



**IFWA 1318-111C1
Nutrition for Foodservice Professionals
Spring 2025**

Time and days of course

01/13/2025-03/06/2025 Lecture Monday, Wednesday 11:00AM - 01:20PM

01/13/2025-03/06/2025 Lab Tuesday, Thursday 11:00AM - 12:20PM

Instructor Information: Brittany Shelby, bshelby1@com.edu, 409-933-8291

Student hours and location: ICB 313-9 or MCC Suite 4000-200C

Monday	1:30-3:30 pm
Tuesday	12:30 – 4:00 pm
Wednesday	1:30-3:30 pm
Thursday	By Appointment Only
Friday	By Appointment Only

Required Textbook/Materials: Nutrition for Foodservice and Culinary Professionals, 10th Edition ISBN: 978-1-119-77717-5

Materials: Black chef jacket, black or check chef pants, black chef hat, slip resistant shoes, 2 inch Binder

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. Prerequisites: [CHEF 1205](#), [CHEF 1301](#), [CHEF 2301](#) and [PSTR 1301](#) with a grade of "C" or better.

Course requirements:

This coursework is divided into 4 categories:

1. **Culinary Arts Cooking Labs and Class Binder:** Labs provide hands-on opportunities for students to demonstrate what they have learned. Also, students must maintain a professional and organized lab binder that will be submitted at the end of the semester.
2. **Exams and Cooking Lab Exams.** Exams and cooking lab exams assess students' knowledge of the class materials. There are 3 online exams, and all cooking labs will be announced in class.
3. **Study Guides and Nutrition Worksheet Assignments:** These assignments are completed during lectures or as homework to reinforce understanding of the class materials.
4. **Lab Journals:** Students will complete lab journals after labs to reflect on their experiences and learning. All lab journals should be submitted through D2L Brightspace.

Determination of Course Grade/Detailed Grading Formula:

Study Guides and Chapter Worksheets	30%
Exams and Kitchen Labs	45%
Case Studies-Mise en Place Sheets- Journals	25%

Late Work, Make-Up, and Extra-Credit Policy:

5-point deduction each day assignment is late

Extra-Credit Policy: Extra credit is announced throughout the semester

Attendance Policy: Students are expected to be present everyday. Students should sign in and out each day.

Communicating with your instructor: ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means. (Faculty may add additional statement requiring monitoring and communication expectations via D2L or other LMS)

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
1. Identify nutrients and their sources, functions, digestion, and metabolism	Personal Responsibility Skills	Chapter 3 Carbohydrates Chapter 4 Fat Chapter 5 Protein Chapter 6 Vitamins Chapter 7 Water and Minerals Chapter Exams
2. Explain healthy cooking techniques	Personal Responsibility Skills Communication Skills	Chapter 8 Building Flavor and Balanced Baking Chapter 8 Work Packet And cooking lab: Whole Grains and Complex Carbohydrates
3. Analyze and modify recipes for healthier production	Critical Thinking Skills	Chapter 9 Recipe Makeovers Chapter 9 Work Packet: Recipe Modifications Cooking Lab: Smart Desserts an Sweet Alternatives
4. Evaluate and prepare diets and menus in accordance with dietary guidelines and restrictions.	Critical Thinking Skills	Chapter 10 Balanced Menus Chapter 10 Work Packet Cooking Lab: Lean Proteins and Vegetables and Fruits

Academic Dishonesty: Students are expected to complete their work honestly, ethically, and in accordance with academic standards.

Academic Dishonesty Violations

Academic dishonesty includes, but is not limited to:

- Plagiarism (using others' words, ideas, or work without proper attribution)
- Cheating on exams or assignments
- Copying work from other students
- Unauthorized collaboration on individual assignments
- Submitting the same work for multiple courses without permission
- Using unauthorized materials during exams
- Fabricating or falsifying data
- Helping another student cheat or plagiarize

Consequences

First Violation:

The student will receive a zero (0) for the assignment in question. The instructor will document the incident and meet with the student to discuss the violation and review this policy.

Continued Violations:

Subsequent incidents of academic dishonesty will result in:

1. A zero (0) for the assignment
2. Formal reporting to the Dean of Students
- 3.

Student Concerns: If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact [insert name and title of direct supervisor] at [phone number/email address].

Institutional Policies and Guidelines

Grade Appeal Process: Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook [https://www.com.edu/student-services/docs/Student Handbook 2024-2025 v2.pdf](https://www.com.edu/student-services/docs/Student_Handbook_2024-2025_v2.pdf). *An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.*

Academic Success & Support Services: College of the Mainland is committed to providing students the necessary support and tools for success in their college careers. Support is offered through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

ADA Statement: Any student with a documented disability needing academic accommodations is requested to contact:

Kimberly Lachney, Student Accessibility Services Coordinator
Phone: 409-933-8919
Email: AccessibilityServices@com.edu
Location: COM Doyle Family Administration Building, Student Success Center

Textbook Purchasing Statement: A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Withdrawal Policy: Students may withdraw from this course for any reason prior to the last eligible day for a “W” grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1st 8-week session is February 26. The last date to withdraw from the 16-week session is April 21. The last date to withdraw for the 2nd 8-week session is April 30.

FN Grading: The FN grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The FN grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the FN grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an FN grade.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

Resources to Help with Stress:

If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a difficult time, please click here <https://www.com.edu/community-resource-center/>. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at deanofstudents@com.edu or communityresources@com.edu.

Nondiscrimination Statement:

The College District prohibits discrimination, including harassment, against any individual on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender (including gender identity and gender expression), or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.

Course outline: (include calendar with lecture topics, due dates)

Name _____

Nutrition Tentative Schedule

Chapter assignments include chapter worksheets and study guide assignments.

Week	Chapter	Lab	Due Dates
1- Jan 13	Chapter 1 Introduction to Nutrition		
2- Jan 20	Chapter 8 Building Flavor and Balanced Baking	Jan 23 (Thursday) Smart Desserts and Sweet Alternatives <input type="checkbox"/> Journal due Jan 28	Chapter 1 <input type="checkbox"/> Jan 19 Exam <input type="checkbox"/> Jan 21 Chapter Assignments
3- Jan 27	Chapters 9-10 Chapter 9 Recipe Makeovers and Chapter 10 Balanced Menus	Jan 29 Vegetables and Fruits <input type="checkbox"/> Journal Due Feb 2	Chapter 8 <input type="checkbox"/> Jan 26 Exam <input type="checkbox"/> Jan 28 Chapter Assignments
4-Feb 3	Chapter 3 Carbohydrates	Feb 5 Whole Grains and Complex Carbohydrates <input type="checkbox"/> Journal Due Feb 11	Chapter 9-10 <input type="checkbox"/> Feb 2 Exam <input type="checkbox"/> Feb 4 Chapter Assignments
5-Feb 10	Chapter 4 Fat	Feb 12 Lean Proteins <input type="checkbox"/> Journal Due Feb 18	Chapter 3 <input type="checkbox"/> Feb 9 Exam <input type="checkbox"/> Feb 10 Chapter Assignments
6-Feb 17	Chapter 5 Protein	Feb 19 Dairy Alternatives <input type="checkbox"/> Journal Due Feb 25	Chapter 4 <input type="checkbox"/> Feb 16 Exam <input type="checkbox"/> Feb 17 Chapter Assignments
7-Feb 24	Chapters 6-7 Chapter 6 Vitamins and Chapter 7 Water and Minerals		Chapter 5 <input type="checkbox"/> Feb 23 Exam <input type="checkbox"/> Feb 24 Chapter Assignments
8-Mar 3	Final TBA		Chapter 6 and 7 <input type="checkbox"/> March 2 Exam <input type="checkbox"/> March 4 Chapter Assignments
March 6 Last Day			