



Navajo Technical University
PO Box 849, Crownpoint, NM 87313

<http://www.navajotech.edu>

Tel: (505) 387-7401

Nutrition
Course # CUL 105

Credit Hours: 3
Semester: Spring 2022
Cap:15

Faculty: Sheila J. Begay CSC

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Office: Hospitality Building.

Office Phone: 505-387-7380

Office Hours: Mon-Friday by appointment only.

Preferred Communication: email; will respond within 24 hours.

Modality: On-Line

Class Location and Meeting Times: Friday 8:00am-10:30am

Required Materials:

Textbooks: Chef Certification on line Text

Tools: Notebook, jump drive, laptop, calculator

Lab Fee: \$150.00

Mission, Vision, and Philosophy

Mission: Navajo Technical University honors Diné culture and language, while educating for the future.

Vision: Navajo Technical University provides an excellent educational experience in a supportive, culturally diverse environment, enabling all community members to grow intellectually, culturally, and economically.

Philosophy: Through the teachings of Nitsáhákees (thinking), Nahátá (planning), Íina (implementing), and Siihasin (reflection), students acquire quality education in diverse fields, while preserving cultural values and gaining economic opportunities.

Course Description: This course will cover information regarding nutrition in the food service industry. Topic areas will include fats, carbohydrates, protein, vitamins, minerals, additives, and chemical pesticides. Students will use the food pyramid in relation to menu analysis. The digestive system for food intake will be examined through video presentation. Students will examine product labels, using information from the Food and Drug Administration. Also the student will be certified in culinary nutrition through chef certification.com and will count towards their final certification level of Certified Culinarian through the American Culinary Federation. **This course is a hybrid which means it involves both an online and classroom environment. Chefcertification.com hosts the online environment and will be the ones who issue the usernames and passwords. The online environment can take up to two weeks to build so please be patient.**

COURSE OUTCOMES	COURSE MEASUREMENTS
A strong understanding of how carbohydrates and sugars effect the culinary industry	Complete reading assignments, homework assignments, exams, projects, and quizzes
An ability to evaluate the different types of fats and their effects on the human body	Complete reading assignments, homework assignments, exams, projects, and quizzes
A strong ability to demonstrate how to substitute proteins in favor of vegetarian customers.	Complete reading assignments, homework assignments, exams, projects, and quizzes
A strong understanding of the various vitamins and minerals in a wide variety of products	Complete reading assignments, homework assignments, exams, projects, and quizzes
A strong ability to develop a healthy menu.	Complete reading assignments, homework assignments, exams, projects, and quizzes
A strong knowledge of the overall wellness as it pertains to the culinary industry	Complete reading assignments, homework assignments, exams, projects, and quizzes

Course Activities

Week	Date	Class Topics/Reading Due	Assignments Due	Assessments
1&2		Introduction to the class and procedures. Email addresses and other contact information is due .	Review with open discussion	
		Last day to add/drop		
3		Introduction to Nutrition	Review with open discussion	
4		Carbohydrates and Sugars	Review with open discussion	
5		Your Food Service establishment Menu Project	Review with open discussion	
6		Fats	Review with open discussion	
7		Tracking Your Carbs and Fiber Project	Review with open discussion	
8		First 5 modules completed Midterm grades due	Midterm	
9		Evaluating High-Fat Menu Items Project	Review with open discussion	
10		Protein and Vegetarianism & reducing protein portion project	Review with open discussion	
		Last day to withdraw with "W"		
11		Vitamins and Minerals	Review with open discussion	
12		Increasing Nutrient Density Project	Review with open discussion	
13		Overall Wellness Project	Review with open discussion	
14		Certificate of Completion Due		
		Grades due to the Registrar		
		Graduation		

Grading Plan

Homework:20%
Class Participation: 5%
Project(s):10%
Quizzes: Modules 20%
Mid-term: 15%
Final Exam: 30%
Portfolio:

A = 100-90%
B = 89-80%
C = 79-70%
D = 69-60%
F = 59% or less

Grading Policy

Students must do their own work. Cheating and plagiarism are strictly forbidden. Cheating includes (but is not limited to) plagiarism, submission of work that is not one's own, submission or use of falsified data, unauthorized access to exams or assignments, use of unauthorized material during an exam, or supplying or communicating unauthorized information for assignments or exams.

Participation

Students are expected to attend and participate in all class activities. Points will be given to students who actively participate in class activities including guest speakers, field trips, laboratories, and all other classroom events.

Cell phone and headphone use

Please turn cell phones off **before** coming to class. Cell phone courtesy is essential to quality classroom learning. Headphones must be removed before coming to class.

Attendance Policy

Students are expected to attend all class sessions. A percentage of the student's grade will be based on class attendance and participation. Absence from class, regardless of the reason, does not relieve the student of responsibility to complete all course work by required deadlines. Furthermore, it is the student's responsibility to obtain notes, handouts, and any other information covered when absent from class and to arrange to make up any in-class assignments or tests if permitted by the instructor. Incomplete or missing assignments will necessarily affect the student's grades. Instructors will report excessive and/or unexplained absences to the Counseling Department for investigation and potential intervention. **Instructors may drop students from the class after three (3) absences unless prior arrangements are made with the instructor to make up work and the instructor deems any excuse acceptable.**

Study Time Outside of Class for Face-to-Face Courses

For every credit hour in class, a student is expected to spend two hours outside of class studying course materials. Also includes off campus caterings

Academic Integrity

Integrity (honesty) is expected of every student in all academic work. The guiding principle of academic integrity is that a student's submitted work must be the student's own. Students who engage in academic

dishonesty diminish their education and bring discredit to the University community. Avoid situations likely to compromise academic integrity such as: cheating, facilitating academic dishonesty, and plagiarism; modifying academic work to obtain additional credit in the same class unless approved in advance by the instructor, failure to observe rules of academic integrity established by the instructor. **The use of another person's ideas or work claimed as your own without acknowledging the original source is known as plagiarism and is prohibited.**

Diné Philosophy of Education

The Diné Philosophy of Education (DPE) is incorporated into every class for students to become aware of and to understand the significance of the four Diné philosophical elements, including its affiliation with the four directions, four sacred mountains, the four set of thought processes and so forth: Nitsáhákees, Nahát'á, Íína and Siih Hasin which are essential and relevant to self-identity, respect and wisdom to achieve career goals successfully.

At NTU's Zuni Campus, the A:shiwí Philosophy of Education offers essential elements for helping students develop Indigenous and Western understandings. Yam de bena: dap haydoshna: akkyá hon detsemak a:wannikwa da: hon de:tsemak a:ts'umme. *Our language and ceremonies allow our people to maintain strength and knowledge.* A:shiwí core values of hon i:yyułashik'yanna:wa (respect), hon delank'oha:willa:wa (kindness and empathy), hon i:yyayumola:wa (honesty and trustworthiness), and hon kohoł lewuna:wedyahnan, wan hon kela i:tsemanna (think critically) are central to attaining strength and knowledge. They help learners develop positive self-identity, respect, kindness, and critical thinking skills to achieve life goals successfully.

Students with Disabilities

Navajo Technical University is committed to serving all students in a non-discriminatory and accommodating manner. Any student who feels that she or he may need special accommodations should contact the Accommodations Office (<http://www.navajotech.edu/student-services#accomodations-services>) in accordance with the university's Disability Accommodations Policy (see [http://www.navajotech.edu/images/about/policiesDocs/Disability Exhibit-A_ 6-26-2018.pdf](http://www.navajotech.edu/images/about/policiesDocs/Disability_ Exhibit-A_ 6-26-2018.pdf)).

Email Address

Students are required to use NTU's email address for all communications with faculty and staff.

Final Exam Date: