Instructor Information

Instructor: Mandie Smith, MS RD  
Office: CAHMI #227  
Mailbox: CAHMI copy room  
Hours: M: 11-12, 3-5  
T & Th: 11:30-12:00, 1:40-3:00  
W: By appointment  
F: By appointment  
Phone: (501)812-2840  
Email: msmith@uaptc.edu

*All emails and telephone calls will receive a response within two business days.

Chair: Renee Smith  
(501) 812-2879  
renee.smith@uaptc.edu  
Dean: Todd Gold  
(501) 812-2861  
tgold@uaptc.edu

*If your emails and telephone calls do not receive a response within two business days, the appropriate chain of command is above.

Course Information

3 lecture hours (3 credit hours)  
Monday 5:00-7:50; Tuesday 8:30-11:20, Thursday 8:30-11:20 CAHMI #247, Community Education Kitchen on lab days.

Catalog Description

This course discusses the contemporary issues facing our country including food insecurity, obesity and the diabetes crisis, and discusses the role chefs can play in creating a healthy food culture. Specific diets are discussed, and students examine the role a chef could assume in school cafeterias and hospital settings.

Course Materials

Textbook: Drummond, Karen E. et al. Nutrition for Foodservice and Culinary Professionals. 9th Ed.  
ISBN: 987-1-119-19518-4

Binder, paper, simple calculator, pencil.

Mission Statement

University of Arkansas – Pulaski Technical College provides access to high-quality education that promotes student learning and enables individuals to develop to their fullest potential.

Institutional Learning Outcomes and General Education

UA-PTC supports a college-wide institutional learning assessment program which concerns effective instructional methods and promotes student learning achievement by assessing:
1. Communication
2. Critical Thinking
3. Cultural Awareness
4. Information Literacy
5. Professionalism
6. Quantitative Literacy
7. Technology Literacy

For more information, please consult the following website: https://uaptc.edu/sla

**Department / Program Learning Outcomes**
The Culinary department, consistent with the College’s mission and the Division’s objectives, encourages the success of its students in all technical fields and academic disciplines by promoting:

- Establish and maintain high standards of sanitation and food safety as established by the SERV SAFE® program.
- Demonstrate proficiency in basic terminology and techniques for culinary arts and baking and pastry arts to include food preparation, presentation, and service.
- Identify and demonstrate the concepts of recipe costing, purchasing, receiving, and issuing practices in food service operations.
- Explain the characteristics, functions, and food sources of the major nutrients and understand and demonstrate nutritional cooking methods including how to maximize nutrient retention.
- Communicate clearly and professionally, both verbally and in writing.
- Develop strategies to improve business performance using creativity and problem solving skills, based on operational theory and procedures.
- Develop skills integral to success in the industry including guest service, supervisory management, the ability to work with others, and handling multiple tasks simultaneously.
- Develop and apply ethical and sustainable hospitality industry policies.

**Concentration: Culinary Arts**
- Identify principles of menu and food service facility layout and design.
- Understand where food comes from, differences in growing practices and how to prepare a seasonal menu.
- Demonstrate and discuss the differences in cuisines and ingredients used around the world.
- Prepare regional, international, and classical cuisine dishes and demonstrate an understanding of how they are utilized in the contemporary food service industry.
- Develop skills integral to success in the food industry including speed, stamina, dexterity, and timing.
Student Learning / Course Outcomes
To describe the characteristics, functions, and food sources of major nutrients and how to maximize nutrient retention in food preparation and storage. To apply the principles of nutrient needs throughout the life cycle to menu planning and food preparation.
The student will:

1. Explain why nutrition is important, including the components of a healthy diet.
2. Discuss factors that influence what you eat.
3. Use MyPlate, the Dietary Guidelines for Americans, and food labels when planning menus.
4. Interpret information on a packaged food labels and restaurant menus.
5. Describe the six nutrients: carbohydrates, fats, proteins, vitamins, water, and minerals including what role they play in the body and their functions in cooking.
6. Create nutritious meals utilizing the foundations of balanced cooking including ingredients, preparation techniques, and cooking methods.
7. Explain ways to modify recipes to improve the nutrient content and considerations to keep in mind when doing so.
8. Identify appropriate ingredients and menu items to alter when customers have food allergies or special nutrition requests.
9. Explain what obesity and overweight are, including how people become obese/overweight and the health consequences.
10. Plan menus and mealtimes for children, adolescents, older adults, and athletes, taking into account their appetites, nutrient needs, and food-related behaviors to foster healthful eating habits and food choices.

Policies

Report a Complaint or Concern
UA-PTC takes very seriously complaints and concerns regarding the institution. Most complaints or concerns of a specific nature should be initiated and resolved at the campus level through normal college processes whenever possible. UA - Pulaski Technical College receives and resolves complaints using a variety of methods. To report a complaint or concern, please follow the link below.

https://www.uaptc.edu/report-a-concern-complaint

UA-PTC Attendance Policy
Education at UA-PTC requires students’ active involvement in the learning process. Thus, students are expected to attend all classes and actively engage in all learning assignments and/or opportunities provided in their classes. Class attendance should be treated as mandatory by all students as attendance will be taken by all instructors during the first two weeks of class.

Regular and prompt class attendance is expected of all students enrolled at Pulaski Technical College and is necessary in maintaining acceptable grades. Students will be required to sign in at the beginning of each class period and also to sign out at the end of class as well. Each student is expected to arrive on time, attend all scheduled classes and stay for the entire
class session. The student is responsible for seeing that the assignment is given to the instructor on the date due even if they are absent. If the student knows they are going to be absent on the day an assignment is due, it must be submitted before the beginning of the class period for it to be considered on time. It is the responsibility of the student to find out what assignments were given and have them prepared on the due date. The student is responsible to get notes and information missed from another student in the class or contact the instructor.

**In-class assignments and labs cannot be made up.**

If students are late to class more than 15 minutes or leave more than 15 minutes early, they will be considered tardy.

**Course Policies**

The UA-PTC Catalog rules and regulations will be enforced in this course at all times.

Please consult the following website for more information: uaptc.edu

Professional behavior is required. Punctual attendance and intelligent participation are expected. Particulars as determined by the instructor are detailed in the paragraph below.

Appropriate behavior is expected for all communications, including any notes, email messages, or telephone conversations. Some guidelines for communication are included in this syllabus to help you.

1. Treat others with respect. Part of the college experience is being exposed to people with ideas, values, and backgrounds different from yours.

2. Any behavior that disrupts the class may result in that student being asked to leave the class for the day. Obtain a copy of the student handbook; read the standards of conduct and adhere to them. They will be strictly enforced in this class.

3. Be prepared for class. Complete reading assignments before class so that you can understand the lecture and participate in discussion. Always have necessary pen or pencil, paper, and necessary tools of class.

4. Keep your work area/desk clean. Other classes use the same room. It is imperative that you keep up with your book, disk, and other materials.

**Cell Phones**. In consideration of others, cell phones and other personal communication devices must be turned off during class. If you have an EMERGENCY situation and must be available by phone, inform your instructor and set your phone to a mode that will not disturb others (e.g., silent or vibrate).
Grading Policy
Letter grades will be based on the following scale:

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

Homework/Assignments:
1. Discuss food label from favorite snack food  20 pts
2. Sustainable Agriculture in Arkansas worksheet 20 pts
3. Nutrient needs worksheet  50 pts
4. Recipe Modification project  50 pts
5. Participation, 10 points/class  160 pts

Labs:
8 planned for the semester @ 20 points each  160 pts

Quizzes/Exams:
Each chapter quiz (13) is worth 20 points.  260 pts
Final Exam is 100 points.  100 pts

Total points possible = 820 points

Participation and Lab cannot be made up for any reason.
Students who arrive late to class or leave early will automatically be penalized 10 points.

Participation and Lab Performance Criteria Include but is not limited to:
1. Food Safety and Sanitation
Students are required to adhere to the criteria of ServSafe Food at all times. General Guidelines include:
   - Student adheres to uniform policy
   - Student is washing hands frequently
   - Cutting boards are clean
   - Knives are sharp
   - Knife bag is clean
   - Sanitizing and cleaning products are being used correctly
   - Towels and aprons are being used correctly
   - Products are stored at correct temperatures and in the correct places
   - Products are labeled correctly
   - Gloves are being used when appropriate
Work areas are kept sanitized

2. Knowledge and Organizational Skills
The student should demonstrate and maintain awareness of their surroundings and the task at hand. The student should be able to show recognition, comprehension, analysis and evaluation of the following:
   - Information specific to the course
   - Terminology
   - Principles or concepts
   - Ingredients
   - Equipment

The student should demonstrate organization skills by assembling their mise en place and keeping their stations and work areas clean and free of clutter. The student should demonstrate, evaluate and develop the following habits:
   - Cleanliness
   - Work systematically
   - Sense of urgency

3. Professionalism and Dependability
Professionals:
   - Follow uniform policies and dress appropriately for their position;
   - Refrain from abusive and foul language;
   - Treat all equipment and property with respect;
   - Speak and act without prejudice to age, disability, gender, race, religion, ethnic origin, sexual orientation or veteran status;
   - Demonstrate and adhere to ethical business practices, with due respect for internal and external customers and colleagues;
   - Demonstrate interpersonal and communication skills;
   - Demonstrate listening skills;
   - Extend a polite and courteous manner to all visitors and colleagues;
   - Stay open minded to the opinions of others, work with a positive attitude and dedicate themselves to learning;
   - Promote understanding and respect for those beverages used in the hospitality industry and refrain from the abuse of drugs and alcohol;
   - Are reliable and dependable;
   - Work as a team;
   - Prepare themselves mentally and physically;
   - Promote a positive environment and demonstrate good judgment;
   - Act with honesty and integrity in their interactions with all people.

4. Performance and Product Evaluation
Performance will be evaluated on the following criteria:
   - Proper utilization of all tools and equipment
   - Proper utilization of all ingredients
   - Proper cooking techniques, skills and fundamentals
   - Creativity and craftsmanship
   - Use of recipes and following directions
   - Participation
Interaction
Enthusiasm
Teamwork

**Academic Integrity**
It is expected that all students who attend UA-PTC conduct themselves in a manner appropriate for the college experience. Academic integrity is a vital component of collegiate behavior. The UA-PTC catalog states, “The gaining of knowledge and the practice of honesty go hand-in-hand.”

The catalog also states, “The responsibility and authority of initiating discipline arising from violations of the rules against dishonesty during the process of the course are vested in the instructor of that course.”

The complete Academic Integrity Policy is in the UA-PTC code of conduct.

**Accommodation Policy**
Services for Students with Disabilities: UA-PTC is committed to fulfilling all federal requirements as stated in the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the American with Disabilities Amendments Act (ADAAA) of 2008. Accommodations are available to students who have documented disabilities. Students who request accommodations must register with the Disability Services Office (Main Campus: 501-812-2738 or South Campus: 501-812-2862) and must provide current and relevant documentation.

Students requesting accommodations should inform the instructor at the beginning of the course or as soon as accommodations are approved. It is the student's responsibility to provide their Accommodation Letter to the instructor. Accommodations are not retroactive and will only be provided once your instructor receives the Accommodation Letter.

**Student Code of Conduct**
All students are expected to abide by the UA-PTC Student Code of Conduct. For the full Student Code of Conduct, access the most current version of the UA-PTC Academic Catalog. [http://uaptc.azurewebsites.net/docs/default-source/course-catalog/2017-18-academic-catalog.pdf?sfvrsn=a08a3038_2](http://uaptc.azurewebsites.net/docs/default-source/course-catalog/2017-18-academic-catalog.pdf?sfvrsn=a08a3038_2)

**Sexual Misconduct**
No person at University of Arkansas - Pulaski Technical College will, on the basis of gender, be excluded from participation in, be denied benefits of, or be subjected to sex discrimination, sexual harassment or sexual misconduct under any education program or activity. All college administrative policies and procedures regarding sex discrimination, sexual harassment, and sexual misconduct are in compliance with Title IX. Students who feel they are victims of sexual misconduct should contact the UA-PTC Title IX Deputy Coordinator for Students:

Michelle Anderson, Director of Student Life and Leadership
Campus Center Building Room 216
501-812-2756
manderson@uaptc.edu
Course Evaluations
Students may be asked to evaluate their instructor and course near the end of the semester. These student evaluations are very important to the improvement in the quality of instruction and course materials. All results are anonymous and shared with the faculty only after the semester is over and grades have been posted.

Information Literacy
UA-PTC is committed to the Information Literacy Competency Standards for Higher Education as established by the Association of College and Research Libraries and endorsed by the National Forum on Information Literacy. Therefore, all courses will incorporate an information literacy component so that, by graduation, all students will be able to recognize the need for information, then locate, evaluate, synthesize, and communicate information in an ethical manner. Information literacy encompasses critical thinking, research, media, technology, health, business, and visual literacy skills to produce lifelong learners who can make informed decisions in the workplace and in their personal lives.

Tentative Course Schedule

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<thead>
<tr>
<th></th>
<th>Date</th>
<th>Homework/Assignments</th>
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<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>Monday 1/14</td>
<td>Intro, Chapter 1</td>
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<td>Intro to Lab: Local, seasonal, whole foods</td>
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<td>Off for MLK day on 1/21</td>
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<td><strong>Week 2</strong></td>
<td>Monday 1/28</td>
<td>Lab: Smoothies</td>
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<td>Finish Chapter 1, quiz</td>
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<td></td>
<td>Snack food nutrition label</td>
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<td><strong>Week 3</strong></td>
<td>Monday 2/4</td>
<td>Chapter 2, quiz</td>
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<td>Chapter 3, quiz</td>
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<td>Sustainable Ag worksheet</td>
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<td><strong>Week 4</strong></td>
<td>Monday 2/11</td>
<td>Chapter 4, quiz</td>
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<td>Chapter 5, quiz</td>
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<td><strong>Week 5</strong></td>
<td>Monday 2/18</td>
<td>Lab: Color on Plate/Building Flavor with Technique</td>
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<tr>
<td><strong>Week 6</strong></td>
<td>Monday 2/25</td>
<td>Lab: Plant Based Proteins</td>
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### Week 7
Monday 3/4
- Chapter 6, quiz
- Chapter 7, quiz

### Week 8
Monday 3/11
- Lab: Power bowls/batch cooking

**Spring Break 3/18-3/22**

### Week 9
Monday 3/25
- Chapter 8, quiz
- Chapter 9, quiz
- Chapter 10, quiz

### Week 10
Monday 4/1
- Lab: Mediterranean Diet

### Week 11
Monday 4/8
- Chapter 11, quiz
- Chapter 12, quiz
- Chapter 13, quiz

### Week 12
Monday 4/15
- Field Trip to Farm

### Week 13
Monday 4/22
- Lab: Dairy Free/ Gluten Free/Egg Replacement
  - Review for Final

### Week 14
Monday 4/29
- Final test in classroom

### Week 15
Monday 5/6
- Lab: Final plate

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**Final Exam Schedule:**

Disclaimer: This schedule is a guide for the semester. The instructor reserves the right to amend the schedule as necessary.

**Culinary Arts and Hospitality Management Institute (CAHMI): Dress Code.**

All students of the CAHMI program are required to dress in the standard uniforms any time you are in the building!

**Additional Materials and Dress Code**
For Lab Classes, each student is required to bring to class each day the following:
PTC CAHMI standard Knife Kit (knives must be sharpened before each class)
PTC CAHMI standard Baking Kit

It is the responsibility of each student to take care of their kits and keep up with all their knives and tools. The Pulaski Technical College Culinary Arts and Hospitality Management Institute assumes no responsibility for lost or stolen items.

Each student should come to class with a black permanent marker used for labeling, paper, and a writing instrument to take notes, tests, etc. Taking notes on lectures is essential as the information that will be given may not be available in the text. It is suggested that you bring a calculator. You should also have some type of thermometer for taking temperatures.

**Hospitality Uniform:**
PTC Polo, Royal Blue or Black (available in the Bookstore)
Black Slacks, Black Belt, Black Socks, Black Shoes (skid resistant)
(or) Black Skirt (knee length), Black Stockings or Black Socks

**Culinary & Baking Uniform:**
Official White PTC Chef Coat, Black Chef’s Pants, Black Socks, Black Shoes (skid-proof and polishable—no tennis shoes!) UAPTC black ball cap, UAPTC CAHMI Chef hat or hairnet, black sharpie, ink pen, thermometer, baking and or culinary kits.
All uniforms must be clean and pressed and in good repair. Uniforms should be buttoned up correctly.

Any student not adhering to this policy will not be allowed to attend class. Instructors are responsible for ensuring that students are adhering to the policy and instructors have the authority of interpretation.

Men must be clean-shaven or have neatly trimmed beard and mustaches when in lab classes. If facial hair is worn, a beard guard should be worn at all times.
Hair should not fall below the neckline or be in the face and must be neatly secured and restrained properly when pulled back underneath a hat or hairnet.
Nails should be neatly trimmed, clean, and free of fingernail polish.
No jewelry is allowed (with the exception of your wedding band).
No piercings of any kind please remove or cover up these before entering the lab or classroom. Facial jewelry that cannot be removed for medical or another reason should be covered up or clear inserts can be used.

As part of this class, we may make various off-site visits to industry related businesses. Students are REQUIRED to be in dress code for these visits.

Hospitality Students must wear proper shoes for kitchen passage. This is why we require skid resistant shoes that are not open toed. You are not generally in the kitchen, but you may have to pass through the kitchen to retrieve equipment or supplies.

Because of the attention to aroma detection in the classroom and lab, students should not wear cologne, perfume or other body sprays, lotions or creams. Students displaying strong odors such as these as well as odors such as cigarette smoke may be asked to leave the classroom.
Sanitation and Cleanliness
It is essential that we practice excellent Sanitation and Cleanliness procedures.

Proper hand-washing
Hair tightly secured with hat or hair net on
Proper uniform as discussed in the “Dress Code” and non-skid shoes
Proper Time and Temperature practices
Proper cooling and re-heating of foods
Proper wrapping, labeling and storing foods
Use of sanitation buckets
3 Compartment Sink and Dish Machine Usage
Paper Towel Holders and Sanitizers/Soaps filled
Hand Sinks Clean

Over-All Cleanliness in the following areas:
   Equipment room, Dry Storage, Reach-Ins, Walk-Ins
   Hallway Area; tables, floors, walls
   Back Dock
   Driveway from Back Dock to Dumpster
   Dishwashing Area
   Kitchen Prep Area
   All equipment including ovens, flattop, hood vents, prep tables, tilt skillet, etc…

*There is a long list of foods that should not be disposed of in the dish sink, especially grease, shortening, butter, eggshells and much more. To be on the safe side, Do Not to dump ANYTHING except liquid down the dish sink.
**Course Agreement Form**

Read, complete, and return to instructor:

I have read the course syllabus for Mandie Smith’s Healthy Foods for Culinary Professionals class at University of Arkansas - Pulaski Technical College, and I understand its content. I also understand the rules for the class, and I will follow and abide by these rules, including those relating to attendance, assignments, grading criteria, plagiarism, and behavior.

________________________________________
Semester

________________________________________
Date

________________________________________
Print name

________________________________________
Signature

________________________________________
UA-PTC Email address

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Telephone