information at the beginning of the syllabus;
 - respond to all messages in a timely manner through telephone, email, or next classroom contact; and,
 - notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable.
2. As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will
 - provide clear information about grading policies and assignment requirements in the course syllabus, and
 - Communicate any changes to assignments and/or to the course calendar to students as quickly as possible.
3. As an instructor, I understand that I need to provide regular, timely feedback to students about their performance in the course. To keep students informed about their progress, I will
 - return classroom activities and homework within one week of the due date and
 - provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

Reasonable Expectations of Engagement for Students

1. As a student, I understand that I am responsible for keeping up with the course. To help with this, I will
 - attend the course regularly and line up alternative transportation in case my primary means of transportation is unavailable;
 - recognize that the college provides free wi-fi, computer labs, and library resources during regular campus hours to help me with completing my assignments; and,
 - Understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my personal computer equipment or internet service is unreliable.

2. As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to,
 - missing class when a major test is planned or a major assignment is due;
 - having trouble submitting assignments;
 - dealing with a traumatic personal event; and,
 - having my work or childcare schedule changed so that my classroom attendance is affected.

3. As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will
 - seek out help from my instructor and/or from tutors;
 - ask questions if I don't understand; and,
 - attend class regularly to keep up with assignments and announcements.

ALL CULINARY STUDENTS ARE REQUIRED TO PARTICIPATE IN ATLEAST 2 CULINARY EVENTS PER SEMESTER AND IS MANDATORY IF UNABLE TO ATTEND PLEASE LET THE INSTRUCTOR KNOW AHEAD OF TIME.

Course Policies

Disclaimer

This syllabus is tentative and subject to change in any part at the discretion of the instructor. Any changes will be in accordance with Odessa College policies. Students will be notified of changes, if any, in timely manner.

Original Effort

The work submitted for this course must be original work prepared by the student enrolled in this course. Efforts will be recognized and graded in terms of individual participation and in terms of ability to collaborate with other students in this course.

Course prerequisites

_____ none _____ (Source: *Odessa College Catalog of Courses 2013-2014*,

Course Alignment with Industry Standards

Digital Protocol

Cell phones must be placed on either *vibrate* or *silent* mode and are to be accessed in emergency cases only. The use of laptops or any other digital device is permitted in order to facilitate note-taking relative to instruction. Any written assignments will be submitted electronically on Blackboard. **The electronic recording of the time on Blackboard will be considered the time of assignment submission. Take necessary steps to ensure that your assignments are submitted on "Blackboard" time.** Back-up and/or additional copies of all assignments submitted is encouraged. **Computers/printers are available to OC students in the LRC (301-303); therefore, not having access to a computer due to technical issues (crash; corrupted files) will not be considered as an acceptable reason for not completing assignments.** If there is a

loss of server connection with Odessa College due to maintenance, then an email will be sent to student with pertinent information and status reports. Assignments submitted electronically need to be **WORD documents (doc or docx)**.

Attendance Policy

Students are expected to attend class regularly. Attendance will be recorded using a “sign-in” sheet. Excessive absences will be grounds for disciplinary action, and will be determined on a case-by-case basis. If you are more than 15 minutes late to class or leave class early without notifying the instructor, this will count as an absence. Students are permitted 3 absences before a loss of 5 point(s) .

AVID

This course has been identified as a course by Career, Technical, and Workforce Education as one in which teaching and learning strategies adopted by AVID will be implemented. As a student in the legal program, you will be expected to develop an understanding of the strategies, to model the strategies, to maintain fidelity of implementation, and to examine how these strategies may impact your effectiveness as a professional in your chosen area of occupation, either through coursework or practicum experience as outlined by the course instructor.

Grading Policy

Please understand that this is a required course for the _culinary arts_ program in order to prepare you the student _ Quality work and active participation is expected and not to be negotiated. As a general policy, grades will be taken in class. Any written assignments or tests will be graded outside of class. You can expect feedback on assignments within a week’s time.

Grade Inquiry Policy

It is the responsibility of the individual taking this course to maintain accurate track of assignment submissions and grades. There will be opportunities during the semester to meet with the instructor to discuss your academic progress. Contact the instructor to schedule an appointment. Class time will not be used for grade inquiries. All grades are final.

Communication Plan

The best way to communicate with the course instructor is via email . Also, check in classroom regularly for announcements, including any changes in the course schedule due to instructor illness or conference attendance. Appointments with the instructor may also be scheduled.

General Course Requirements

1. Attend class and participate.
2. Contribute and cooperate with civility.
3. **Submit assignments on time. Late work will not be accepted. Medical and/or family circumstances that warrant an extension on assignments need to be presented to the instructor. Extensions will be allowed at the instructor’s discretion.**

Grading Scale:

- “A” = 90-100
- “B” = 80-89

“C” = 70-79

“D” = 60-69

“F” = 0-59

Incomplete Policy

An ‘Incomplete’ grade may be given only if:

1. The student has passed all completed work
2. If he/she has completed a minimum of 75% of the required coursework. A grade of an “I” will only be assigned when the conditions for completions have been discussed and agreed upon by the instructor and the student.

Overview of assignments

| Type of Assignment | Percentage |
|--------------------|------------|
| 1. Chapter Work | 40 % |
| 2. Attendance | 20 % |
| 3. Participation | 20 % |
| 4. Test | 20% |

Schedule (tentative subject to change)

| Month/Day | Classroom assignments/ Kitchen assignments | Reading assignments/ Homework questions | Reading/Homework due dates |
|----------------------|---|---|--|
| 1 st Week | Go over syllabi / Start going over Ch. 1 | Read chapters 1 & 2, do all questions in Check-out quiz/pg. 28 & 64, & handouts, Introduce green house project. | all homework & Handouts due before the end of class |
| 2 nd Week | Go over Ch. 1 & 2. Also go over questions and handouts. | Read chapters 3 & 4, do all questions in Check-out quiz/pg. 106 & 138, & handouts ,work on green house project | all homework intro to menu design and altering recipes |
| 3 rd Week | Go over Ch. 3 & 4. Also go over questions and handouts. | Read chapters 5 & 6, do all questions in Check-out quiz/pg. 159 & 190, & handouts | Making a unhealthy dish into a healthy one. |
| 4 th Week | Watch a documentary | Write a 3 page essay on the film and what you learned from the film. What were things you never knew | Essay due the first thing in the morning on |

| | | | |
|----------------------------|--|---|--|
| | | about? Work on green house project | |
| 5th Week | Go over Ch. 5 & 6. Also go over questions and handouts. And also go over essays | Read chapters 7& 8, do all questions in Check-out quiz/pg. 226 & 256, & handouts | all homework & Handouts due before the end of class |
| 6th Week | Go over Ch. 7 & 8. Also go over questions and handouts. | Read chapters 11& 12, 13 do all questions in Check-out quiz/pg. 357 & 379, 404 & handouts, work on green house project | all homework & Handouts due before the end of class |
| 7th Week | Go over Ch. 11, 12 & 13. Also go over final review | questions and handouts. And also go over final (REVIEW) questions and handouts. And also go over final (REVIEW) | Developing a healthy breakfast alternative |
| 8th Week | Final | Final | Final |

August

25 Fall Semester & Fall 1 (8 WK Term) Begin

September

1 Campus Closed–Labor Day

January

14 Spring Semester & Spring 1 (8 WK Term) Begin

2015 May-mester Registration Begins

19 Campus Closed – MLK, Jr. Day

20 2015 May-mester Registration Begins

February

20 Last Day to Drop Spring 1 (8 WK Term)

March

6 Spring 1 (8 WK Term) Ends

9-15 Campus Closed – Spring Break

9 2015 Summer & Fall Registration Begins

16 College Opens

17 Spring 2 (8 WK Term) Begins

April

3 Campus Closed – Good Friday

10 Last Day to Drop Spring 1 (8 WK Term)

23 Last Day to Drop Spring 2 (8 WK Term)

May

7 Spring Semester & Spring 2 (8WK Term) End

9 Spring Graduation

Last Day for 9-month