

Nutrition for the Food Service Prof (IFWA 1318 9C2)

CREDIT

3 Semester Credit Hours (2 hours lecture, 4 hours lab)

MODE OF INSTRUCTION

Face to Face

PREREQUISITE/CO-REQUISITE:

None

COURSE DESCRIPTION

An introduction to nutrition including nutrients, digestion and metabolism, menu planning, recipe modification, dietary guidelines and restrictions, diet and disease, and healthy cooking techniques.

COURSE OBJECTIVES

Upon completion of this course, the student will be able to

- Identify nutrients and their sources, functions, digestion, and metabolism.
- Explain healthy cooking techniques; analyze and modify recipes for healthier food production
- Evaluate and prepare diets and menus in accordance with dietary guidelines and restrictions

INSTRUCTOR CONTACT INFORMATION

Instructor:	Chef Ashley Williams
Email:	ataylor@bmtisd.com
Office Phone:	(409)617-5740
Office Location:	Career and Technical Education Center
Office Hours:	7:00 am – 3:00 pm

REQUIRED TEXTBOOK AND MATERIALS

1. Black pants and non-skid Shoes
2. 1 inch black binder, 1-2inch colored binder, 1 package college ruled notebook paper, 3 package dividers, 1 large glue stick, 1 package black ink pens only, 1 package No. 2 pencils, 2 packages clear page protectors.
3. ICEV, On Cooking: Labensky, Hause, Martel

Approved: **Initials/date**



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COURSE EVALUATION

Final grades will be calculated according to the following criteria:

- Test 60%
- Daily 40%

Lab attendance as well as participation is mandatory. It will be given in accordance to the performance level of assignment, as well as the professionalism of the student.

GRADE SCALE

- 90-100 A
- 80-89 B
- 70-79 C
- 60-69 D
- 0-59 F

TECHNICAL REQUIREMENTS

The latest technical requirements, including hardware, compatible browsers, operating systems, etc. can be online at <https://lit.edu/online-learning/online-learning-minimum-computer-requirements>. A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of online technology and resources.

DISABILITIES STATEMENT

The Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. LIT provides reasonable accommodations as defined in the Rehabilitation Act of 1973, Section 504 and the Americans with Disabilities Act of 1990, to students with a diagnosed disability. The Special Populations Office is located in the Eagles’ Nest Room 129 and helps foster a supportive and inclusive educational environment by maintaining partnerships with faculty and staff, as well as promoting awareness among all members of the Lamar Institute of Technology community. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409)-951-5708 or email

specialpopulations@lit.edu. You may also visit the online resource at [Special Populations - Lamar Institute of Technology \(lit.edu\)](#).

STUDENT CODE OF CONDUCT STATEMENT

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. The *LIT Catalog and Student Handbook* may be accessed at www.lit.edu. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document.

ARTIFICIAL INTELLIGENCE STATEMENT

Lamar Institute of Technology (LIT) recognizes the recent advances in Artificial Intelligence (AI), such as ChatGPT, have changed the landscape of many career disciplines and will impact many students in and out of the classroom. To prepare students for their selected careers, LIT desires to guide students in the ethical use of these technologies and incorporate AI into classroom instruction and assignments appropriately. Appropriate use of these technologies is at the discretion of the instructor. Students are reminded that all submitted work must be their own original work unless otherwise specified. Students should contact their instructor with any questions as to the acceptable use of AI/ChatGPT in their courses

STARFISH

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.

ADDITIONAL COURSE POLICIES/INFORMATION

COURSE REQUIREMENTS

1. Be able demonstrate skills in knife, tool and equipment handling, and operate equipment safely and correctly.
2. Be able to demonstrate proficiency in dry and moist heat cooking methods; produce a variety of food products applying principles of food handling and preparation.
3. Be able discuss Occupational Safety and Health Administration (OSHA) requirements and effective workplace safety programs.
4. Be able to describe food storage and refrigeration techniques; explain sanitation of dishes, equipment, and kitchens including cleaning material, garbage, and refuse disposal.
5. Be able to implement professional standards in food production.

COURSE POLICIES

1. No food or drinks in the classroom.
2. Students have three days to make up missing assignments.
3. Students are required to take a missed test the day upon returning to class.
4. See BISD attendance policy.
5. As the instructor, I maintain the right to maintain and govern my class
6. The lab classes are mandatory. If you are absent the day of a lab, you are responsible for making up the lab at home, recording the lab and submitting it in the Google Classroom folder.
7. If you are more than 20 minutes late for class you will be counted absent.
8. Turn off phones before entering class. You will receive a warning on the first disruption, then your phone will be collected and turned in.
9. Assignments are due on the date specified. Five points will be deducted per day for up to three days then a zero will be the final grade.