



Nutrition and Menu Planning

Spring Semester 2019 Monday 9:00 – 12:00

Instructor Information

Instructor
Kaely Thomas

Email:
krthomas@ntcc.edu

Office Location & Hours
Culinary Arts School
Wednesday by appointment

General Information:

In this course we will study nutritional principles and how to use these principles to evaluate and modify menus and recipes. Diets and trends in the food industry are always changing so it is very important to be aware and identify these changes to accommodate these needs.

Expectations and Goals:

- Introduction to Nutrition and its importance in the foodservice industry
- Study the use food guides to plan menus
- Identifying
 - Carbohydrates
 - Lipids
 - Proteins
 - Vitamins
 - Water and Minerals
- Balanced Cooking Methods and Menus
- Recipe Makeovers
- Marketing Balanced Menus
- Accommodating Customers Nutritional Needs
- Weight Management and Nutrition for All Ages

Course Material

Required Materials

Dress Code for all Culinary Department Classes: All students **MUST** arrive to class in clean complete uniform and properly groomed failure to do so will result in loss of uniform/participation points. Students will not be permitted in lab/class without proper uniform.

- Clean Chef Coat & Pants
- Clean Chef Hat & Closed Toed Slip Resistant Shoes

Please see Uniform Policy in the Student Handbook

Equipment Needed for class:

- Knife Kit
- Pens/Pencils/Sharpie
- Notebook/Notecards
- Thermometer

Optional Material

- Bleach pen
- Additional text: The Deluxe or The New Food Lover's Companion by Sharon Tyler Herbst and Ron Herbst

Required Text:

Textbook: Nutrition for Foodservice and Culinary Professionals 8th Edition ISBN-10: 1118429737

Additional Information and Resources

Grading:

Quizzes/Homework: 10%

Class Participation: 20%

Exams: 40%

Projects: 30%

The grading scale below will be used to determine your final grade

90-100	A
80-89	B
70-79	C
60-69	D
59 & Below	F

Quizzes and Homework: There will be quizzes and homework throughout the course. Students will be required to write a journal on previous week's lesson and will be due at the beginning of each class each week as part of the student's homework grade.

Projects: Students will have 3 projects due throughout the course. The due dates will be determined within the first 2 weeks of the course. Projects will not be accepted late or made up. There will be plenty of notice to prepare accordingly.

1. **Nutrients Project:** Class will be divided into groups and will be given a nutrient (Carbohydrates, Fats, Proteins, Vitamins, Minerals /Water) to research and present to the class.
2. **Diets:** Students will research a trendy diet and present to the class. Presentation must cover the body's reaction to the diet and the health benefits.
3. **Healthy Recipes:** Students will need to produce a 3 course menu and will be asked to cook one of the dishes. Students will be responsible for turning in a grocery list with the recipe.

*Group Projects will be decided in the first week of class, and everyone in the group must work together as a team or failing grades will be issued.

Class Participation: Class participation is based on attendance, discussion, and participation of the events that are held throughout the semester. There will be no makeup days for class participation. Class attendance is required. If you have more than three unexcused absences, you should consult with me about your grade. Anyone who wishes to withdraw from class must take the responsibility to formally drop with the Registrar; otherwise a failing grade will be given.

ADA Statement

It is the policy of Northeast Texas Community College to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required affording equal educational opportunity. It is the students' responsibility to arrange and appointment with a college counselor to obtain a Request for Accommodations form. For me information, please refer to the Northeast Texas Community College Catalog or Student Handbook.

Family Educational Rights and Privacy Act (FERPA): The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all school that receives funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children’s educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered “eligible students.” In essence, a parent has no legal right to obtain information concerning the child’s college records without the written consent of the student. In compliance with FERPA, information classified as “directory information” maybe released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the students name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

Academic Honesty

All forms of academic dishonesty including cheating on tests, plagiarism, collusion, and falsification of information call for discipline.

Cheating on tests is defined to include the following:

- Copying from another students paper;
- Using materials during a test not authorized by the person giving the test;
- Collaborating with and other person during the test without permission;
- Knowingly obtaining, using, buying, selling, transporting, or soliciting in whole or in part the content of tests not yet administered;
- Bribing any other person to obtain tests or information about tests;
- Substituting for another student or permitting any other person to substitute for one.

Plagiarism is defined as the appropriation of any persons work and the unacknowledged incorporation of that work in one’s own work offered for credit.

Collusion is defined as the unauthorized collaboration with any person in preparing work offered for credit.

