

University of Nevada, Las Vegas

**NUTRITION IN FOOD SERVICE
FAB 370**

CLASS TIME/PLACE: Wednesday 2:30 – 5:15 PM. BEH 233

OFFICE HOURS: Monday 11:30 AM – 3:30 PM, Wednesday 12:00 PM – 1:00 PM

MESSAGE: Please contact me using the mail function within WebCampus (i.e., not e-mail)

Course Description: This course is designed to teach students the role of carbohydrates, lipids, proteins, water, vitamins, minerals and phytochemicals in the human body and their relationship to health and disease throughout the human lifecycle. It covers consumption trends; nutrient needs of general and specific populations; and relationships between nutrition, health and disease. Students will learn how to design menus using customer food preferences (including ethnic foods), while also addressing their health needs. Special emphasis will be placed on the role that the foodservice industry can play in the future to address the obesity and chronic disease epidemics, and improve the sustainability of global food production.

Course Objectives: Upon successful completion of this course students will:

1. Demonstrate a fundamental knowledge of nutrition and how this science relates to health and disease both on a personal and population level. Specific knowledge and abilities include:
 - List the food groups in the current USDA Food Guide Pyramid and the recommended daily servings from each. List the major nutrients contributed by each of the food groups.
 - Discuss the current dietary guidelines and adapt recipes accordingly
 - Evaluate diets in terms of the recommended dietary allowances.
 - Describe the characteristics, functions, and best sources of each of the major nutrients.
 - Describe the digestion process.
 - Calculate energy needs based on basal metabolic rate and exercise expenditure.
 - Discuss and demonstrate cooking techniques and storage principles for maximum nutrient retention.
 - Categorize foods into exchange groups and plan menus applying the exchange system.
 - Identify common food allergies and determine appropriate substitutions.
 - Discuss contemporary food issues such as and vegetarianism, gluten-free eating, low carbohydrate diets and organic versus conventional food production.
 - Discuss barriers to humans being able to create a food system that is globally sustainable.
 - Identify nutrition information that is based on scientific evidence
 - List reliable sources of nutrition information
 - Use the Daily Value of foods to interpret food label nutrition information
 - Explain the functions of and best sources of the major macro- and micro-nutrients
 - Identify the major food allergies and determine appropriate substitutions
 - Create menus using the dietary guidelines and food allergy awareness
 - Adapt recipes to reflect current dietary guidelines
 - Define the capabilities of menu planning and food analysis software
 - Analyze menu planning and food analysis software needs of various types of foodservice operations

Course Requirements:

- Attend class consistently and punctually. If for some reason you cannot attend a specific class, it is your responsibility to get any notes, handouts or assignments for that class session from another student.
- Complete quizzes, in-class and out of class assignments, and a final exam.
- Complete readings assigned by instructor and study materials such as on-line readings and Powerpoint presentations.

Required Course Text: Linda Trakselis and Eric Stein. 2014. Culinary Nutrition: Principles and Applications. American Technical Publishers. ISBN 978-0-8269-4221-0.

Attendance and Grading Policy:

Whether a student attends all classes is up to her or him. It should be kept in mind that final exam and quiz questions will be from the text and material provided in class through lectures, films, guest speakers (including student presentations), hand-outs, exercises, etc. There are **NO MAKE-UP QUIZZES OR IN-CLASS ASSIGNMENTS** unless there is a **documented** excuse (e.g., JURY DUTY or HOSPITALIZATION) and the instructor is notified prior to the next class period after the one that was missed. Documentation of the absence must be provided on the first day back to class. Any make-up activities will usually contain different questions and may be of a different format than the in-class assignment or quiz.

Students that arrive more than 20 minutes late to class will not be allowed to attend that class session unless they have documentation to justify their tardiness.

To receive full class participation points students will need to read assigned material prior to class and view any posted powerpoints or videos.

Course Evaluation*:

Project #1: White papers (50 points x 2 papers)	100
Project #2: Nutrition analysis of student's diet	75
Project #3: Class research project	50
Project #4: Healthy cooking demonstration for CCSD students	150
Project #5: Group laboratory assignment (sensory evaluation experiments)	125
Class participation (10 points x 15 days)	150
Quizzes (11 x 15 points - lowest grade will be dropped)	150
Final Exam (comprehensive)	200
Total Points = 1,000	

* There are no make-up quizzes or in-class assignments; however, the lowest grade on the quizzes will be dropped. Projects will not be accepted late unless the same documented excuse rule that applies for exams is met.

Grading Scale: 93+ = A; 90-92 = A-; 87-89 = B+; 83-86 = B; 80-82 = B-; 77-79 = C+; 73-76 = C; 70-72 = C-; 67-69 = D+; 63-66 = D; 60-62 = D-; <60 = F

NOTE: You can calculate your grade at any point in the class using the following equation: (Your total points to date ÷ course total points possible to date) x 100 = _____ %

Tentative Course Topic Schedule:

January	21 st	In-Class: Class cancelled Out of Class:
	28 th	In-Class: Nutrition Sciences: Why an Important Topic for Foodservice Majors; Overview of Nutrition Film Out of Class: Read Chapter: Nutrition Fundamentals,
February	04 th	In-Class: Overview of Food Science Film, Activities related to Nutrition Fundamentals; Video on Dietary Recommendations; Description of White Paper Assignments, Finding reliable nutrition information Out of Class: Watch Powerpoint on Nutrition Fundamentals, Review Chapter on Nutrition Fundamentals, Read Hot Topic: Finding Reliable Nutrition Information
	11 th	In-Class: Activities related to Nutrition Fundamentals; Digestion Video; Description of Nutrition Analysis Assignment, Experimental Design discussion Out of Class: Read Chapter: Shaping Eating Habits, Watch Shaping Eating Habits Powerpoint
	18 th	In-Class: Activities Related to Shaping Eating Habits, Sensory Science discussion, Discuss Group Laboratory Assignment Out of Class: Watch Lipid Powerpoint, Read Chapter on Lipids
	25 th	In-Class: Lipid Related Activities Out of Class: Review Lipid Powerpoint, Review Chapter on Lipids
March	04 th	In-Class: Lipid Related Activities, Designing lesson plans Out of Class: Watch Protein Powerpoint, Read Protein Chapter, Read Eggs, Soy and Dairy Chapter
	11 th	In-Class: Activities related to Proteins; Eggs, Soy and Dairy Group Laboratory Assignment Out of Class: Review Chapter: Proteins; Review Powerpoint Presentation Related to Proteins; Read Chapter on Poultry and Meats

	18 th	<p>In-Class: Activities related to Proteins; Poultry and Meats Group Laboratory Assignment</p> <p>Out of Class: First White Paper Due (submit using Turn-It-In by 10:00 PM 03/18) Read Hot Topic Weight Loss Myths; Read Carbohydrates Chapter; Watch Carbohydrates Powerpoint, Read Pastas, Grains, and Bread Chapter</p>
	25 th	<p>In-Class: Carbohydrates Activities; Pastas, Grains, and Breads Group Laboratory Assignment</p> <p>Out of Class: Watch Powerpoint Presentation on Vitamins, Minerals and Water; Read Hot Topics: Sustainable Food Systems,</p>
April	01 st	<p>In-Class: Spring Break</p> <p>Out of Class: Watch Powerpoint Presentation on Carbohydrates; Read Hot Topics: Sustainable Food Systems,</p>
	08 th	<p>In-Class: Carbohydrate Activities; Global Food Sustainability Activities; “The Future of Food: Sustainability and Security Video”</p> <p>Out of Class: Second White Paper Due (submit using Turn-It-In by 10:00 PM 04/08); Read Chapter on Vitamins, Minerals, and Water; Watch Vitamins, Minerals, and Water Powerpoint, Read Chapter on Fish and Shellfish</p>
	15 th	<p>In-Class: Vitamins, Minerals and Water Activities; Fish and Shellfish Group Laboratory Assignment</p> <p>Out of Class Review Chapter: Vitamins, Minerals and Water, Review Vitamins, Minerals, and Water Powerpoint, Read Fruits, Nuts and Seeds Chapter</p>
	22 nd	<p>In-Class: Vitamins, Minerals and Water Activities; Fruits, Nuts and Seeds Group Laboratory Assignment;</p> <p>Out of Class: Read Hot Topic: Functional Foods and Phytochemicals and Dietary Supplements. Nutrition Analysis Assignment Due 10:00 PM - 04/22. Read Chapter on Vegetables and Legumes</p>
	29 th	<p>In-Class: Functional Foods, Phytochemicals and Dietary Supplements Activities; Vegetables and Legumes Group Laboratory Assignment</p> <p>Out of Class: Read Chapters on Desserts and Beverages</p>
May	06 th	<p>In-Class: Desserts Group Laboratory Assignment; Beverage Group Laboratory; Final Exam Review</p> <p>Out of Class: Review for Final Exam; Healthy cooking demonstration for CCSD students Assignment Due 10:00 PM - 05/09</p>

13th **In-Class: Final Exam** 3:10 PM Wednesday

Final exam questions will be from the material provided through lectures, text reading assignments, films, guest speakers, handouts, exercises, etc. There will be NO MAKE-UP ASSIGNMENTS OR FINAL EXAM unless there is a documented excuse such as JURY DUTY or HOSPITALIZATION and the instructor is contacted prior to the next class period after the one that was missed. Any make-up assignments or final exam may contain different questions than the originals given in-class.

Announcements

All students are expected to behave in a professional manner. This includes turning OFF cell phones prior to class and not participating in side conversations or other disturbing behaviors. If you do not comply with these requirements you will be asked to leave the class and you may receive additional disciplinary consequences.

Missed Class

Religious Holidays Policy – Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes, **January 29, 2016**, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

Official Extracurricular Activity - Students who represent UNLV at any official extracurricular activity shall also have the opportunity to make up assignments, but the student must provide official written notification to the instructor no less than one week prior to the missed class.

Help with School Work

Disability Resource Center (DRC) – The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you.

If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to the instructor during office hours so that you may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach the instructor in front of others to discuss your accommodation needs.

Tutoring – The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students taking UNLV courses. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services Complex (SSC). Students may learn more about tutoring services by calling 702-895-3177 or visiting the tutoring web site at: <http://academicsuccess.unlv.edu/tutoring/>.

UNLV Writing Center – One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student's Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>

Research Support

Are you having trouble finding peer reviewed appropriate journal articles? Do you know reliable information on the Internet when you see it? Can you reference resources correctly? Our librarians can help you develop all of these important skills.

The Libraries have a state-of-the-art space for students to meet with a librarian to get research assistance with course-related papers or assignments. Librarians can meet with students one-on-one or in small groups to discuss focusing a research topic, identifying & evaluating sources, and searching library resources effectively. To make a request, go to <http://www.library.unlv.edu/consultation>. You will be contacted by a librarian, with expertise in your discipline, major or course, within one work day. If you need immediate help, call 702-895-2100, text 702-800-3883, or stop by the research and information desk at any of the Libraries. You can also chat with a librarian at <http://www.library.unlv.edu/ask/h3lp.html>. Extra credit is available for students that work with a UNLV librarian to identify scholarly resources suitable for a FAB 370 assignment. To receive extra credit, be sure to bring proof of attendance to your professor prior to the last day of instruction. Ten points will be added to your final exam score.

Communication within the College

All students are encouraged to subscribe to the student listserve for the College of Hotel Administration. To subscribe, go to: <http://groups.yahoo.com/group/unlvhotelcollege>. All information relevant to the College, job opportunities, activities, clubs, scholarships, etc. will be posted on this list serve. To be informed of opportunities available to you, YOU NEED TO BE A SUBSCRIBER TO THE LISTSERVE.

Academic Advising:

Academic advising is available through the college's Student Advising Center – BEH 543.

Academic Misconduct – Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution.

An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <https://www.unlv.edu/studentconduct/student-conduct>.

Copyright – The University requires all members of the University Community to familiarize themselves **with** and to follow copyright and fair use requirements. **You are individually and solely responsible for**

violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws. Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at:
<http://www.unlv.edu/provost/copyright>.

Incomplete Grades - The grade of I – Incomplete – can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student’s control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester for undergraduate courses. Graduate students receiving “I” grades in 500-, 600-, or 700-level courses have up to one calendar year to complete the work, at the discretion of the instructor. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the grade.

Rebelmail – By policy, faculty and staff should e-mail students’ Rebelmail accounts only. Rebelmail is UNLV’s official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students’ e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu. Emailing within WebCampus is acceptable.

Final Examinations – The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at:
<http://www.unlv.edu/registrar/calendars>.

University Property and Security: If caught misappropriating State property, the student will be dropped from the College. The University may also wish to press formal charges. If you purchase items used in operation, you will be reimbursed for this purchase (if you have a proper receipt). Once you have been reimbursed, those items purchased become property of the University of Nevada, Las Vegas. No reimbursement will be made without proper receipt of purchase and strict adherence to UNLV policy.

Students should not bring valuables, personal items unrelated to course activities, or book bags into the building. The University of Nevada, Las Vegas staff and/or faculty will not be held responsible for the loss of personal items or valuables.

All books, papers, notebooks, and class-related items should be kept secured during the class. If you have valuables that must be locked please let your instructors know so that you can place your items in a secured office during class hours.

Alcohol and Drug Use: Students who consume any type of alcoholic beverages, use illegal drugs during class time, or attend class intoxicated will be immediately dropped from the course and sent to the

university disciplinary board with recommendation for expulsion. Please do not come to class under the influence.

Insurance: The University of Nevada System does NOT carry insurance for students working in laboratories. This includes the Hotel College kitchens, dining rooms, and lounge/bar. Each student will have to provide his/her own coverage. If you are not covered by a family policy, you should purchase student insurance from the University. Information is available from the registrar's office. Although our safety record has been good, there is always a chance that an injury could occur that results in a trip to the hospital. Should an incident such as this occur, the University will not pay for the expenses incurred; it will be the responsibility of the student.