

Course Outline - FN2130: Culinary Nutrition

School of Food and Nutritional Sciences

General Information

Course #: FN2130

Section #: Lecture 530 ONLINE (3 hours per week)

Lab 531 Thursday 11:30-2:30pm BR-1009

Term: Fall/Winter Year: 2021-2022

Instructor Information

Name: Katey Davidson, MScFN, RD

E-mail: kdavid32@uwo.ca

Telephone number for office appointments: N/A
Office hours for students: By appointment only
Office location: Virtual appointments only (via Zoom)

Special Circumstances

In the event of a COVID-19 resurgence during the course that necessitates the course moving away from in-person delivery, course content may be delivered online either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). There may also be changes to any remaining assessments at the discretion of the course instructor. In the event of a COVID-19 resurgence, detailed information about the impact on this course will be communicated by the Office of the Dean and by the course instructor.

Course Description

A study of the scientific principles relating to foods and their preparation with emphasis on nutritional concepts in food preparation. An applied approach will demonstrate the principles and methods of food preparation within the food laboratory.

Prerequisite(s): Registration in the Nutrition and Families or Management and Organizational Studies modules (Honors Specialization, Specialization, Major)

Extra Information: 3 lecture hours, 3 laboratory hours.

Required Course Materials

1. Brown, Amy. 2019. Understanding Food Principles and Preparation, 6th ed., Cengage Learning, Stamford, CT, USA

(available from the UWO bookstore as a textbook or e-book).

Note: 5th edition of textbook can be used as well (page numbers may vary).

2. Recipe Manual (can be purchased at the Western Bookstore or purchased used).

The following apparel is <u>required</u> for the Food Lab:

- White uniform or lab coat
- Clean lab shoes (closed toe and heel)
- Hair net (first one provided, replacement \$1.00)
- Disposable face mask (provided)

You will not be permitted in the lab without proper lab attire and will result in an incomplete lab.

Lab Fees: \$90.00 per student

(Laboratory fees are billed along with your tuition. Payment must be made by the end of the third week of classes to continue in the course.)

Learning Outcomes

Upon successful completion of this course, students will be able to demonstrate the Brescia Competencies of communication, critical thinking, and problem solving by:

- Acquiring information on the fundamental nature of the ingredients used in food preparation, their nutritional value and the basic scientific principles underlying their behaviour through weekly lectures and laboratories
- 2. Developing skills in food preparation, food safety and menu planning through weekly laboratories and demonstrations
- 3. Demonstrating knowledge of these food principles and practices through final project, tests and exams

Brescia Competencies

Communication

The ability to exchange information and meaning across cultures, space and time through appropriate modes of communication. Includes oral, written, and interpersonal or group communicate, as well as the ability to use current or innovative media.

Critical Thinking

The ability to engage in thinking characterized by the rational, informed, independent, and openminded exploration of issues, ideas, and events before accepting or formulating a conclusion.

Inquiry and Analysis

The ability to ask questions, examine issues, and reach informed conclusions by breaking down complex issues, exploring evidence, and describing relationships among persons, things, or events.

Problem Solving

The ability to create and execute a strategy to answer a question or achieve a goal. Includes being able to anticipate the consequence of a potential solution, select a strategy among several alternatives, and decide when an acceptable outcome has been reached.

ICDEP Competencies

The ICDEP were created by The Partnership for Dietetic Education and Practice (PDEP), a network of professionals from education, regulatory, and professional bodies/associations across Canada. There are 7 inter-related Domains (areas) of Practice Competencies: Food and Nutrition Expertise, Professionalism and Ethics, Communication and Collaboration, Management and Leadership, Nutrition Care, Population Health Promotion, and Food Provision.

For more information on ICDEP competencies please visit the UWO OWL FN UNDERGRADUATE RESOURCES AND INFORMATION site.

Teaching Methodology and Expectations of Students

<u>Stress</u>: The topics for discussion include foods containing protein, carbohydrates, and fats/oils; flour mixtures (quick breads, cakes, pastry); reasons for food selection; food chemistry basics; properties and functions of ingredients

<u>Approach</u>: Lectures, videos, readings and discussions will be integrated with experiments, demonstrations and food preparation done in the food laboratory.

Specific Course Policies:

- 1. Missing more than three (3) laboratories, without accommodation, will result in failure in the laboratory and an "incomplete" in the course. Successful completion of the laboratory will be necessary in order to receive credit for the course.
- 2. For mark components of 10% or higher, any student who misses these requirements can request for accommodation from the academic counsellors on medical or nonmedical grounds with proper documentation submitted. The academic counsellors will then make the request for accommodation to the faculty as necessary.
- Assignments are due at time and date noted. The mark will be reduced by 20% on assignments submitted late. Assignments submitted after seven days will not be accepted for marking, except with documentation to show a confirmed personal illness or a death in her/his immediate family.
- 4. There will be no make-up quizzes for a student who has missed a quiz except with documentation to show a confirmed personal illness or a death in her/his immediate family.

5. It is expected that students have access to a computer and internet. There will be no makeup quizzes for internet or computer failure.

Copyright and Intellectual Property

PowerPoint lecture slides and notes, lists of readings, in-class activities, assignment guidelines, and other components of the course materials are typically the intellectual property of the instructor. Unauthorized reproduction through audio-recording, video-recording, photographing, sharing on social media, or posting on course-sharing websites is an infringement of copyright and is prohibited. Such action may be considered a Code of Conduct violation and lead to sanctions.

Evaluation

Evaluation Breakdown:

Component	Weight	Date/ Deadline	Learning Outcome	Brescia Competencies
Online quizzes x 4 (15% each)	60%	See Quiz Chart for quiz dates and times	Demonstrating knowledge on the fundamental nature of the ingredients used in food preparation, their nutritional value and basic scientific principles	Critical Thinking, Problem Solving
*Please note that mark deductions for lab participation (0.25% per offence) may occur during labs for lateness (under 30 minutes) or unclean lab stations. After 30 minutes, you will receive an incomplete participation (deduction of 1 mark) for the lab. This along with other lab expectations will be discussed during the first lab.	10%	Ongoing	Demonstrating knowledge on the fundamental nature of the ingredients used in food preparation, their nutritional value and basic scientific principles	Critical Thinking, Inquiry and Analysis, Communication, Problem Solving, Self Awareness and Development, Engagement and Valuing

Online Assignment x 2 (see OWL for instructions) (7.5% each) Assignment will be assigned one week (7 days) prior to due date and will be posted on OWL.	15%	Assignment #1: October 18, 2021 by 11:55pm EST Assignment #2: February 18, 2022 by 11:55pm EST		
Lab Demonstration	15%	Lab demos will be on March 10 th or March 17 th (see lab schedule). Presentation dates will be assigned and available on OWL.	Acquiring information on the fundamental nature of the ingredients used in food preparation, their nutritional value and basic scientific principles	Critical Thinking, Inquiry and Analysis, Communication, Self Awareness and Development, Engagement and Valuing
			AND Demonstrating knowledge of food principles and practices through oral communication	

Academic Accommodation

For course components worth 10% or more of the total course grade, please see the Academic Policies and Regulations section at the end of this course outline or consult the Academic Calendar.

For course components worth less than 10% of the total course grade, documentation is not required. Whenever possible students should provide notification in advance of due dates or absence. If advance notification is not possible, the course instructor should be contacted within two business days.

Course Content

Topics will be covered in the order listed and any dates listed are meant as a guideline.

Weekly Organizer:

Note: Assigned readings are meant as a guideline, additional readings may be assigned throughout the semester.

Class/Topic	Week of Lecture	Description	Assignments and/or Readings Due
1	Sept 8- 14, 2021	Introduction, Food Selection, and Meal Planning	Reading: Chapter 1 - Brown Textbook except for the following sections: • Nutrition criteria • Consumer dietary changes
2	Sept 15-21, 2021	Food Preparation and Food Chemistry Basics (part 1)	Reading: Chapter 3 & 5 - Brown Textbook
3	Sept 22-Sep 28, 2021	Food Preparation and Food Chemistry Basics (part 2)	Reading: Chapter 3 & 5 - Brown Textbook
4	Sept 29-Oct 5, 2021	Food Safety	Reading: Chapter 4 – Brown Textbook
5	Oct 6- 12, 2021	Fruits	Reading: Chapter 14 – Brown Textbook, including: • Chemist corner 14-1, 14-2 • Selecting fruits section (pages 290-298)
6	Oct 13- 19, 2021	Vegetables + Herbs, Spices, Flavour Enhancement	Reading: Chapter 13 – Brown Textbook, including: Chemist corner 13-1, 13-2, 13-3, 13-4 Table 13-4

7	Oct 20- 26, 2021	Plant-based Proteins	No reading
8	Oct 27- 31, 2021	Soups, Salads, and Gelatin	Reading: Chapter 15 – Brown Textbook
	Nov 1- 7, 2021	Reading Week Nov.1-7	
9	Nov 10- 16, 2021	Cereal grains and Pastas	Reading: Chapter 16 – Brown Textbook
10	Nov 17- 23, 2021	Sugar and Chocolate	Reading: Chapter 21 & 25 - Brown Textbook
	Nov 24- 28, 2021	Catch-up week (no lecture)	
		Winter Break	
	Jan 3-9, 2022	Extended Week (No lecture)	
11	Jan 10- 16, 2022	Eggs, Cheese, Plant-based milks	Reading: Chapter 10, 11, & 12 – Brown Textbook
12	Jan 17- 23, 2022	Meat and Poultry	Reading: Chapter 7 & 8 – Brown Textbook
13	Jan 24- 30, 2022	Fish and Shellfish	Reading: Chapter 9 – Brown Textbook
14	Jan 31- Feb 6, 2022	Fats and Oils	Reading: Chapter 22 - Brown Textbook

15	Feb 7- 13, 2022	Flours and Flour Mixtures & Quick Breads	Reading: Chapter 17 & 19 – Brown Textbook
16	Feb 14- 20, 2022	Pastry, Cakes, & Cookies	Reading: Chapter 23 & 24 – Brown Textbook
	Feb 21- 27, 2022	(Reading Week Feb.19-27)	
17	Feb 28- March 6, 2022	Yeast Breads	Reading: Chapter 20 – Brown Textbook
18	March 7-13, 2022	Beverages	Reading: Chapter 27 – Brown Textbook
19	March 8-20, 2022	Food Preservation	Reading: Chapter 28 – Brown Textbook
	March 21-27, 2022	Catch-up week (if needed)	

Weekly Organizer - Labs:

NOTE: Due to the current COVID-19 pandemic, the lab schedule is subject to change. Notice of cancelled labs will be given as early as possible. Please stay up to date with OWL and e-mail announcements.

Class/Topic	Date	Description	Assignments and/or Readings Due
1	Sep 30, 2021	Introduction, Food Safety, Measurement	
2	Oct 7, 2021	Knife Skills	

3	Oct 14, 2021	No Lab (Work on Online Assignment #1)	
4	Oct 21, 2021	Fruits and Vegetables	
5	Oct 28, 2021	Plant-based proteins	
	Nov 4, 2021	Fall Reading Week (No Labs)	
6	Nov 11, 2021	Online Lab	
7	Nov 18, 2021	Cereal Grains and Pasta	
8	Nov 25, 2021	Sugar and Chocolate	
9	Dec 2, 2021	No Lab	
		Winter Break	
	Jan 6, 2022	Extended Week (No Labs)	
10	Jan 13, 2022	Eggs, Cheese, Milk	
11	Jan 20, 2022	Meat and Poultry	
12	Jan 27, 2022	Fish and Deep Frying	
13	Feb 3, 2022	Online Lab	
14	Feb 10, 2022	Flours and Quick Breads	

15	Feb 17, 2022	Cakes and Pastries	
	Feb 24, 2022	Winter Reading Week (No Lab)	
16	March 3, 2022	Yeast Breads and Beverages	
17	March 10, 2022	Food Demos	
18	March 17, 2022	Food Demos	

Weekly Organizer – QUIZZES

Class/Topic	Date	Description	Assignments and/or Readings Due
1	October 28th, 2021	Quiz on lectures 1, 2, 3, 4, 5 (15%)	Quiz opens at 9:00am EST and closes at 9:00pm EST
2	November 25 th , 2021	Quiz on lectures 6, 7, 8, 9, 10 (15%)	Quiz opens at 9:00am EST and closes at 9:00pm EST
3	February 10 th , 2022	Quiz on lectures 11, 12, 13, 14 (15%)	Quiz opens at 9:00am EST and closes at 9:00pm EST
4	March 24 th , 2022	Quiz on lectures 15, 16, 17, 18, 19 (15%)	Quiz opens at 9:00am EST and closes at 9:00pm EST

2021-22 Brescia University College Academic Policies and Regulations

1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding <u>Accommodation for Illness - Undergraduate Students</u> can be found at https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page12.

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services (https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_10).

Personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

- 1. Submitting a **Self-Reported Absence** form provided that the conditions for submission are met;
- 2. For medical absences, submitting a **Student Medical Certificate** (**SMC**) signed by a licensed medical or mental health practitioner;
- 3. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

Requests for Academic Consideration Using the Self-Reported Absence Portal

Students who experience an unexpected illness or injury or an extenuating circumstance of 48 hours or less that is sufficiently severe to render them unable to meet academic requirements should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours. Note that the excused absence includes all courses and academic requirements within the up to 48 hours, it is not intended to provide an excused absence from a single course while students fulfill their academic responsibilities in other courses during that time.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

- 1. Students will be allowed a maximum of two self-reported absences between September and April and one self-reported absence between May and August;
- 2. The duration of the absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
- 3. The excused absence will terminate prior to the end of the 48 hour period if the student undertakes significant academic responsibilities (writes a test, submits a paper) during that time;
- 4. Self-reported absences will **not** be allowed for scheduled final examinations; midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
- 5. Self-report absences may **not** be used for assessments worth more than 30% of any course;
- 6. Any absences in excess of 48 hours will require students to present a Student Medical Certificate (SMC), or appropriate documentation;
- 7. Students must communicate with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form to clarify how they will fulfil the academic expectations they may have missed during the absence.

Request for Academic Consideration for a Medical Absence

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide

acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation.

Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

- 1. Students must submit their Student Medical Certificate (SMC) along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. An SMC can be downloaded from http://www.uwo.ca/univsec/pdf/academic policies/appeals/medicalform.pdf;
- 2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
- 3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
- 4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
- 5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

The <u>full policy on requesting accommodation due to illness</u> can be viewed at: http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page 12

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor (https://www.brescia.uwo.ca/enrolment_services/academic_advising/index.php). If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please refer to http://brescia.uwo.ca/academics/registrar-services/ or the list of official sessional dates in the Academic Calendar (<a href="http://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID="http://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID=).

You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Please note that for asynchronous online courses, attendance or participation requirements maybe different than for synchronous or in-person courses.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work, and arrange academic accommodations if appropriate and warranted.

It is important to note that the Academic Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory

(http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68).

4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (http://www.turnitin.com).

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar

 $\underline{http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory\&PolicyCategoryID=1\&SelectedCalendar=Live\&ArchiveID=\#Page_14.$

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

6. Prerequisites

Unless you have either the prerequisites for a course or written Special Permission from the Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

7. SUPPORT

Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at http://brescia.uwo.ca/academics/registrar-services/. Students can access supports through Brescia's Student Life Centre (http://brescia.uwo.ca/life/student-life/) and Learning Skills Services at Western (https://www.uwo.ca/sdc/learning/)

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can obtain information about how to obtain help for yourself or others through **Health & Wellness at Brescia** (https://brescia.uwo.ca/student_life/health_and_wellness/index.php) and **Health and Wellness at Western**, https://uwo.ca/health/mental_wellbeing/index.html.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at https://brescia.uwo.ca/safe campus/sexual violence/index.php .

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy, and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.