



Culinary Nutrition Course Syllabus

Summer 2021

Course Dates: June 21 – July 16, 2021

Course Information



Lead Instructor

- **Name:** Cynthia Belliveau
- **Preferred Pronoun:** she/her

Course Facilitator

- **Name:** Claire Goodwin
- **Preferred Pronoun:** she/her

Preferred method of contact:

- YellowDig Discussion: Via Q & A Topic and tag @culinary
- Email: culinary.nutrition@uvm.edu
- You can expect an email response within 48 hours.

Live Seminar: June 28, 12 – 1pm Eastern Time (Required for students taking course for credit).

Technical Help:

If you need technical assistance with Blackboard during this course, you can click on the HELP link at the top of the Blackboard course page. You can contact the UVM Tech Team by phone at 802-656-2604 or by email at techteam@uvm.edu.

Course Description:

This course introduces students to the basic concepts of food central to the disciplines of culinary nutrition, food science, cooking skills, and sensory analysis. Students are introduced to these basic concepts through the process of meal preparation, virtual or in-person meal sharing, and sensory analysis of the final product, demonstrating the interconnectivity of these concepts and practices. The complex variety of meal preferences and preparation techniques among three key palate types is integrated throughout the course. Students are also presented with techniques they can use to prepare meals for diverse tastes, and deepen their knowledge in order to apply these concepts in both their home and work settings.

Text and/or Materials:

- All readings, materials, video demos will be provided within the course.
- **Optional Text:** Waters, Alice Art of Simple Food.
- **Software & Technical Tools:**
 - Mobile phone/device with a camera (that you know how to use) to share photos of your completed recipes and meals, and a for easy viewing of Recipe Guides.
 - Download the free [Mealime](#) app
 - Some type of word processing software (ie MS Word). If you wish to type your assignments before sharing with the class.
- **Kitchen Tools & Ingredients:** Some knives (ideally a chef's knife and a paring knife), pots and utensils, apron, and the ingredients for each recipe. The [Ingredient and Tool list](#) contains a complete listing of everything you will need.

Course Learning Objectives:

- Sensory
 - Appreciate how the sensory elements of a meal influence the act of eating.
 - Explain how palate types influence sensory preference, food pairing, and meal preparation.
- Cooking
 - Demonstrate hands-on cooking techniques in meal preparation.
 - Demonstrate a working knowledge of how to read, analyze, and adapt recipes to confidently create a meal.
- Nutrition
 - Use culinary nutrition techniques to prepare flavorful meals following nutrition standards.
 - Identify the role of the three macronutrients in cooking and health.

Course Material Access:

This course has been designed so that each of the four modules is one week in length. Each of these modules officially begins on a Monday and ends on a Sunday. This is our "online week." However, we recognize that some

of you may wish to progress through the course at a faster pace. We have set up the course so if you complete the module Knowledge Check with a grade of 70% or better it will automatically open up the next module. If you progress through the modules quicker than one week at a time, we expect you will still continue to earn your YellowDig points each week so you still share and reflect with your peers.

Online Class Space

As part of your enrollment in this program, we will provide you with login information to our online learning management system, Blackboard. Blackboard will house all of the curriculum materials, presentations, readings and resources for the program. Blackboard will also be used to house communication and networking tools, including the expected comments and responses required as part of assignments.

Live Seminar

There will be one live seminar – June 28, 12 – 1 pm Eastern Time. These seminars will be used to discuss key concepts and ask questions. The seminar will be held on [Microsoft Teams](#) (please note all times are EST), and you will be provided the link to the meeting in the corresponding week's module. Please test Microsoft Teams before the seminar start time so technical difficulties do not inhibit your participation. You can [join Microsoft Teams as a guest](#).

[Link to Culinary Nutrition Live Session](#)

Live participation in the seminar is required for students taking the course for credit and participation is strongly encouraged for those not taking course for credit. The live seminar will be audiovisually recorded for you to refer back to, and for enrolled students who are unable to attend live. Students who participate with their camera or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, please keep your camera off and do not use a profile image. Likewise, students who participate orally are agreeing to have their voices recorded. If you do not consent to have your voice recorded during class, please keep your mute button activated and communicate exclusively using the "chat" feature.

Course Work

We estimate that students will be engaged in approximately 8-10 hours a week of course instruction. This will be a combination of readings, listening to lecture presentations, class discussions and reflections, assignments and, of course, recipe planning, preparation and meal time!

Performance Goals:

This is a dual-enrollment course that allows for both credit bearing (1 credit) and certificate-based student enrollment. At the successful conclusion of the course, certificate-based students will receive a certificate of completion instead of a letter grade and students taking the course for credit will receive a letter grade. To receive the certificate, students must earn a 70 points or greater for the entire course based on three main assignment categories: Weekly Knowledge Checks, Weekly Sharing and Reflection on YellowDig, and Final Course Reflection.

Students can miss a week without any penalty but will be required to make up the assignments at a prior date. Please notify us at the beginning of the program if you are not able to participate in an online module.

Based on the information listed above, we will use the following evaluation guidelines:

Assignment Category	Percentage
Knowledge Checks x 4	40
YellowDig Sharing and Reflections <ul style="list-style-type: none"> • 4 Recipe Groups Assignment • Palate Solving Mealime Assignment, Course Resource Assignment • Recipe Adaptation Assignment 	40
Final Reflection	20
Total	100%

Knowledge Checks

Knowledge Checks serve as a way for you to test your learning of the key culinary, sensory and nutrition concepts in each module. Once you feel comfortable with the material for each module, you can take the knowledge check anytime. The knowledge checks consist of up to 20 multiple choice, true/false, and fill in the blank questions. Once you earn a score greater than 70%, the next module will open automatically. You will have unlimited attempts for each Knowledge Check; however, please note if you take the quiz again, the questions may be different because they are pulled from question pools.

Discussion Posts/Participation

You will be expected to share photos of your recipes, and recipe reflections with the class on the discussion board, YellowDig. Our class discussion forum is an important part of our learning experience. By participating in discussions, you will broaden your understanding of the course content and enhance your ability to increase your culinary nutrition knowledge and skills.

Here is how it will work: you need to **earn a total of 400 points** for discussion for the course. Each week we encourage you to earn a max of 100 points. The collection of points begins on Mondays and runs until the following Sunday by midnight (then resets every week). You need to earn 100 points by posting, commenting, and interacting with your classmates for each assignment in Yellowdig. You can mix and match how you receive your points (ie commenting, posting). Your earned assignment points in Yellowdig will automatically be transferred into Blackboard. We highly recommend you post EARLY and OFTEN to YellowDig so that you earn your points each week and benefit from the rich and dynamic interactive learning environment with your peers. Each action in YellowDig is worth certain points as follows:

- A new post of at least 50 words earns 30 points
- A comment of at least 40 words on an existing post earns 40 points
- If your post receives a comment, you receive 5 point for each of them
- If your post generates reactions, you receive 3 point for each of them

- There are opportunities to earn points through instructor accolades for specific use of course terminology, core concepts and taste and food descriptors.

You will post and share the following assignments on our class discussion board. Full details for each assignment can be found within the specific modules.

Recipe Groups: Preparation and Reflection

We will provide the recipes and all of the essential information you need to prepare the recipe. You are expected to obtain all of the food ingredients to prepare the recipe. A significant part of this course is the sharing of the process – recipe preparation, making the recipe, and eating.

- **Students taking course for credit:** Are required and expected to complete ALL recipe groups.
- **Students taking course not for credit:** Will have opportunities to choose between assignment options in many of the modules.

Palate Solving Assignments

As noted above if you are taking this course for credit, you need to complete all of the following palate solving assignments. If you are not taking this course for credit, you can choose from the following options.

Option 1: Palate Solving Mealime Assignment

For this assignment you will use the free app, Mealime. Please be sure you have downloaded Mealime to your phone. You will choose one recipe you want to use from Mealime, prepare it, complete a sensory analysis (uploaded as a video on the discussion board), and reflect on palate solving and your experience with the app.

Option 2: Palate Solving Resource Assignment

For this assignment you will review a scenario asking you to consider an individual's dietary needs and sensory preferences. Using this information, you are asked to do some research and identify a resource that helps you consider sensory preferences, personal taste, and palate type in conversations about nutrition and eating. You will share this resource with your classmates, reflect on why you thought it was useful and how you would apply it in a conversation with the individual in the scenario. You will then review and comment on your classmate's shared resources.

Recipe Adaptation Assignment

For this assignment you will prepare the same recipe twice. You will reflect on the ways the recipe is designed to appeal to the majority of palates, and how it can be adjusted to suit other palates and individual tastes. First, you will prepare the recipe as written and complete a sensory analysis of the final product. Next, using your sensory analysis notes, you will design variations of the recipe for two different palate types. You will then prepare the dish again, this time choosing one of the variations you designed. making the one of the set of variations you suggested. You will complete another sensory analysis, sharing the meal, leading someone else through the sensory analysis if possible, and reflecting on the process of palate solving and recipe adaptation.

Final Reflection

You will complete a 200–250 word reflection on what you learned in the course and what next steps, if any, you want to take to continue learning more about nutrition, cooking, and palate types. This response will not be shared publicly and will be submitted directly to the instructor on the assignments page.

Course Calendar and Schedule:

Online Session	Date	Materials and Assignments
Week 1: Basic Concepts of Food in your Kitchen: Part I	June 21 - 27	By Tuesday @10pm EST <ul style="list-style-type: none">• Introduce yourself Anytime before Sunday at 10pm <ul style="list-style-type: none">• Watch lecture presentations in Module 1• ESSENTIAL TO WATCH: Both sensory analysis videos• Make Recipe Group 1, post photos and reflection on YellowDig• Complete Knowledge Check 1 (to open up Module 2)
Week 2: Basic Concepts of Food in your Kitchen: Part II	June 28 – July 4	Live Seminar: June 28, 12-1 pm Eastern Time Anytime before Sunday at 10pm <ul style="list-style-type: none">• Read and review all materials in Module 2• Choose Recipe Groups 2 OR Recipe Group 3, post photos and reflection on YellowDig (credit students will do both)• Complete Knowledge Check 2 (to open up Module 3)
Week 3: Introduction to Palate Solving	July 5 - 11	Anytime before Sunday at 10pm <ul style="list-style-type: none">• Read and review all materials in Module 3• Make Recipe Group 4, post photos and reflection on YellowDig• Complete one of the Palate Solving Assignments and share on YellowDig (credit students will do all palate solving assignments)• Complete Knowledge Check 3 (to open up Module 4)
Week 4: Palate Solving and Recipe Adaptation	July 12 – 16	By Friday at noon <ul style="list-style-type: none">• Read and review all materials in Module 4• Complete recipe adaptation reflection and share on YellowDig• Final reflection Assignment (turned in on Assignments page)• Complete Knowledge Check 4

Online Learning: Tips for Success

Need some tips to make your online learning experience a success? Check out UVM's [Online and Distance Learning Resources](#).

Student Learning Accommodations:

In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact SAS, the Office of Student Accessibility Services at UVM. SAS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations, which are communicated to faculty in an accommodation letter. All students are strongly encouraged to meet with their faculty to discuss the accommodations they plan to use in each course. A student's accommodation letter lists those accommodations that will be implemented once the student meets with their faculty to create a plan.

Contact Student Accessibility Services (SAS):

A170 Living/Learning Center

802-656-7753

access@uvm.edu

[UVM Student Accessibility Website](#)

Religious Holidays: Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.

Academic Integrity: The policy addresses plagiarism, fabrication, collusion, and cheating.