



Navajo Technical University
40 Road 6580, Kirtland, NM 87417

<http://www.navajotech.edu>
Tel: (505) 609-5020

Course Title: Nutrition
Course #: CUL-105 ONL
Credit Hours: 3
Semester: Spring 2022
Cap: 10

Faculty: Chef Lorencita Billiman
Office: BWTC Rm# 109 (Kitchen)
Office Hours (face-to-face or online): Monday – Friday by appointment
Preferred Communication (will respond within 24 hours): Email and office phone
Modality: Online
Class Location and Meeting Times: Online
Meeting Hours and Online Hours: Weekly scheduled zoom meetings

E-mail: lbilliman@navajotech.edu

Office Phone: (505) 609-5016 ext. – 2001

Required Materials:

Textbooks: Chefcertification.com (Online Course)

Tools: 1) Calculator, 2) Access to Internet and Laptop required. For students who do not have laptops will have access to the computer lab at Bond Wilson/NTU Kirtland campus. Also, NTU IT Department will purchase a laptop and the cost of the laptop will be deducted from their Pell Grant and/or Scholarship.

Lab Fee (if applicable):

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 chemicals 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 chefcertification.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. This course has nothing to do with MOODLE.**

Course Outcomes	Course Assessments
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.	
A strong ability to demonstrate how to substitute proteins in favor of vegetarian customers.	
A strong understanding of the various vitamins and minerals in a wide variety of products.	

Connections to Program Assessment (Course-Embedded Measures)

Complete reading assignments, homework assignments, exams, projects and quizzes.

Course Activities

Week	Date	Class Topics/Reading Due	Assignments Due	Assessments
1	Jan 17 Jan 18	Holiday Martin Luther King Day Introduction to the class & procedures		
	Jan 20 Jan 21	Later Registration w/ Fee Last Day to ADD/DROP w/ out W		
2	Jan 24	Email addresses & other information due		
3	Jan 31	Module 1 Introduction to Nutrition		
4	Feb 7	Your Food Service Establishment Menu	Project 1	Quiz 1
5	Feb 14	Module 2 Carbohydrates & Sugars		
6	Feb 21 Feb 22	Holiday Presidents Day Tracking Your Carbs and Fiber	Project 2	Quiz 2
7	Feb 28	Module 3 Fats		
8	March 7	Evaluating High-Fat Menus Midterms	Project 3	Quiz 3
9	March 14-18	SPRING BREAK		
10	March 21	Module 4 Protein and Vegetarianism		
11	March 28 March 21	Reducing Protein Portions Last Day to Withdraw w/ W	Project 4	Quiz 4
12	April 4	Module 5 Vitamins and Minerals		
13	April 11	Increasing Nutrient Density	Project 5	Quiz 5
14	April 18	Module 6 Exercise and Wellness		

15	April 25	Overall Wellness	Project 6	Quiz 6
16	May 2	Final Review & Projects Due		
17	May 9	Final Learning Statement & Certificate Due		
	May 9-11		Finals	
	May 12	Grades due to the Registrar		
	May 13	Spring 2022 Graduation		

Grading Plan

Homework:	20%
Class Participation:	10%
Project(s):	10%
Quizzes:	10%
Mid-term:	15%
Final Exam:	30%
Portfolio:	05%

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.

Study Time for Hybrid or Blended Courses

For a hybrid or blended course of one credit hour, a student is expected to spend three hours per week studying course materials.

Study Time for Online Courses

For an online course of one credit hour, a student is expected to spend four hours per week studying course materials.

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, Íina 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: akkya 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:wediyahnan, 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).

Email Address

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

Final Exam Date: