

Course Outline – FN2130: Culinary Nutrition

School of Food and Nutritional Sciences

General Information

Course #: FN2130
Section #: Lecture 530 Friday 11:30am-2:30pm (BR-302)
Lab 531 Thursday 11:30am-2:30pm (BR-1009)
Term: Fall/Winter
Year: 2022-2023

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: Lab office or Virtual (via Zoom)

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 required for the Food Lab:

- White uniform or lab coat
- Clean lab shoes (closed toe and heel)

- Hair net (first one provided, replacement \$1.00)

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:

1. 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 open-minded 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.

Teaching Methodology and Expectations of Students

Stress: 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

Approach: 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.
3. 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 make-up 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
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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
Lab Participation <i>*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.</i>	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) <i>Assignment will be assigned one week (7 days) prior to due date and will be posted on OWL.</i> <ul style="list-style-type: none"> • <i>Assignment #1 will be available on Friday, November 25th</i> • <i>Assignment #2 will be available on Monday, March 6th</i> 	15%	Assignment #1: Friday, December 2 nd , 2022 by 12:00pm EST Assignment #2: Monday, March 13 th by 12:00pm EST		
Lab Demonstration	15%	Lab demos will be on March 23 rd or March 30 th (see lab schedule).	Acquiring information on the fundamental nature of the ingredients used in food	Critical Thinking, Inquiry and Analysis, Communication, Self Awareness and

		Presentation dates will be assigned and available on OWL.	preparation, their nutritional value and basic scientific principles AND Demonstrating knowledge of food principles and practices through oral communication	Development, Engagement and Valuing
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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 9, 2022	Introduction, Food Selection, and Meal Planning	Reading: Chapter 1 - Brown Textbook except for the following sections: <ul style="list-style-type: none"> Nutrition criteria

			<ul style="list-style-type: none"> • Consumer dietary changes
2	Sept 16, 2022	Food Preparation and Food Chemistry Basics (part 1)	Reading: Chapter 3 & 5 - Brown Textbook
3	Sept 23, 2022	Food Preparation and Food Chemistry Basics (part 2)	Reading: Chapter 3 & 5 - Brown Textbook
4	Sept 30, 2022	Food Safety	Reading: Chapter 4 – Brown Textbook
5	Oct 7, 2022	Fruits and Vegetables + Herbs, Spices, Flavour Enhancement	<p>Reading: Chapter 13 – Brown Textbook, including:</p> <ul style="list-style-type: none"> • Chemist corner 13-1, 13-2, 13-3, 13-4 • Table 13-4 <p>Reading: Chapter 14 – Brown Textbook, including:</p> <ul style="list-style-type: none"> • Chemist corner 14-1, 14-2 • Selecting fruits section (pages 290-298)
	Oct 14, 2022	OWL Test #1 (no lecture)	Covers lectures 1-5
6	Oct 21, 2022	Plant-based Proteins	No reading
7	Oct 28, 2022	Soups, Salads, and Gelatin	Reading: Chapter 15 – Brown Textbook
	Nov 4, 2022	Reading week (no lecture)	
8	Nov 11, 2022	Cereal grains and Pastas	Reading: Chapter 16 – Brown Textbook
9	Nov 18, 2022	Sugar and Chocolate	Reading: Chapter 21 & 25 - Brown Textbook
	Nov 25, 2022	OWL Test #2 (no lecture)	Covers lecture 6-9

		Winter Break	
10	Jan 13, 2023	Eggs, Cheese, Plant-based milks	Reading: Chapter 10, 11, & 12 – Brown Textbook
11	Jan 20, 2023	Meat and Poultry	Reading: Chapter 7 & 8 – Brown Textbook
12	Jan 27, 2023	Fish and Shellfish	Reading: Chapter 9 – Brown Textbook
13	Feb 3, 2023	Fats and Oils	Reading: Chapter 22 - Brown Textbook
14	Feb 10, 2023	Flours and Flour Mixtures, Quick Breads, & Yeast breads	Reading: Chapter 17, 19, & 20 – Brown Textbook
	Feb 17, 2023	OWL Test #3 (no lecture)	Covers lectures 10-13
	Feb 24, 2023	Reading week (no lecture)	
15	Mar 3, 2023	Pastry, Cakes, & Cookies	Reading: Chapter 23 & 24 – Brown Textbook
	Mar 10, 2023	No lecture (work on Online Assignment #2)	
16	Mar 17, 2023	Beverages	Reading: Chapter 27 – Brown Textbook
17	Mar 24, 2023	Food Preservation	Reading: Chapter 28 – Brown Textbook
	Mar 31, 2023	No lecture/Make-up class	

Lab Policies (Specific to the School of Food and Nutritional Sciences)

Laboratory activities provide diverse hands-on experiences and expose students to learning about, and working with, different foods, which prepares them to work in any food and nutrition field. During food labs, students are required to prepare, process, store, and dispose of any type of food product, including **dairy, eggs, meat, fish, and poultry**, according to safe-food-handling

principles and regulations. Further, students are required to clean and sanitize, according to regulations and best practice, all pots, dishware, utensils, and surfaces that have come in contact with **all food products**. Personal beliefs and practices which conflict with these course requirements are **not** grounds for academic accommodation.

Students in accredited Food and Nutrition programs are expected to meet the Practice Competencies in the Integrated Competencies for Dietetic Education and Practice and/or the Competencies of the Canadian Society of Nutrition Management. Students must demonstrate, prior to graduation, that they can actually perform required tasks. For example, students must demonstrate food preparation techniques and participate in the storage and disposal of food. This ensures that graduates will be able to meet the dietary needs of others, provide client-centred care, and effectively and safely manage food service operations.

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	Sept 22, 2022	Introduction, Food Safety, Measurement	
2	Sept 29, 2022	Knife Skills	
3	Oct 6, 2022	Fruits and Vegetables (Part 1)	
	Oct 13, 2022	No lab	
4	Oct 20, 2021	Fruits and Vegetables (Part 2)	
5	Oct 27, 2022	Plant-based proteins	
	Nov 3, 2022	Fall Reading Week (No Labs)	
6	Nov 10, 2021	Gelatin and Starches	

7	Nov 17, 2021	Cereal Grains and Pasta	
8	Nov 24, 2022	Sugar and Chocolate	
9	Dec 1, 2022	No Lab (work on online assignment #1)	
		Winter Break	
10	Jan 19, 2023	Eggs, Cheese, Milk	
11	Jan 26, 2023	Meat and Poultry	
12	Feb 2, 2023	Week off	
13	Feb 9, 2023	Deep frying and Fish	
14	Feb 16, 2023	Flours and Quick Breads	
	Feb 23, 2023	Winter Reading Week (No Lab)	
15	Mar 2, 2023	Cakes	
16	March 9, 2023	Pastries	
17	March 16, 2022	Yeast Breads and Beverages	
18	March 23, 2023	Food Demos	

19	March 30, 2023	Food Demos
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Weekly Organizer – TESTS

Class/Topic	Date	Description	Time
1	October 14th, 2022	Test on lectures 1, 2, 3, 4, 5 (15%)	11:30am – 12:30pm EST (on OWL)
2	November 25 th , 2022	Test on lectures 6, 7, 8, 9 (15%)	11:30am – 12:30pm EST (on OWL)
3	February 17 th , 2023	Test on lectures 10, 11, 12, 13 (15%)	11:30am – 12:30pm EST (on OWL)
4	Date TBD (Exam season)	Test on lectures 14, 15, 16, 17 (15%)	TIME TBD

2022-23 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding Accommodation for Illness - Undergraduate Students can be found at https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_135

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. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
2. 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.

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 https://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.

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://brescia.uwo.ca/enrolment_services/academic_advising/book_an_appointment.php). If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please contact your Academic Advisor or see the list of sessional dates in the Academic Calendar (<https://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

(https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#Page_64).

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:

https://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.

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

https://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 Development & Success 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**, http://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.
