CGS Agenda Item #22-44
Effective Spring 2023

Eastern Illinois University

New/Revised Course Proposal Format

(Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

Banner/Catalog Information (Coversheet)

1. **_x___New Course or _____Revision of Existing Course**
2. **Course prefix and number:** NTR 4758
3. **Short title:** Culinary Medicine
4. **Long title:** Culinary Medicine
5. **Hours per week:** __2__ Class __1_____ Lab ___3___Credit
6. **Terms:** ___ Fall _x__ Spring ___ Summer ___ On demand
7. **Initial term**: ___ Fall __x_ Spring ___ Summer Year: _____2023___
8. **Catalog course description:** __Application of medical nutrition therapies in the prevention and treatment of select diseases.
9. **Course attributes: N/A**

   General education component: _____

   ___ Cultural diversity ___ Honors ___ Writing centered ___ Writing intensive ___Writing active

   ___ Department Capstone as Senior Seminar

10. **Instructional delivery**
    Type of Course:

    ___ Lecture ___ Lab __x_ Lecture/lab combined ___ Independent study/research

    ___ Internship ___ Performance ___ Practicum/clinical ___ Other, specify: _____

    Mode(s) of Delivery:

    _x__ Face to Face ___ Online ___ Online Synchronous ___ Online Asynchronous

    ___ Study Abroad

    ___ Hybrid, specify approximate amount of on-line and face-to-face instruction_____
11. **Course(s) to be deleted from the catalog once this course is approved:** __NTR 4757_____
12. **Equivalent course(s):** ____N/A_____

    a. Are students allowed to take equivalent course(s) for credit? ___ Yes ___ No
13. **Prerequisite(s):** __NTR 1120 and (NTR 2100 or NTR 2190)_____

    a. Can prerequisite be taken concurrently? ___ Yes _x__ No

b. Minimum grade required for the prerequisite course(s)? __C_

c. Use Banner coding to enforce prerequisite course(s)? _x__ Yes ___ No

d. Who may waive prerequisite(s)?

___ No one ___ Chair __x_ Instructor ___ Advisor ___ Other (specify)

14. Co-requisite(s): N/A

15. Enrollment restrictions

a. Degrees, colleges, majors, levels, classes which may take the course: All

b. Degrees, colleges, majors, levels, classes which may not take the course: None

16. Repeat status: _x__ May not be repeated ___ May be repeated once with credit

17. Enter the limit, if any, on hours which may be applied to a major or minor: _3__

18. Grading methods: _x__ Standard ___ CR/NC __ Audit ___ ABC/NC

19. Special grading provisions:

___ Grade for course will not count in a student's grade point average.

___ Grade for course will not count in hours toward graduation.

___ Grade for course will be removed from GPA if student already has credit for or is registered in: _____

_x__ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: _NTR (FCS) 4757_____

20. Additional costs to students:

Supplemental Materials or Software Chef's coat and lab manual ~$25 total.

Course Fee ___No _x__Yes, Explain if yes $25 to cover the cost of food and non-food supplies

21. Community college transfer:

___ A community college course may be judged equivalent.

_x__ A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

Rationale, Justifications, and Assurances (Part I)

1. _x__Course is required for the major(s) of __BS in Nutrition and Dietetics.
   ____Course is required for the minor(s) of
   ___Course is required for the certificate program(s) of
   _x_ Course is used as an elective _Nutrition Minor, Workplace Wellness Minor, MS in Nutrition and Dietetics_____

2. **Rationale for proposal**: This proposed course has a more intentional focus on how foods impact nutrition, including how food can be used in the prevention and treatment of diseases.

3. **Justifications for (answer N/A if not applicable)**
   Similarity to other courses: The information on various disease processes and the nutrition therapies is presented in NTR 4749 Nutrition Therapy; however, the application of food preparation and recipe modification will be pivotal in this course.
   Prerequisites: A foundational knowledge of food preparation techniques, food safety and sanitation, and nutrition NTR 1120 and (NTR 2100 or NTR 2190) are necessary as this laboratory course builds on all of those principles.
   Co-requisites: None
   Enrollment restrictions: None
   Writing active, intensive, centered: N/A
   Capstone as Senior Seminar: N/A

4. **General education assurances (answer N/A if not applicable)**
   General education component: N/A
   Curriculum: N/A
   Instruction: N/A
   Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**
   Online or hybrid delivery justification: N/A
   Instruction: N/A
   Integrity: N/A
   Interaction: N/A

Model Syllabus (Part II)

1. **Course number and title** NTR 4758 Culinary Medicine

2. **Catalog description** Application of medical nutrition therapies in the prevention and treatment of select diseases.

3. **Learning objectives**

Upon completion of this course, all students will

a. Utilize food science principles and techniques to modify and evaluate recipes. (CT6, QR1)
b. Utilize food safety and sanitation principles in the laboratory environment. (RC2)
c. Apply menu planning and writing principles to various disease states for culturally diverse groups. (WR1, WR3, QR1, RC1)
d. Evaluate menu plans to confirm adherence to stated medical nutrition therapies. (WR6, QR1)
e. Plan and prepare modified foods in adherence to appropriate medical nutrition therapies. (QR4, CT5)

Graduate students only

f. Develop, implement and evaluate a culinary medicine intervention. (GLG a-e)

4. **Course materials**

Marcus, J.B. (2013). *Culinary Nutrition*. Elsevier Publishing.
NTR 4758 Lab Manual

5. **Weekly outline of content**

Weeks	Topic
1	Nutrition, Food Science, and Culinary Medicine Connections
2	Menu Planning and Recipe Modifications
3-4	Allergen-modified (gluten, egg, dairy) Exam
5	Consistency-modified (dysphagia, TBI, geriatrics, toddlers)
6-8	Carbohydrate-modified (diabetes, sports)
9-10	Lipid-modified (CVD) Exam
11	Calorie-modified (weight management, cancer)
12-13	Protein-modified (cancer, sports, PKU)
14-15	Liquid- and electrolyte-modified (renal, sport) Culinary medicine intervention presentations
16	Final Project due

6. **Assignments and evaluation, including weights for final course grade.**
Undergraduates:

Exam and/or quizzes	20%
Laboratory experiences	25%
Menu plans	20%
Final project (visual recipe for u/g and culinary medicine intervention for grad)	20%
Written assignments	10%
Reflections	5%

7. Grading scale: Standard scale

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

8. Correlation of learning objectives to assignments and evaluation.

	Exam/ Quiz (20%)	**Lab Exp (25%)**	**Menu (20%)**	**Final Project (20%)**	**Written (10%)**	**Reflect (5%)**
Utilize food science principles and techniques to modify and evaluate recipes. (CT6, QR1)	**x**	**x**		**x**	**x**	
Utilize food safety and sanitation principles in the laboratory environment. (RC2)		**x**		**x**		
Apply menu planning and writing principles to various disease states. (WR1, WR3, QR1, RC1)	**x**		**x**	**x**	**x**	**x**
Evaluate menu plans to confirm adherence to stated medical nutrition therapies. (WR6, QR1)	**x**		**x**		**x**	
Plan and prepare modified foods in adherence to appropriate medical nutrition therapies. (QR4, CT5)		**x**		**x**		**x**
GRAD: Develop, implement and evaluate a culinary medicine intervention. (GLG a-e)						

Date approved by Nutrition Curriculum Committee: December 1, 2022
Date approved by the CHHS Curriculum Committee: January 24, 2022
Date approved by CAA: March 3, 2022
Date approved by CGS: