CULINARY ARTS INSTITUTE
CLNART 103 – CULINARY NUTRITION
SYLLABUS - FALL 2015

Section: 0225
Location: Culinary Arts Institute Building – Rm. 230
Hours: Mondays & Wednesdays, 7:25am to 9:30am

Chef Instructor: Chef Louis Eguaras, PSB, CPEC, CPFC
Phone: 818.364.7706
Email: eguaralj@lamission.edu
Office Location: Culinary Arts Institute, Faculty Offices, Rm. 215
Office Hours: By Appointment or Before Class

PREREQUISITE: Be enthusiastic and ready to rock it!

WHAT ARE STUDENT LEARNING OUTCOMES? Student Learning Outcomes (SLO’s) focus on designing curriculum around answering this question:

- What will a student be able to DO in his/her multiple roles with what he/she learns in the course?

When instruction focuses on SLO’s the learning process is more learner centered and more relevant to a student’s life.

STUDENT LEARNING OUTCOMES:

- Design menus for a full service facilities utilizing demographics research. Differentiate between different menus needed for various retail and contract facilities.
- Examine the needs of an operation's menu using demographics, menu mix and theme, nutritional value and integrate the capabilities of staff and the limitations of the facility.
- Appraise the balanced nutritional menu created for an operation and evaluate the importance of basic nutrition for restaurants and the food service industry.

COURSE DESCRIPTION: Fundamental culinary nutrition principles and theories for various groups are investigated. Healthy foods, pleasing to the eyes and the palate, will be prepared to cater to the growing number of health-minded customers. Recipe and menu development including ingredient selection and cooking techniques will be discussed. Special diets such as low fat, low sodium, diabetic, gluten-free and caloric intake will be discussed.

INSTRUCTION METHODS: Various methods of instruction are utilized, including lectures, class opinion, polls, discussions, films, and guest lectures and field trips to do on-site inspections at foodservice operations. A primary objective of this particular course is to establish an atmosphere in which each student feels that he may express his own point of view without feeling threatened, and that questions may be asked and answered.

CLN ART 103 – Culinary Nutrition – FALL 2015
without embarrassment. No limits are placed upon the subject matter or the extent of questioning, except
that all discussions should be in "good taste" and with due recognition of the varying personal, economic,
religious and social backgrounds of each class member and the level of maturity of the group as a whole. The
Sanitation Inspection Report Project will be an individual project. You will choose the property that you will
evaluate and inspect. You will present your findings in class via PowerPoint.

**COURSE OBJECTIVES:**

1. Explain what nutrition is and why it should be important to you on a personal level and as a
culinary/foodservice professional.
2. Identify three food groups we don’t eat enough of and two food groups we eat too much of.
3. Define flavor and explain how it involves all five senses.
4. Distinguish between dietary recommendations and food guides and give an example of a food guide.
5. Discuss four nutrition messages that accompany MyPlate and identify how much food from each food
group is allowed on a 2,000 kcalorie level using MyPlate.
6. Identify what counts as 1 cup of vegetables or 1 cup of fruit. Give two benefits of eating lots of
vegetables and fruit, and three tips to help you eat more vegetables and fruit.
7. List serving sizes for grains, name 3 whole-grain foods, and explain the benefits of whole grains and
how many you should eat daily.
8. Identify food sources of carbohydrates and distinguish between simple and complex carbohydrates.
9. Compare and contrast glucose, fructose, sucrose, and lactose.
10. Identify sugars on an ingredient label, foods high in added sugars, and the number of teaspoons of
sugar in a food using a food label.
11. Define lipids, triglycerides, fats, and oils, and describe the roles fat plays in food.
12. Identify foods high and low in fat, and define saturated, monounsaturated, and polyunsaturated fats
and list foods in which each one is found.
13. Define protein and explain the difference between essential and nonessential amino acids.
14. Compare and contrast the nutrients in animal and plant sources of protein
15. State four general characteristics of vitamins, and explain how water-soluble and fat-soluble vitamins
are different.

**UNIFORM CODE:** Students must be in proper CAI school uniform at all times. Black skull caps and bistro
aprons are necessary only if food is being prepared. By law, students must wear appropriate attire in the food
production laboratory. It is the student’s responsibility to be dressed in clean, proper attire for all lab periods.
If you are not dressed appropriately/complete uniform, you will not be admitted to class, and you will be given
an absence for the day. If you are passing through or working in the kitchen, you must be in uniform. NO
EXCEPTIONS OR EXCUSES!

**Complete Uniform:**
- White Chef Coat, red neckerchief/cravat, white apron, black skull cap, heavy non-slip black shoes with
shoe laces/ties or clogs, black or white socks, and houndstooth/checkered pants. **Student will be sent
home and marked absent if not in full uniform. If the Bookstore does not have the necessary items
you need to be in full uniform, you will still be sent home and marked absent.**
- No nail polish, faux nails or rings. Nails must be trimmed and short. **No excuse.**
- No earrings, nose rings or facial piercings in the kitchen.
- No hoodies or sweaters under the chef coat. If you are cold, wear white thermals under the chef coat.
• Completely clean shave or beard and mustache trimmed neat to \( \frac{1}{4} \) inch in length. You will be sent home if you have not shaved and can only return if you have shaved. If you have a beard you must purchase a beard guard and wear in the kitchen during production times.

**ATTENDANCE:** Culinary Arts Institute’s attendance policy approximates the expectations found in a working situation. It is essential that each student learns the discipline of regular and prompt attendance as well as the skills involved in the culinary arts and hospitality industries. At the time the student moves from training into a career, the employer will be very interested in dependability and punctuality. No matter how skilled the person, an employee is valuable only when present on the job. The faculty and staff of Culinary Arts Institute @ LAMC consider each moment in class imperative for success. When the student is not in the classroom, the information missed cannot be recaptured.

**MISSED WORK:** If a student arrives late to class, and a test is still in progress, the student may take the test with no penalty. If a student misses a test or an assignment, the test/assignment will have ten (10) points deducted from the score. The student must contact his/her chef instructor to arrange to make-up the test/assignment prior to his/her return to the next scheduled class. If a student does not contact the chef instructor to make-up the test assignment before the day he/she returns to the next scheduled class, the student will receive a zero (0) for the test/assignment.

**DIETARY SERVICE SUPERVISOR STUDENTS:** All students taking any Culinary Arts class are subject to the same principals and guidelines. Students will learn to ensure that all foods are served by methods that conserve nutritive value, flavor and appearance and all foods are prepared in a form designed to meet individual needs. All substitutions should be similar nutritive value. Student’s competency will be demonstration and evaluated by the Registered Dietitian/Professor.

**STUDENTS WITH SPECIAL NEEDS:** If you have any health impairments that require regular medication, or any disability that might affect your performance in the class or lab, and would like your chef instructor to make special accommodations, please call our campus Special Services Director at 818-364-7734 as soon as possible. They will help you arrange special accommodations for your classes.

The special needs of each student are met, in part, by:

1. Group discussion at the “peer” level, providing for the interchange of ideas
2. Reading materials supplementing the required text material
3. Availability of the teacher for personal interviews and referral to appropriate community resources as indicated.

**EVALUATION METHODS:** Grading is based upon weekly class assignments, participation, quizzes, Internet assignments and a final examination based on the National Restaurant Association’s ServSafe Certification Exam plus the inspection final project, which is like a term paper with an oral presentation. Attendance and participation in class will also be evaluated.
GRADING PROCEDURES

1. **Homework: 300 points**
   Complete all Apply Knowledge, Multiple Choice questions and Case Study at the end of each chapter. You will earn 10 points per chapter for homework each week. Complete the study questions at the end of each section/chapter. These will be turned in via email only. **ALL HOMEWORK MUST BE TYPED NOT HANDWRITTEN AND THEN EMAILED TO CHEF EGUARAS.**

2. **Attendance, Participation in Class and Group Projects: 300 points**
   If you are not present in class for lecture and in-class assignments, you will lose points and your grade will be lowered. Attendance is a very important part of your grade, and is required to pass the class.

3. **Quizzes and Final Examinations: 200 points**
   There will be four quizzes worth 25 points each and final exam worth 100 points.
   NOTE: To receive a Food Handler’s permit from Los Angeles County Environmental Health Department, you need a certificate from the National Restaurant Association with a passing score of 75%, or above. Please note that all students must take the exam on the scheduled examination date. You will need to use the exam answer sheet from the front of your ServSafe course book. This form is then mailed for grading to the National Educational Foundation of the National Restaurant Association in Chicago, Illinois and requires a minimum of three weeks before results are given.

4. **Group Presentations: 200 points**
   Each group will be assigned the “Hot Topic” of each chapter and will present twice for a total of 100 points for each presentation.

   Homework 30%  Attendance/Class Participation 30%
   Quizzes & Exams 20%  Group Presentation 20%

**GRADES:**

<table>
<thead>
<tr>
<th>Points</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000 – 950</td>
<td>A</td>
</tr>
<tr>
<td>949 – 800</td>
<td>B</td>
</tr>
<tr>
<td>799 – 750</td>
<td>C</td>
</tr>
<tr>
<td>649 – 600</td>
<td>D</td>
</tr>
<tr>
<td>599 – Below</td>
<td>F</td>
</tr>
</tbody>
</table>

**IMPORTANT INFORMATION:** Class hours must be adhered to. A student who misses more than 3 absences may be dropped by the instructor, but it your (THE STUDENT) responsibility to drop or withdraw from the class. Continued tardiness will affect your attendance (3 tardy = 1 absence). If there is an emergency, the chef instructor can be contacted by phone or by email so that arrangements can be made.

**Success Tips from Chef Eguaras:**
- SHOW UP TO CLASS!
- BE IN COMPLETE UNIFORM ALWAYS (YES, EVEN FOR CULINARY NUTRITION CLASS)
- Bring your books to every class
- Read the chapters prior to attending class in advance and review thoroughly
- Do not read other class’s books in the Culinary Arts class. I will take it away and sell it on eBay!
- No cell phones, Bluetooth, iPods, iPhones, laptops, iPads, tablets of any sort, PSP, DS, XBOX 360s, any handheld contraption, etc. are allowed in the classroom or lab. No calls or text messaging while in class or lab. YOU are here to learn how to cook.

**HAVE FUN!**

CLN ART 103 – Culinary Nutrition – FALL 2015
Please note that the schedule below may be subject to change.

Based on Nutrition for Foodservice and Culinary Professionals, 8th Edition

WEEK 1: Introduction, Chapters 1 and 2
WEEK 2: Chapters 3 and 4
WEEK 3: Quiz 1, Chapters 5 and 6
WEEK 4: Chapters 7 and 8
WEEK 5: Chapters 9 and 10
WEEK 6: Quiz 2, Chapters 11 and 12
WEEK 7: Chapter 13
WEEK 8: Final Exam

GENERAL CALENDAR DATES

NOTE: Short Term and Late Start Classes have different Add & Drop deadlines. Please check with your instructor. Online Applications Accepted ...............................................................................................................................Year Round
Assessment and Orientation .....................................................................................................................Year Round
Residency Determination Date .................................................................................................................August 30
DAY AND EVENING CLASSES BEGIN ..........................................................................................................August 31
Saturday classes begin ..............................................................................................................................September 5
Last day to process Audit Add Request ....................................................................................................September 11
Last day for Section Transfer ....................................................................................................................September 11
Late day to file for credit/no credit .........................................................................................................October 9
Last day to file a petition for Fall 2015 graduation ....................................................................................November 13
Classes end ..............................................................................................................................................December 12
FINAL EXAMS ...........................................................................................................................................December 14-19

PRIORITY Registration Dates - Enrollment is by appointment ONLY, through the Internet. (You may not register before your appointment.)
Group 1 (Priority Registration for CalWORKS, EOPS, DSPS, Foster Youth and Veterans) .......................May 4 to May 6
Group 2 (Continuing Good Standing Students with less than 100 units Completed/ New AOC* Completed) ......May 7 to May 24
Group 3 (Non-matriculated continuing students-AOC* not completed) .......................................................May 25 to June 7
Group 4 (K to 12 Concurrent Student Registration) .....................................................................................June 8 to June 10
Open Enrollment for All Students ...........................................................................................................June 11
*AOC = Assessment, Orientation and Counseling

ADD Dates - Late ADDs are not permitted
Deadline to Add Online ...........................................................................................................................August 30
Deadline to Add Full Term (16-week) Classes in Person ...........................................................................September 11

DROP CLASSES ON-LINE ONLY (16-week classes)
Drop Classes without Receiving a "W" with Refund (by Internet only) ..........................................................September 13
Drop Classes without Incurring Fees or with a Refund (Registration/Parking/Non-resident Fees/Semester-length Classes) (by Internet only) .......................................................................................................................... September 13
Drop Classes with a "W" – a letter grade is required after this date forward - (by Internet only).................November 22

CLN ART 103 – Culinary Nutrition – FALL 2015
PLEASE NOTE: The District required earlier and revised deadlines starting Summer 2012. A “W” will appear on your transcript record after this date. REMINDER: There is a new LACCD enrollment limit. The limit is now three times to take a class and includes both substandard grades and withdrawals.

If you stop attending a class (or wish to drop a class), YOU MUST DROP THE CLASS YOURSELF – OFFICIALLY – on or Before November 22, 2015 (by Internet only). Failure to do so may result in a grade of “F” in that class.

REGISTRATION INFORMATION
Website – www.laccd.edu (Student Information System)
Admission Regular Office Hours (Hours are subject to change. Please check the LAMC website)
Monday and Thursday – 8:30am-4:30pm
Tuesday and Wednesday – 9am-7pm
Friday – 8am-12noon

VISIT OUR WEBSITE FOR UPDATED INFORMATION ON NEW CLASSES AND CANCELLED CLASSES
www.lamission.edu/schedules

LATE ENROLLMENT: The college reserves the right to cancel or extend late enrollment for reasons relating to student enrollment, level of financial support, or any other reason at the discretion of the LACCD (District) and Los Angeles Mission College.

FOR THOSE WITH DISABILITIES, ALTERNATE FORMATS OF THIS SCHEDULE ARE AVAILABLE BY CALLING 818.833.3313

HOLIDAYS (College CLOSED)
Memorial Day – May 25
Non-Instructional Day – July 3
Independence Day – July 4
Labor Day – September 7
Veteran’s Day – November 11
Thanksgiving – November 26 to November 29

NOTE: Remember to check this spring 2016 Schedule and register early! Classes may be cancelled due to low enrollment or classes may be full and closed. There are no “wait lists” available at LA Mission College.

COLLEGE RESOURCES FOR STUDENTS

Admissions and Records: Students can register for classes, request transcripts, file petitions for graduation, and drop classes at this office. For more information call 818-833-3322 or visit: http://www.lamission.edu/admissions/

Assessment Center: Offers student assessments in English, English-as-a-Second-Language (ESL) and Mathematics. Please contact the Assessment Center at (818) 364-7613 for more information or visit http://www.lamission.edu/assessment/

Bookstore: For hours of operation, book availability, buybacks, and other information call 818-364-7767 or 7768 or visit http://eagleslanding.lamission.edu/default.asp

Counseling Department Office: For appointments and information call 818-364-7655 or visit http://www.lamission.edu/counseling/
Disabled Students Programs and Services (DSP&S): For appointments, eligibility and information call 818-364-7732 or visit http://www.lamission.edu/dspss/

Extended Opportunity Programs and Services (EOPS): For appointments, eligibility and information call 818-364-7645 or visit http://www.lamission.edu/eops/

Financial Aid: For information and applications call 818-364-7648 or visit http://www.lamission.edu/financialaid/

Library: For information on hours, resources, workshops, and other services contact 818-364-7106 or visit http://www.lamission.edu/library/

Tutoring Services in Learning Center: Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit www.lamission.edu/learningcenter/

WHERE TO PURCHASE YOUR TEXTBOOKS:

You do not have to buy your textbooks new and have many choices on where you can purchase your textbooks. Many books are even available online as an eText book if available! See the website links below for many choices to choose from for affordable textbooks!

- Amazon.com (Amazon Student), eBay.com, CourseSmart.com, Inkling.com, Barnes & Noble (B&N.com), Pearson Higher Ed (pearsonhighered.com), Servsafe.com, and Wiley.com

Moreover, you don’t have to own your books either if you just want to rent the books! After the semester is over, send the books back! So simple! Here are some great websites to check out:

- Gettextbooks.com, Campusbooks.com, DealOz.com, Bigwords.com, Chegg.com, Sellbackyourbook.com, Textbooks.com, Textbookrush.com, and Textbookrecycling.com

Source:
http://www.kiplinger.com/article/college/T050-C000-S001-how-to-cut-your-textbook-costs-in-half-or-more.html?si=1
http://www.amazon.com/gp/student/signup/info?ie=UTF8

Success Tips from Chef Eguaras:

- SHOW UP TO CLASS!
- DO NOT BE LATE!
- SHOW UP IN FULL UNIFORM! (YES, EVEN FOR CULINARY NUTRITION CLASS)
- Bring your books and notebooks to every class
- Read the chapters prior to attending class in advance and review thoroughly
- Do not read other class's books in the Culinary Arts class. I will take it away and sell it on eBay!
- No cell phones, Bluetooth, iPods, iPhones, laptops, iPads, tablets of any sort, PSP, DS, XBOX 360s, any handheld contraption, etc. are allowed in the classroom or lab. No calls or text messaging while in class or lab. YOU are here to learn how to cook nutritional meals.
- HAVE FUN!

CLN ART 103 – Culinary Nutrition – FALL 2015