SYLLABUS
CUL 118
NUTRITIONAL COOKING

Technical College of the Lowcountry
The Culinary Institute of the South
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Introduction

Required by TCL Procedure 3-1-301.10 titled, "Course Syllabus"

- The syllabus is an outline of the course material, does not constitute a contract, and is subject to change with an adequate notice.
- User Responsibility on Use and Duplication of Computer Software (TCL Procedure 7-1-702.5). Students are responsible for the legal use of computer software and applicable copyright laws and are prohibited from copying software on College computers and from installing personal software.
- ADA Statement: The Technical College of the Lowcountry provides access, equal opportunity, and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation, contact the counselor for students with disabilities during the first 10 days of the academic term.

I. COURSE DETAILS

Course Description

Reference: South Carolina Technical College System Catalog of Approved Courses

CUL 118 Nutritional Cooking
3 Semester Hour Credits
Method of Instruction: Lecture/demonstration and hands-on laboratory
Prerequisites ENG 100, MAT 102, RDG 100, CUL 102, HOS 155

This course focuses on the principles of food nutrition (based on ADA standards) and international food pyramids. Students will create menus, prepare, and cook meals while adhering to the principles of a balanced diet.

Course Focus

Upon successful completion of this course, students will have an increased knowledge, awareness, and confidence in preparing healthy foods based on customer needs and goals.

Course Objectives/Learning Outcomes/Goals

By the end of this course, students will be able to:

- Explain what it means to cook and eat healthy meals
- Apply nutrition knowledge to smart food purchases
- Apply nutrition knowledge and cooking techniques to create healthy and interesting meals
- Understand that healthy eating can be low cost, simple to make, and flavorful
- Understand the health benefits of healthy eating and cooking

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- Understand the benefits of using food ingredients and cooking techniques to certain types of disease
- Understand and utilize substitute ingredients to improve health

Evaluation Criteria and Grading
Your performance objective and exams will be translated to points and the points to grades. Your grade will be based on the percentage of points earned/the total number of points possible. The grading scale for this course is as follows:

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

Required Text
There is no textbook required for this course. Recipes will be provided by the instructor.

II. UNIFORM AND EQUIPMENT REQUIREMENTS

Required Uniform Items
All students of the Culinary Institute of the South are considered ambassadors for the college. Accordingly, the wear of professional uniforms is very important in the classroom and in the community. The following items, offered in the college bookstore, are required to ensure uniformity.

Category	Item Description	SKU	Suggested Quantity
Uniform	Mercer Millennia White Jackets	2001253	2 each
Uniform	Culinary Institute embroidered patch	2001205	2 each
Uniform	Mercer Millennia Hounds-tooth Pants	2001254	2 each
Uniform	Mercer Black Skull Cap	76530191127	2 each
Apron	Mercer Millennia Black Apron	76530191590	2 each
Towels	Mercer White Side Towels	2001252	1 (6-pack)

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Required Equipment
The following equipment items, offered in The College Store (bookstore), are required, and ensure uniformity.

Student shall purchase ONE KNIFE KIT ONLY.
Select the knife kit that corresponds to your degree or certificate program.

Degree (AAS) / Certificate (CAS)	Item Description	SKU
AAS.CAT Culinary Arts Technology CAS.RCS Restaurant Cook Skills CAS.HCB Healthy Cooking and Baking	Cooking Mercer Knife Kit designed by TCL Culinary and Hospitality Division.	76530194776
AAS.BAP Baking & Pastry Arts CAS.BAP Baking & Pastry Arts	Baking Mercer Knife Kit designed by TCL Culinary and Hospitality Division.	2001302
AAS.HTM Hospitality/Tourism Mgt CAS.HTM Hospitality/Tourism Mgt	Hospitality Mercer Knife Kit designed by TCL Culinary and Hospitality Division.	2001303
All degrees and certificates	Handheld calculator	
All degrees and certificates	A computer and or access to a computer lab	

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III. ATTENDANCE POLICY

Class Attendance
The College's Policy Number 3-1-307, titled CLASS ATTENDANCE (WITHDRAWAL) states,

> "Technical College of the Lowcountry expects that students will participate in all scheduled instructional classes and laboratory periods, regardless of the mode of delivery. Students are expected to be in class on time and attend a minimum of 90% of the total class hours or laboratory periods for each course to be eligible to receive a passing grade. Students are responsible for making up the work missed during any absence. If it becomes necessary to add/drop a course or withdraw from a course(s) or the college, it is the student's responsibility to complete the college's approved withdrawal process as specified."
>
> This policy is on file in the Academic Affairs Division Office, the Learning Resources Center, and online at https://www.tcl.edu/wp-content/uploads/2012/09/3-1-307-Attendance.pdf.

- Students shall plan to attend every class. A student that exceeds **one (1) absence** during the entire semester impacts his/her chances for success and is in violation of this attendance policy.

- Late for Class: Students will be considered late if they report to class more than 30 minutes after the scheduled start time. Being late three (3) times will constitute one (1) absence. Late students may attend the class, but they will not be recorded as present and will not receive a daily participation grade.

- Students not physically attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.

- Students taking an online/internet class must sign in and complete an assignment designated by the instructor within the first ten calendar days from the start of the semester to indicate attendance in the class. Students not attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.

- Reinstatement requires the signature of the division dean.

  a. In the event it becomes necessary for a student to withdraw from the course OR if a student stops attending class, it is the student's responsibility to contact the instructor via email requesting to be withdrawn from the class. Withdrawing from class may have consequences associated with financial aid and time to completion. Students are strongly encouraged to consult with Financial Aid prior to withdrawing from any class, particularly if the student is currently on a warning or probation status.

  b. When a student exceeds the allowed absences, the student is in violation of the attendance policy. The instructor MUST withdraw the student with a grade of "W", "WP", or "WF"

depending on the date the student exceeded the allowed absences and the student's progress up to the last date of attendance.

c. Under extenuating circumstances and at the discretion of the faculty member teaching the class, allow the student to continue in the class and make-up the work. This exception must be documented at the time the allowed absences are exceeded.

d. Absences are counted from the first day of class. There are no "excused" absences. All absences are counted, regardless of the reason for the absence.

e. A student must take the final exam or be excused from the final exam in order to earn a non-withdrawal grade.

Online Attendance Procedure
If this course is offered online only then the TCL attendance procedure found at https://libguides.tcl.edu/c.php?g=45284&p=3406313 apples:

- For all online courses, students must complete an assignment designated by the instructor during the first week of classes. The instructor will drop the student from the course if the initial assignment is not completed.

- Instructors will withdraw students from the class when 90% attendance is not maintained. Attendance in an online course is defined by regular course access and by timely completion of assignments as required by the instructor. Each student will be expected to access the web class at least once a week and complete 90% of assignments on time. Additional access is encouraged and may be necessary for successful completion of classes.

- Failure to log in and complete assignments will result in the student being withdrawn from the course. The instructor will assign a grade of "W," "WP," or "WF" based upon the student's academic standing as the last date of attendance, which is the last login. Students are responsible for any financial matters associated with an administrative withdrawal. If a student fails to email the instructor (using the my.tcl.edu email account) requesting to be dropped from the course and has not submitted the initial assignment required during the first week of class, the instructor will assign a "Never Attended" code in the student information system no later than ten calendar days after the first day of the class. Students who are dropped as a result of never attending the course are still responsible for all fees associated with the course.

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Attendance and Participation Rubric

All students should strive to achieve the high standards outlined below.

THE CULINARY INSTITUTE OF THE SOUTH TECHNICAL COLLEGE OF THE LOWCOUNTRY Culinary and Hospitality Division ATTENDANCE AND PARTICIPATION RUBRIC					
Term	**Course**	**Student**	**Instructor**	**Date**	**Score**
					Max Score = 100 points
ELEMENT	**POOR**	**FAIR**	**GOOD**	**EXCELLENT**	**SCORE**
Attendance	**0 points** Student was absent for 2 or more classes (more than 90% of hours required) and/or did not provide instructor with reasonable explanations.	**10 points** Student was absent for 2 classes but provided instructor with reasonable explanations.	**15 points** Student was absent for 1 class but provided instructor with a reasonable explanation.	**20 points** Student was present for every class.	
Punctuality	**0 points** Student was rarely on time or early (was tardy to class 4 or more times).	**10 points** Student was sometimes on time (was tardy to class 3 times), and rarely arrived early.	**15 points** Student was usually on time or early for class (was tardy to class 1 or 2 times).	**20 points** Student was always on time for class and often arrived early.	
Level of Engagement and Behavior	**0 points** Student rarely participated in class discussions or asked questions. Interaction with peers was minimal.	**10 points** Student sometimes participated in class without being prompted but was reluctant to join in discussions/work with peers.	**15 points** Student often participated freely in class, asked questions, and participated in discussions/work with peers cooperatively.	**20 points** Student brought original thought and persepctive to class discussions. Student was fully engaged and actively involved during every class. They also worked cooperatively and well with all of their peers.	
Preparedness / Assignments & Tests	**0 points** Student was almost always unprepared for class. Assignments/quizzes are not fully completed and/or they do not have other required materials.	**15 points** Student was sometimes prepared to learn. Some of the assignments / tests were satisfactorily completed by the due date. The student needed extra time to complete requirements.	**30 points** Student was usually prepared to learn. Most of the assignments / tests were satisfactorily completed by the due date. The student may have needed extra time to complete requirements.	**40 points** Student was always prepared to learn. All assignments / tests were completed timely and the student was clearly dedicated in his/her studies.	
				Total Score	**/100**

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IV. STUDENT PARTICIPATION

Student Contributions
This course is part of a program that is designed to prepare students for careers in hospitality and tourism fields. The following outlines the college's minimum expectations from students enrolled in this course.

Class Preparation
National standards require that lecture/laboratory courses provide 75 hours of classroom instruction and 50 hours of out-of-class student work. Students are expected to spend at least 7 hours per week studying the textbook, completing assignments, and independently preparing for class using the college's library resources, researching on the internet, and interacting with experts in the hospitality field to be successful.

Division Statement of Academic Honesty
The Culinary Institute of the South and your instructor rely upon and cherish a community of trust. Our instructors firmly endorse, uphold, and embrace the Technical College of the Lowcountry's Student Conduct Code. Even one misconduct infraction can destroy an exemplary reputation that has taken years to build. Acting in a manner consistent with the College's policies will benefit every member of the community, not only while attending the College, but also in your future business endeavors. All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the instructor and/or a disciplinary sanction by the College. All students need to be familiar with the Student Conduct Code.

Academic misconduct includes, but is not limited to, the following:

- Disclosing exam content during or after you have taken an exam,
- Removing exam material from the classroom or professor's office without permission,
- Copying any material from another student, or from another source such as the Internet, that is submitted for grading unless the instructor gives you explicit permission to do so,
- Plagiarism, including use of Internet material without proper citation,
- Using cell phones or other electronics to obtain outside information during an exam without explicit permission from the instructor,
- Submitting your own work in one class that was completed for another class (self-plagiarism).

Special Activities/Events
From time to time, students may be invited to participate in hospitality-related activities for roughly 3-6 hours per event outside the traditional classroom, days/times. Such opportunities are plentiful, support the local community, increase awareness of this college's programs, and expand the learning experience. Students should eagerly volunteer for such special events and embrace these opportunities.

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Use of Electronic Devices

- Cell Phones and all mobile devices are not allowed to be used in the classroom.
- All electronic devices should be muted or turned off prior to class.
- Emergency use of cell phones is by instructor discretion.
- Tablets and laptops may be used in the classroom ONLY as part of classroom instruction (no texting, accessing social media platforms).

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V. DRESS CODE

Course Dress Code
All students shall represent the Culinary Institute of the South as if they were representing an employer. In taking this class, students are taking the first important step toward a career in hospitality. Therefore, it is important to remember that a classroom environment replicates a professional working environment and all dress and behavior should reflect your commitment to the field of hospitality.

This is a hands-on culinary laboratory class that requires special clothing and sanitation considerations. The requirements and guidance below support the strict requirements of the National Restaurant Association's ServSafe safety and sanitation training. Most chefs choose to wear white jackets to signify the importance and high regard of their profession. In the hospitality industry a uniform instills a sense of pride and professionalism in its members. All students and faculty shall adhere to the dress code while working in the kitchen labs and while representing the college outside of the school. **Students who are out of uniform shall be marked as absent for class and denied access to the teaching kitchen.**

Figure 1 Culinary Institute of the South student wearing the required uniform.

The foregoing Course Dress Code incorporates the overarching guidance in the Student Handbook.

2021-2022 Technical College of the Lowcountry - Student Handbook

Part I – General Information (copied verbatim)

Dress Code

Students are encouraged to dress in a manner that represents the College in a positive fashion that does not disrupt the learning environment. Some academic programs and curriculums require specific dress or uniform. This information will be provided by the program's Division Dean, academic program guidelines, or in class syllabi. In order for TCL to fulfill its commitment to provide quality education, a healthy learning environment must be maintained. As such, we ask all students to respect the fact that when they are on campus, they are in a place of business. It is important that all students respect themselves, respect TCL, and generally seek to stand out in ways that are in keeping with their future goals. Students at TCL begin the process of moving into a professional life, and this process begins by choosing attire that meets standards of good taste.

TCL is a great place to learn, and part of what we want to do is ensure that everyone who earns an education here will also be ready for the workplace and present the best image as a competitive TCL graduate. To help with that, the College provides workshops and various activities throughout the academic year to share information about dressing for success - both as a college student and as a TCL graduate pursuing a new career.

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REQUIRED DRESS CODE for LABORATORY CLASSES				
Item	**Required**	**Allowed**	**Not Allowed**	**Notes**
Chef jacket and TCL patch (student must sew patch on the upper left)	Purchase one or more chef jackets from the college bookstore. Have the jacket(s) embroidered with the first and last name (black) on upper right.	Wearing a solid white undershirt/T-shirt is encouraged.	Colored undershirts/ T-shirts. Embroidered name shall not include a nick name or slogan.	Uniform items shall be clean and wrinkle free and shall reflect the student's professionalism. Students without the required uniform shall be denied access to the lab.
Chef pants and toque blanche (hat)	Purchase black & white (hounds-tooth) pants and a toque.			
Footwear	Purchase slip-resistant black shoes (closed-toed) with good arch support and socks (preferably white).	Clogs or boots are acceptable. Colored socks are permitted but discouraged.	Sneakers may never be worn in the lab. Wearing shoes without socks is not allowed in the lab.	Shoes should provide good arch support. Students without proper footwear shall be denied access to the lab.
Apron and Side Towels	Purchase one (1) black apron and two (2) side towels		Working in the labs without an apron or side towel is never allowed	An apron and 2 side towels shall be worn in the lab and removed when leaving.
Jewelry	Leave jewelry at home or locked in your car.	A plain wedding-type band (without stones) is allowed	Visual piercings (incl. earrings, nose or tongue rings/studs), bracelets, watches. necklaces	Jewelry may not be worn in the labs or the dining room, except for plain band.
Hair	Hair shall be clean and fit under the hat. Facial hair must be neat and trimmed. A beard guard may be required.	Beard guards and hairnets are allowed and sometimes required by the instructor.	No student may work in the lab without adequate hair control.	If all hair does not fit under the hat the student shall wear a hairnet under the hat.
Personal Hygiene	Students must bathe and wash hands regularly. Fingernails shall be clean and trimmed short.		No student may work in the lab with nail polish or fake nails.	
Antiperspirants, body sprays, perfume, lotions, etc	Refrain from wearing any scented product.	Wearing unscented antiperspirant is encouraged.	Don't wear perfume, cologne, scented lotion, body spray or antiperspirant.	Fragrances/scents can adversely affect the smell and taste of food.

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VI. ATTACHMENTS AND APPENDICES

Course Outline (Attachment 1)
Attachment 1 details the specific course requirements. This is a useful planning tool; however, the instructor reserves the right to modify the plan at any time to expand the learning experience.

Key TCL Policies (Appendix 1)
All students must read and understand the Culinary Institute of the South Appendix titled, "Appendix 1, Key TCL Policies" for the following policies: Text Alerts System, Class Cancellation in Hazardous Weather, Class Attendance Policy (Excerpts from the Catalog/Student Handbook), The Student Code, and Americans with Disabilities Act (ADA), Title IX of the Education Amendments Act of 1972.

College Safety Policies (Appendix 2)
All students must read and understand Appendix 2, TCL Safety Policies appended to this syllabus.

Attachments
Attachment 1, Course Outline

Appendices
Appendix 1, Key TCL Policies
Appendix 2, TCL Safety Policies