COURSE: NUTR 1240
Exploration in Culinary Art & Food Science
CREDIT HOURS: 3
CLASS SCHEDULE: 2 hours of lecture and 3 hours of lab per week
Class also meets online at http://canvas.weber.edu

PROFESSOR: David Aguilar-Alvarez, PhD
Office Hours: M,W,Th,F from 1:30pm-3:30pm
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COURSE DESCRIPTION: This course explores sustainable ways to acquire, prepare and consume food to support a healthier individual, population, and environment. Food science principles will be emphasized in the laboratory experience.

PREREQUISITES: None

REQUIRED TEXTBOOK (OR REFERENCE COURSE MATERIALS):
• None for lecture.
• Laboratory recipes and material can be found in the Exploration in Culinary Art & Science Lab Book which can be purchased at the WSU bookstore. □ Diet Analysis Plus Software Online:
  • Log in: http://login.cengage.com/cb/
  • Purchase an account access code through the WSU bookstore or online at: http://www.cengagebrain.com/shop/isbn/9780538495097

OPTIONAL TEXTBOOK (OR REFERENCE COURSE MATERIALS): None

COURSE DIRECTION: This course will develop skills, knowledge, and competencies for individuals to support more sustainable ways to acquire, prepare, and consume food to support a healthier population and environment. Principles of food science will be applied in a foods lab that will aide in developing basic culinary skills.

Major Content Areas
1. Culinary science and skills
2. Nutritional value
3. Sustainable food systems
Measurable Learning Outcomes
Upon completion of NUTR 1240, Exploration in Culinary Art & Science, students will have demonstrated their:

2. Understanding of and ability to perform culinary skills used in food preparation.
3. Knowledge of healthy food choices per the Dietary Guidelines for Americans.
4. Ability to prepare foods in a healthful way utilizing various cooking and food presentation techniques.
5. Understanding of sustainable food acquisition, preparation, and consumption.
6. Knowledge of sustainable food growing techniques and practices.
7. Ability to assimilate healthy cooking skills and techniques by performing a cooking demonstration with peers.

REQUIREMENTS:

• **In Class Discussion:** Students will participate in four in class discussions related to lecture topics. Discussion dates will not be announced prior. Lack of participation due to unwillingness to participate or nonattendance will result in loss of points.

• **Lab Participation:** Laboratory attendance will be taken each lab period. Points will be deducted for improper attire, lack of participation, and improper conduct in the laboratory. There will be no make-up labs.

• **Modification of a Recipe:** Students will modify a favorite recipe to improve the nutritional content and overall healthiness of the recipe. The nutritional content of the original and modified recipes will be analyzed using Diet Analysis Plus software.

• **Cooking Demonstration Project:** Students will perform a cooking demonstration in groups of 2-3.

• **Kid Friendly Recipe:** Students will share a recipe that supports health and presents the food in a very appealing way for a young child.

<table>
<thead>
<tr>
<th>Course Work</th>
<th>Due Date</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>In Class Discussion 1: Healthy Food Choices</td>
<td>Week 2 Lecture</td>
<td>25</td>
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<tr>
<td>In Class Discussion 2: Dietary Guidelines and safe food handling</td>
<td>Week 4 Lecture</td>
<td>25</td>
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<tr>
<td>In Class Discussion 3: More Sustainable Ways to Produce and Acquire Foods</td>
<td>Week 5 Lecture</td>
<td>25</td>
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<tr>
<td>In Class Discussion 4: What does it take to make the healthier food choices most of the time?</td>
<td>Week 11 Lecture</td>
<td>25</td>
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<tr>
<td>Evaluation of Laboratory Experiences &amp; Laboratory Participation</td>
<td>Weekly in Lab</td>
<td>25 points each (350 points total)</td>
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<tr>
<td>Recipe Identification, Sustainable Aspects of Choices &amp; Nutritional Values for the Food Demonstration</td>
<td>Week 7 Lecture</td>
<td>30</td>
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<tr>
<td>Activity</td>
<td>Week</td>
<td>Points</td>
</tr>
<tr>
<td>------------------------------------------------------</td>
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</tr>
<tr>
<td>Health Promoting Attributes, presentation &amp; Food</td>
<td>8</td>
<td>30</td>
</tr>
<tr>
<td>Science Points of Recipes used in the Food</td>
<td></td>
<td></td>
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<tr>
<td>Demonstration</td>
<td></td>
<td></td>
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<tr>
<td>Modification of a Recipe</td>
<td>9</td>
<td>50</td>
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<tr>
<td>Cooking Demonstration Project</td>
<td></td>
<td>400</td>
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<tr>
<td>Kid Friendly Recipe</td>
<td>10</td>
<td>40</td>
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<tr>
<td>Extra Credit</td>
<td></td>
<td>25</td>
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**Total possible points: 1000**

**EVALUATION:** Grades are based on a percentage of the total possible points earned in the class using the grade scale below. Grades can be accessed in the WSU Online Canvas class under “Grades”.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>≥93%</td>
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<tr>
<td>A-</td>
<td>90%</td>
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<tr>
<td>B+</td>
<td>87%</td>
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<tr>
<td>B</td>
<td>83%</td>
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<tr>
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<tr>
<td>C+</td>
<td>77%</td>
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<tr>
<td>C</td>
<td>73%</td>
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<tr>
<td>C-</td>
<td>70%</td>
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<tr>
<td>D+</td>
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<tr>
<td>D</td>
<td>63%</td>
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<tr>
<td>D-</td>
<td>60%</td>
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<tr>
<td>E</td>
<td>&lt;60%</td>
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**POLICIES:**

- **Graded Work:** Homework assignments and projects are usually graded within 1 week. Students can review their graded work in the WSU Online class in the Gradebook.
- **Late Work:** Work is due on the date and time indicated in the class schedule. Late work is docked -20% per day late. If a student has a conflict with a submission date then it is the student’s responsibility to make **prior** arrangements (this means several days before class work is due) for an alternative submission opportunity.
- **Extra Credit:** Up to 25 points Extra Credit will be offered throughout the course. Extra Credit activities will include additional hours spent in the garden/greenhouse, attendance to various community events focused on sustainability, and additional reports focused on lecture topics.
- **Students with Disabilities:** "Any student requiring accommodations or services due to a disability must contact Services for Students with Disabilities (SSD) in room 181 of the Student Services Center. SSD can also arrange to provide course materials (including the syllabus) in alternative formats if necessary." For more information contact SSD at 801-626-6413, ssd@weber.edu, or http://departments.weber.edu/ssd/.
- **Student Conduct:** Students enrolled in this class will adhere to the Athletic Training and Nutrition (ATN) Student Conduct Policy available online at http://www.weber.edu/atn/ATN_Student_Code.html
- **Academic Dishonesty:** Any individual caught cheating on any class work or plagiarizing will receive an automatic "E" for their final grade. Furthermore, a letter will go into the student’s file describing the situation.
- **Campus Closure:** In the event that the WSU campus is closed for face to face classes, the class will continue to meet at WSU Online http://canvas.weber.edu
- **Other:** Students will be required to wear appropriate attire during lab. This attire includes close toed shoes, long pants, an apron, and a hat with long hair tied back. In addition, cell phones and outside food will not be permitted at laboratory cooking stations.
<table>
<thead>
<tr>
<th>Dates</th>
<th>Lecture Topic</th>
<th>Lab Topic</th>
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</thead>
</table>
| 1     | *Course & Syllabus Overview*  
*MyPlate*  
*Dietary Guidelines 2010/2015*  
*Basics of Safe Food Handling*  
*Taste Principles*             | *Lab Overview: Orientation,*  
*Measuring Skills,*  
*Taste Perception,*  
*Salads*  
*One day, we will tour of Garden & Greenhouse Facilities* |
| 2     | *Food Presentation Techniques*  
*Introduction to Eating Sustainability* | *Food Presentation,*  
*Edible Flowers,*  
*Herbs & Spices*              |
| 3     | *Field Trip to the Dairy*                                                      | *Eggs & Breakfast Foods,*  
*Milk & Milk Alternatives*     |
| 4     | *Fruits, Vegetables,*  
*Phytonutrients,*  
*Pigments and Enzymatic Browning* | *Fruits*                     |
| 5     | *Food Production,*  
*Food Systems*  
*Cooking Demonstration Elements* | *Vegetables*                     |
| 6     | *Field Trip Zoe’s Garden*  
*An Organic Farm in Layton*     | *Legumes*                      |
| 7     | *Nutritional Value,*  
*Modifying Recipes,*  
*Alternatives/Substitutions*  
*Recipe selection for Cooking Demonstration* | *Grains*                      |
| 8     | *Meat, Poultry and Fish,*  
*Key Elements of Slow Cooker Cooking* | *Soups and Stews*              |
| 9     | *Approval of the Elements of the Cooking Demonstrations Development of Culinary Skills in Youth* | *Kid Friendly Fun*              |
| 10    | *Food, Mood and Sensory Experiences*                                          | *Cooking Demonstrations*        |
| 11 | Basics of Milk, Eggs and Alternatives | Cooking Demonstrations |
| 12 | Sustainability Expanded | Cooking Demonstrations |
| 13 | Genetically Modified Debate | |
| 14 | The Story of Food | Cooking Demonstrations |
| 14 | Clean Lab and Inventory | Cooking Demonstrations |

Kid Friendly Labs

Alphabet Soup

Fun Salads

Scroodle Noodles

Healthy Holiday Presentations

Snack Helper Ideas

Asparagus

Onions (sweet yellow)

Onions (green) cucumbers

String beans

Peas

Beets

Celery

Cabbage family vegetables (cauliflower, broccoli, brussel sprouts, bok choi)

Spinach

Lettuce variety
Carrots

New potatoes (red and white)

Sweet potatoes/yams

Tomatoes (tomatillo, heirlooms, capari)

Jeruselm artichokes

Sweet pumpkins

Squash (spaghetti, zucchini, crooked neck, patty pans/summer, banana, Danish/acorn)

Peppers (green/yellow/orange, Anaheim, jalapeño)

Eggplant (Japanese, black beauty)

Soy

Strawberries

Rhubarb

Edible flowers . . .

Herbs . . .

Lemon tree

Lime tree