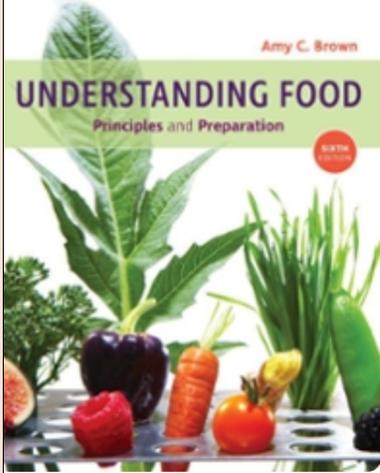




Department of Public Health Sciences Program Syllabus

Course Name:	Selected Topics: Applied Culinary Nutrition
Course No:	HSCI 3320
Course CRN:	17536
Semester/Year	Fall 2022
Undergraduate credit hrs.	3
Class location:	In-person Nursing 131; Mon & Wed 10-11:30am
Class instructor:	Dr. Sarah Ruiz
Email:	<p>Please feel free to contact me throughout the semester using the Blackboard Email. Please note that as a rule I do not reply to emails on weekends (Friday late afternoon until Monday morning). If you send a message via email that you think requires my urgent attention, you may type "URGENT HSCI 3320 CRN: 29560" in the subject line. Please save such messages for real urgent cases.</p> <p>Important: When sending an Email, please include your course CRN in the subject line along with a brief description for the reason of the email. When using a cell phone to send an email always include a courteous greeting and closing.</p>
Office hours:	Available by appt on Monday or Wed after class 12-1pm
Preferred contact method:	Blackboard email; urgent emails to slruiz@utep.edu . Please allow 24 hours during weekdays and 48 hours on weekends for responses to emails.
Course description:	Includes a study of the nutrients and their sources, their metabolic functions and effects of wellbeing and health problems; also the components of adequate diets and local, national and world nutritional problems.
Required textbooks:	<p>Understanding Food: Principles & Preparation by Amy Christine Brown 6th Edition ISBN-13: 978-1337557566; ISBN-10: 1337557560 (ebook highly recommended)</p> 
Supplemental reading & material:	<ol style="list-style-type: none"> Will be provided throughout the class
Course format:	In-person



Major learning objectives (must be numbered):	By the end of this course, students will be able to: <ol style="list-style-type: none">1. Identify basic concepts important to cooking the major classes of food with confidence: food safety (time and temperature); proper equipment; knife skills, processing whole foods; heat and heat transfer.2. Identify and navigate the full cycle of actions necessary in making a meal.3. Identify and analyze sensory components of food and the social/cultural benefits of shared meals.4. Demonstrate a working knowledge of how to read, analyze and adapt recipes.5. Complete nutrition analysis of a recipe.6. Modify traditional recipes to increase nutritional value and/or to meet standards of a therapeutic diet (i.e. prescribed carbohydrate, gluten-free, etc.).7. Prepare a food/meal that meets specific dietary guidelines.8. Modify recipes to meet the needs of various ethnic and religious populations.9. Critically evaluate foods/meals based on the needs of a particular group.10. Develop and conduct a cooking demonstration to educate a target group on cooking and nutrition practices for improving diet and health.
Assessment strategies:	Assessments <ol style="list-style-type: none">1. Recipe Development- Students will develop and analyze a recipe that they develop for a target population/community nutrition topic.2. Menu Planning- A 5-day menu will be planned for using sustainable food methods.3. Participation & Activities- Will be assessed by participation, in-class assignments, and attendance.4. Exams- A total of 3 will be provided throughout the course based on in-class sessions/lectures and textbook readings. There will be NO make-up exams if exam is missed. It is highly recommended to take the exam prior to the due date in case unforeseen circumstances arise.5. Food Demonstration Assignment- Students will complete a group project in which they develop a recipe for tasting that is appropriate to their selected population/community nutrition topic. There is no make-up for this assignment as it is done over the course of the semester.6. Work must be neatly and professionally written or typed, unacceptable written assignments will have points deducted. 5 points will be deducted for late work, for every class day that these are late



Course Name:	Applied Culinary Nutrition										
Grading Scale & Criteria:	<p>Student performance Work must be neatly and professionally typed; unacceptable written assignments will have points deducted. Additional instructions and necessary forms required for each assignment can be found on Blackboard.</p> <p><u>100% of the Grade- Assignments:</u></p> <table data-bbox="467 489 1352 678"> <tr> <td>1. Recipe Development</td> <td>100 = 10%</td> </tr> <tr> <td>2. Menu Planning</td> <td>150 = 15%</td> </tr> <tr> <td>3. Exams (3 @50 points each)</td> <td>150 = 15%</td> </tr> <tr> <td>4. Participation & In-class Assignment</td> <td>300 = 30%</td> </tr> <tr> <td>5. Food Demonstration Assignment</td> <td>300 = 30%</td> </tr> </table> <hr/> <p>Total 1000 = 100% *-Extra Credit TBD (pts added to final grade) 25 points</p> <p>Grading Scale: 900 – 1000 = A 800 – 899 = B 700 – 799 = C 600 – 699 = D 599 and Below = F</p> <p><u>* In order to obtain all points work must be clean, professional, and creative</u></p>	1. Recipe Development	100 = 10%	2. Menu Planning	150 = 15%	3. Exams (3 @50 points each)	150 = 15%	4. Participation & In-class Assignment	300 = 30%	5. Food Demonstration Assignment	300 = 30%
1. Recipe Development	100 = 10%										
2. Menu Planning	150 = 15%										
3. Exams (3 @50 points each)	150 = 15%										
4. Participation & In-class Assignment	300 = 30%										
5. Food Demonstration Assignment	300 = 30%										
Incomplete policy:	<p>An “I” (incomplete grade) can be considered only if requested by the student in advance of the conclusion of the course and only for legitimate, documented emergencies. Failure to request and negotiate the terms of an “Incomplete” grade before the conclusion of the course will result in a denial except in the most extraordinary circumstances.</p>										
Attendance:	<p>It is expected that all students enrolled in HSCI 3320 Selected Topics to participate in all instructional activities. Participation must be defined accordingly. Students “attendance” on online courses will be defined as active participation on the course as described in the course syllabus.:</p> <ol data-bbox="500 1549 1258 1696" style="list-style-type: none"> 1. Student participation in overall course 2. Student participation in lectures/lab sessions 3. Submission/completion of assignment and evaluations 4. Communication with the instructor 										



Attendance:	<p>Students who do not log on to the course within the drop/add period for the course will be dropped from the course. Students who fail to maintain an active participation in an online course as defined in the course syllabus will be processed in accordance with the university's current attendance policy.</p> <p>Other Attendance Policy: Class participation is a mandatory component of this course. It is the student's responsibility to get all assignments and/or class notes. Not knowing about an exam or assignment due date because lack of participation in the course is not a valid excuse.</p>
Reading assignments:	<p>All assigned readings need to be completed prior to coming to the next scheduled class session. Example: the reading assignments for week 2 need to be completed prior to coming to the week 2 class session.</p>
Writing standards	<p>Effective public health leaders and practitioners are also effective written as well as oral communicators. Written communication is a critical element of the communication process. Please feel free to seek out assistance from the UTEP Writing Center. It is free and they are very helpful.</p>
Policy for late assignments	<p>Due dates for homework, exams, presentations and other assignments are designed for fairness to all students. No exceptions to those dates will be made excepting in cases of university-designated closures. All assignments due dates are specified in the course calendar. Please see additional document. Once the assignment closed, it will not be reopened unless</p>
Permission to record lectures & discussions	<p>Not permitted without express permission of the instructor</p>
Cellphone/ electronic tablet/ use policies:	<p>Please refrain from using your cell phone in class. Recommend using a laptop/desktop for all course activities for internet reliability. There will be no make-up exams for failed internet service. Please remember there are computer labs on campus for your use.</p>
Covid-19 Precautions	<p>Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID 19 testing.</p> <p>The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit epstrong.org</p>
Lab Etiquette	<p>As we know, sometimes communication online can be challenging. It's possible to miscommunicate what we mean or to misunderstand what our classmates mean given the lack of body language and immediate feedback. Failure to observe them may result in disciplinary action.</p> <ul style="list-style-type: none"> ○ Always consider audience. This is a college-level course; therefore, all communication should reflect polite consideration of other's ideas.



	<ul style="list-style-type: none"> ○ Respect and courtesy must be provided to classmates and to the instructor at all times. No harassment or inappropriate postings will be tolerated. ○ Appropriate lab attire will always worn in kitchen lab. A list of instructions will be provided on first day of class.
Field trip policies:	N/A
Class participation:	Active student participation in this course is very important. Students must be prepared to come to class to discuss, answer questions, and participate in all on-line class activities.
Special accommodations:	If you have a disability and need classroom accommodations, please contact The Center for Accommodations and Support Services (CASS) at 747-5148, or by email to cass@utep.edu , or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at www.sa.utep.edu/cass
Student conduct:	<p>Students are expected to be above reproach in all scholastic activities. Students who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and dismissal from the university. "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 student, any act designed to give unfair advantage to a student or the attempt to commit such acts." <u>Regent's Rules and Regulations</u>, Part One, Chapter VI, Section 3.2, Subdivision 3.22. Since scholastic dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. From the UTEP Dean of Student Affairs (http://studentaffairs.utep.edu/Default.aspx?tabid=4386) "It is an official policy of university that all suspected cases or acts of alleged scholastic dishonesty must be referred to the Dean of Students for investigation and appropriate disposition. Any student who commits an act of scholastic dishonesty is subject to discipline. <u>Scholastic dishonesty includes, but is not limited to cheating, plagiarism, collusion, 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</u>".</p> <p>Examples of "cheating" include:</p> <ul style="list-style-type: none"> ● Copying from the homework, on-line work or exams, engaging in written, oral, or any other means of communication with another student during an exam or homework assignment, or giving aid to or seeking aid from another student during a test; ● Possession and/or use during an exam or home test of materials which are not authorized by the person giving the test, such as class notes, books, or specifically designed "crib notes"; ● Using, obtaining, or attempting to obtain by any means the whole or any part of non-administered test, test key, homework solution, or computer program; using a test that has been administered in prior classes or semesters but which will be used again either in whole or in part without permission of the instructor; or accessing a test bank without instructor permission;





Individual Resources

- [Military Student Success Center](#): Assists personnel in any branch of service to reach their educational goals.
- [Center for Accommodations and Support Services](#): Assists students with ADA-related accommodations for coursework, housing, and internships.
- [Counseling and Psychological Services](#): Provides a variety of counseling services including individual, couples, and group sessions as well as career and disability assessments.