



*Culinary Arts Department*

## **Chef 1302**

## **Principles of Healthy Cuisine**

**Course Description:** Introduction to the principles of planning, preparation, and presentation of nutritionally balanced meals. Alternative methods and ingredients will be used to achieve a healthier cooking style.

### **Instructor:**

Chef Natalie Osuna

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Phone: (806) 716-2583

Office Hours:

**Class Hour and Room:** M/W 8:00AM-11:00AM-271, M/W 11:15AM-2:15PM-272, T/TH 8:00AM-11:00AM-273, Lab C

**Exam Schedule:** The Final will be a ManageFirst Certification Exam. Date and Time, TBD.

**Required Text:** ManageFirst: Nutrition with Online Testing Voucher and Exam Prep, 2nd Edition, ISBN-13: 9780134698137.

**Required Materials:** One inch, 3 ring binder

**Online Quizzes:** can be found under the PearsonMyLab tab on the Blackboard Homepage. They can be found under the Nutrition assignments. These Quizzes are a part of your weekly homework and you use your text book for these quizzes.

**Weekly Homework:** The ManageFirst: Nutrition Text is used for weekly homework. Students should read the assigned chapter and complete the assigned assignments by the due date.

**NOTE:** LOG INTO PearsonMyLab THROUGH BLACKBOARD. DO NOT GO DIRECTLY TO THE MYLAB WEBSITE.

**ADA STATEMENT:** Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at the Lubbock Center, the Levelland Student Health & Wellness Center 806-716-2577, Reese Center Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

### Grading Policy:

1. If Homework is late, it is an automatic **20 points off**.
2. Homework Assignments will be assigned online through **Blackboard PearsonMyLab** throughout the semester. Please go to Blackboard and register your username first. If you've already bought an access code, you may register with the access without payment. If you do not have an access code, you will be asked to pay before you can access to the online assignments.
3. Individual effort must be demonstrated on all exams. Also considered inappropriate is the use of, in any fashion, a solution manual of any kind. It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. **Academic Dishonesty:** "At minimum, the first instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive a zero for the assignment. The second instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive an F in the course and be expelled from the program".
4. Class attendance and attention will be crucial to the student's successful completion of this course. Attendance will be taken, you are allowed TWO excused absences throughout the semester, but are expected to complete all assignments by the due date. IF STUDENTS ARE ABSENT ON LAB DAYS, THEIR DAILY GRADE WILL BE GREATLY AFFECTED AND THERE WILL BE NO MAKE UP LAB. **Attendance policy may be altered due to Covid-19.**
5. The grading scale is as follows:

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F
6. The grading will be based on the following assignment:

Homework:	20%
Quizzes:	20%
Weekly Lab Grade:	30%
Final:	30%
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	100%
7. If there is a problem or a dispute with a grade, it must be brought to your instructor's attention and resolved within 5 days of the grades return. After that, it will not be considered under any circumstances.
8. If you feel you need out of class help, please visit with your professor during office hours.

### Notes:

- **Online assignments, using the Text Book will open on Friday's at 8am and be due on the following Thursday's at 11:59PM. You will have 6 full days to complete online assignments for each chapter.**
- **The Case Studies after reading each Chapter will be turned in in class the 1<sup>st</sup> day of the week.**

- **The Review for Learning after reading each chapter will be turned in in class on the 2<sup>nd</sup> day of class that week.**
- There might be a possibility for extra credit or a bonus sometime during the semester. These extra points CANNOT raise your grade for a particular segment of your grade beyond 100%. For example, your maximum quiz average can only be 100% or test average can only be 100%.
- The **Final** for this course will be the ManageFirst: Nutrition Certification Exam held in class, date and time is TBD.
- If you need special accommodations, you will still have to take the test on the scheduled date of the exam. If there is a conflict, you will have to prove it to your instructor in order to take an exam at a different time.

**Topics:** The list of selected topics may be modified during the course of the semester. The instructor will notify the class of any changes to the topic list.

### Course Outline-Lab

Week	Dates	Topic	Lab
1	1/19-1/21	Culinary Expectations, Syllabus, Access Codes Set Up	<b>No Class Monday (Holiday)!</b> Day1: Lecture, Computer Lab (Access Codes & Blackboard) Day 2: Mise En Place, Equipment, Scaling, Calorie Calculations, Recipe Review
2	1/25-1/28	A Market for Nutritious Food	Day 1: Ch.1 Lecture, <b>Potato Soup</b> Day 2: <b>Roasted Butternut Squash/Shallot Soup</b>
3	2/1-2/4	Key Concepts in Nutrition	Day1: Ch.2 Lecture, <b>Honey-Ginger Pear Salad</b> Day 2: <b>Roasted Brussel Sprouts Salad w/ Maple Vinaigrette</b>
4	2/8-2/11	Understanding Nutritional Standards and Guidelines	Day 1: Ch.3 Lecture, <b>Mexican Quinoa</b> Day 2: <b>Whole Wheat Penne/Sun Dried Tomato Pesto</b>

5	2/15-2/18	The Energy Nutrients: Carbohydrate, Protein, and Lipid	Day 1: Ch.4 Lecture, <b>Tuscan Style Grilled Chicken Kabobs</b> Day 2: <b>Apple Honey Drumsticks</b>
6	2/22-2/25	Vitamins. Minerals, Water	Day 1: Ch.5 Lecture, <b>Turkey and Bean Chili</b> Day 2: <b>Turkey Meat Loaf w/ sauté spinach</b>
7	3/1-3/4	Market and Menu Assessment	Day 1: Ch. 6 Lecture, <b>Bourbon Glazed Salmon w/ Firecracker Slaw</b> Day 2: <b>Shrimp and Black Bean Tacos</b>
8	3/8-3/11	Marketable Food: Growing, Handling, Processing, and Packing	Day 1: Ch.7 Lecture, <b>Pork and Charred Pineapple Sliders</b> Day 2: <b>Pork Medallions w/ Cherry-Merlot Sauce</b>
9	3/15-3/18	<b>Spring Break</b>	<b>Spring Break</b>
10	3/22-3/25	Cooking for Health: Culinary Skills in Action	Day 1: Ch. 8 Lecture, <b>Korean Beef Lettuce Wraps</b> Day 2: <b>Bison Burgers w/ Tomato Jam</b>
11	3/29-4/1	Food Allergens and Special Dietary Requests	Day 1: Ch.9 Lecture, <b>Honey Whole Wheat Bread</b> Day 2: <b>Bite Size Chocolate Cakes</b>
12	4/5-4/8	Developing Staff and Defining Responsibilities	Day 1: Ch. 10 Lecture, <b>Angel Food Cake</b> Day 2: <b>Meal Prep Breakfast: Blueberry Chia Seed Overnight Oats, Frittata Egg Muffins</b>
13	4/12/4/15	Marketing and Evaluating Nutrition Programs	Day 1: Ch. 11 Lecture, <b>Chocolate Powerhouse Smoothie, Immunity Fruit Smoothie</b> Day 2: <b>Shrimp Lemon Basil Pasta</b>

14	4/19-4/22	Menu Labeling	Day 1: Ch.12 Lecture, <b>Chicken Cauliflower Fried "Rice"</b> Day2: <b>Guilt Free Pizza</b>
15	4/26-4/29	Review	Day 1:Binder Checks Day 2: Practice Exam
16	5/3-5/6	Finals	Finals
17	5/10-5/13	Clean Up	Clean Up

\*Print out all Recipes and Notes prior to class and put organized in your Binder!

### Course Outline-Homework/Online Assignments

Assignment Open/Due Date	In Class/Online Quiz	Reading Assignment
1/22-1/28	Day 1:Case Study, Day 2:Review for Learning, Ch. 1Quiz	Ch.1
1/29-2/4	Day 1:Case Study, Day 2: Review for Learning, Ch.2Quiz	Ch.2
2/5-2/11	Day1:Case Study, Day 2: Review for Learning, Ch.3 Quiz	Ch. 3
2/12-2/18	Day1:Case Study, Day 2: Review for Learning, Ch.4 Quiz	Ch.4
2/19-2/25	Day 1: Case Study, Day 2: Review for Learning, Ch.5 Quiz	Ch.5
2/26-3/4	Day 1: Case Study, Day 2: Review for Learning, Ch.6 Quiz	Ch.6
3/5-3/11	Day 1:Case Study, Day2:Review for Learning, Ch.7 Quiz	Ch. 7
3/12-3/18	Day1:Case Study, Day 2: Review for Learning,Ch.8 Quiz	Ch. 8
3/19-3/25	Spring Break	Spring Break
3/26-4/1	Day 1: Case Study, Day 2: Review for Learning, Ch. 9 Quiz	Ch. 9
4/2-4/8	Day 1: Case Study, Day 2: Review for Learning, Ch.10 Quiz	Ch. 10
4/9-4/15	Day 1: Case Study, Day 2: Review for Learning, Ch.11 Quiz	Ch. 11
4/16-4/22	Day 1: Case Study, Day 2: Review for Learning, Ch.12 Quiz	Ch. 12
4/23-4/29	Practice Exam	Practice Exam

## **South Plains College's Notices**

### **ATTENDANCE:** (along with your Instructor's Policy)

When an unavoidable reason for class absence arises, such as illness, an official trip authorized by the college or an official activity, the instructor may permit the student to make up work missed. It is the student's responsibility to complete work missed within a reasonable period of time as determined by the instructor. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay in reporting to a class after official enrollment, absences will be attributed to the student from the first class meeting.

Students who enroll in a course but have "Never Attended" by the official census date (the 12<sup>th</sup> class day), as reported by the faculty member, will be administratively dropped by the Office of Admissions and Records. A student who does not meet the attendance requirements of a class as stated in the course syllabus and does not officially withdraw from that course by the official census date of the semester, may be administratively withdrawn from that course and receive a grade of "X" or "F" as determined by the instructor.

It is the student's responsibility to verify administrative drops for excessive absences through MySPC using his or her student online account. If it is determined that a student is awarded financial aid for a class or classes in which the student never attended or participated, the financial aid award will be adjusted in accordance with the classes in which the student did attend/participate and the student will owe any balance resulting from the adjustment.

**NOTICE TO STUDENTS:** In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

**South Plains College Culinary Arts Alcohol Use Policy:** South Plains College Culinary Arts program uses various liquors, liqueurs, wines and beers as recipe ingredients within the culinary curriculum. Alcohol is secured in the culinary facility and only accessible by culinary faculty. Alcohol may only be used if a recipe requires liquor/liqueur/wine/beer as an ingredient. Consumption of alcohol by students is strictly prohibited. Alcohol is only to be handled by instructors; no exceptions. Violations will be considered a "Student Code of Conduct" violation and will result in strict disciplinary action, including referrals to the Executive Director of Lubbock Center, Dean of Students, and Campus Police.

### **Face covering:**

It is the policy of South Plains College for the Fall 2020 semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of

COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.