



Department of Kinesiology
**NUT 3000 – Quantity Food
 Production**
3 Units

Fall 2023

Meeting day: Wednesday	Instructor title and name: Gloria Davis Browning, MEd, RDN, SNS
Meeting time: 4PM - 6:45PM	Phone: 858-354-0152
Meeting location: Evans 112	Email: gdavis@pointloma.edu
Final Exam: ServSafe Exam December 13, 2022 4 PM - 6 PM	Office location and hours: By appointment only

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Course Description:

This course covers the fundamentals of food preparation and application of these principles to quantity food production in commercial and non-commercial settings. Emphasis is placed on the use of quantity food preparation equipment, menu planning, food safety and the flow of food from purchasing, receiving, storage, production and service.

Dietetic Learning Outcomes:

1. Demonstrate content knowledge of food and nutrition as well as concepts and theories of nutrition across a broad range including: lifecycle stages, cellular nutrition, disease prevention and medical therapy; food and food systems; development, modification, and evaluation of recipes, menus and food products.
2. Demonstrate basic skills in food preparation, sanitation and safety in working with a variety of food products.
3. Evaluate the effects of societal, cultural, ethical and financial dynamics upon diet trends, dietary choices, and food preparation methods among families and societies.

NUT 3000 Course Student Learning Outcomes:

1. Assess risk factors of food borne diseases in food preparation, preservation, processing, and service.
2. Understand principles of food service safety and accident prevention in the quantity kitchen environment.
3. Develop the ability to plan nutritious, appealing food combinations and menu patterns that meet the needs of the defined clientele within economic and physical limitations of a food service facility. Using the knowledge about a facility, the student will plan a cycle menu to incorporate food/recipe composition, flavor, color, texture, temperature, shape and form.
4. Develop the ability to scale recipes to serve a forecasted number of clients with a consistent (expected) quality outcome.
5. Become familiar with quantity preparation, service, and holding equipment, and understand function, use, and maintenance of equipment.
6. You will be able to take the examination for the National Restaurant Association's ServSafe Certificate for Managers. There is a \$74.00 fee for this exam and it is due 1 weeks before the exam.

2017 Core Knowledge for the RDN (KRDN) – Standards for the Didactic Programs in Dietetics: PLNU's Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition

and Dietetics (AND). The following ACEND Core Knowledge aptitudes are included within the curriculum of this course:

KRDN 1.3: Apply critical thinking skills (i.e., Catering Timeline, Cycle Menu).

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation (i.e., SOPs, Catering Timeline both written and oral presentation).

KRDN 2.5: Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services (i.e., lectures assessed on quizzes/exams).

KRDN 3.4: Explain the processes involved in delivering quality food and nutrition services (i.e., ServSafe, Cycle Menu).

KRDN 4.5: Describe safety principles related to food, personnel and consumers (i.e., ServSafe exam).

KRDN 4.6: Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement (i.e., student feedback on Cycle Menu and Catering Timeline).

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Note:

Gregoire, MB. Foodservice Operations: A Managerial and Systems Approach, 9th ed. Pearson, Boston, MA., 2017.

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

Distribution of Student Learning Hours

Category	Time Expectation in Hours
Participation in Discussions, Groups, etc.	50
Reading Assignments	15
Written Assignments	25
Other Assignments & Learning Activities	15
Quizzes, Surveys	10
Total Hours	115

COURSE SCHEDULE AND ASSIGNMENTS

Recipe Adjustment

1. Choose a favorite family recipe that serves approximately 4-12 portions.
2. Increase the recipe to accommodate a foodservice operation to serve 100 portions,
3. Using Chapter 6 as a guide, adjust the recipe two ways: the factor method and the percentage method.
4. Round off weights and measures to appropriate amounts.
5. Submit the original recipe and both versions of the adjusted recipe.

Two Week Cycle Menu

1. Write a paragraph stating your organization's mission statement and a description of your population. You must choose a facility that serves three meals a day, such as senior living center, long term care facility, hospital, prison or college campus.
2. Create a menu for 3 meals/day, 7 days/week.
3. Breakfast offerings that change daily will include: fruit juice, fruit, hot cereal, hot entrée, bread.
4. Lunch offerings that change daily will include: soup, entrée, sandwich, vegetable, salad, light dessert, beverage.
5. Dinner offerings that change daily will include: soup, two entrées, starch, vegetable, salad, bread, dessert, beverage.
6. Things to consider when creating your menus: can someone following a vegetarian/vegan/ gluten-free diet find something to eat? Are you providing a variety (color, texture, flavor, consistency, shape or form, preparation type, temperature)? For example, do you offer chicken in both soups that day, plus in two of the three entrées? Do the combinations make sense? For instance, if your entrée is a stir-fry, is your starch offering rice?
7. Standard beverages offered at every meal do not need to be listed (coffee, tea, milk, water), but each lunch and dinner must offer a unique drink (flavored ice tea, lemonade, etc.)
8. Other criteria to consider: are you using in-season foods? Are workloads balanced for personnel and equipment? Are foods repeated too frequently? Do the foods meet the nutritional guidelines for your population?

Develop a Timeline for a Catered Event

1. For this assignment, you will work in small groups of 2-3 students.
2. Each group will be given a scenario of a menu and event (board meeting, wedding, etc.)
3. Each group will create a staffing schedule, decide on the serving time, and then back into a production timeline and designate who does what.
4. Consider: what equipment will each item require? How much time will be needed for each item to be prepared? Who will make each recipe?
5. The goal is to get everything done in time for it to be served to guests.
6. You will submit the staffing schedule, production schedule with designated equipment, and production timeline. Both written and oral presentations will be required.

Standard Operating Procedures (SOPs)

Employees in the foodservice arena need consistent supervision and updated training. Part of the job of a manager is to provide periodic in-service training to all employees. Having clear, written SOPs will facilitate training and day-to-day operations. Standard operating procedures (SOPs) are written practices and procedures of how your establishment will produce safe food and are a key component of an establishment's food safety program.

Working in small groups of 2-3 students, you will be assigned one area to develop SOPs for a foodservice establishment. SOPs include specific details of *how* a policy will be implemented including:

- *Who* will perform the task
- *What* materials are needed
- *Where* the task will be done
- *When* the task will be performed
- *How* the person will do the task
- Any associated *corrective action* when you find a violation of the SOP.

Common Quantity Food Production Equipment

Understanding standard equipment in a commercial kitchen is a necessary role for a foodservice manager. This project will require you to research a piece (or group of pieces) of common equipment food in a quantity food production kitchen. Your research will include instructions on how the equipment is used, what food products are produced/cooked on this equipment, how to clean it, and when to clean it. Methods to use for research include internet sites, videos, articles, equipment handouts from manufacturers, interviews of kitchen staff or managers and/or visiting a kitchen that uses

this piece of equipment and trying it out. You will develop a handout to share with the class, and provide an oral presentation.

ASSESSMENT AND GRADING

Course Grading Criteria:

- 8 Chapter quizzes with varying points ~ 100 pts
- 2 Term Exams @ 50 pts. each 100 pts
- Recipe Adjustment 50 pts
- Cycle Menu Project 100 pts
- Timeline for Catered Event 100 pts
- SOPs 50 pts
- QFP Equipment Review 50 pts
- Online assignments/discussion posts with varying points ~200 pts
- Caf Hours 80 pts
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- ServSafe Exam (if desired – costs \$74)
- TOTAL POINTS 830 points

It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted by the date indicated for full credit. Late work may be accepted after the due date, with a 10% deduction in the maximum possible points per day up to the point of depletion. Assignment extensions may be granted only if pre-approved (for rare and unusual circumstances). Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during

the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university-excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith. If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#)

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their corresponding due dates. Click on any assignment to review it.

Course Summary:

Date	Details	Due
Fri Sep 1, 2023	Discussion Topic WK1 Discussion - Introduce Yourself	due by 11:59pm
Wed Sep 6, 2023	Assignment Learning Poll	due by 11am
	Assignment Ch. 2 Slide Redesign	due by 4pm
Fri Sep 8, 2023	Discussion Topic WK 2 Discussion - Quality	due by 11:59pm
Sun Sep 10, 2023	Quiz WK 2 Quiz 1: Foodservice Systems (Ch. 1)	due by 11:59pm
	Quiz WK 2 Quiz 2: Managing Quality (Ch. 2)	due by 11:59pm
Fri Sep 15, 2023	Discussion Topic WK 3 Discussion - Food Safety	due by 11:59pm
Sun Sep 17, 2023	Quiz WK 3 Quiz 3: Food Safety (Ch. 8)	due by 11:59pm
Fri Sep 22, 2023	Discussion Topic WK 4 Discussion - Menus	due by 11:59pm
Sun Sep 24, 2023	Quiz WK 4 Quiz 4: The Menu (Ch. 3)	due by 11:59pm
Sun Oct 1, 2023	Quiz WK 5 Quiz 5: Food Product Flow and Kitchen Design (Ch. 4)	due by 11:59pm
Wed Oct 4, 2023	Quiz Exam 1	due by 7pm
Wed Oct 11, 2023	Assignment Cycle Menu Peer Reviews	due by 11:59pm
Sun Oct 15, 2023	Quiz WK 7 Quiz 6: Procurement (Ch. 5)	due by 11:59pm
Wed Oct 18, 2023	Assignment WK 8 Assignment - Cycle Menu	due by 11:59pm

	Assignment WK 8 Assignment - Cycle Menu	due by 11:59pm
	Assignment WK 8 Assignment - Cycle Menu Copy	due by 11:59pm
Sun Oct 22, 2023	Quiz WK 8 Quiz 7 Food Production (Ch. 6)	due by 11:59pm
Tue Oct 24, 2023	Assignment Week 8 Activity - Clinical Question Set & Tray Audit	due by 11:59pm
Wed Oct 25, 2023	Quiz Mid-Course Survey	due by 11:59pm
	Quiz Week 9 Activity - School Foodservice	due by 11:59pm
Sun Oct 29, 2023	Quiz WK 9 Quiz 8 Distribution and Service (Ch. 7)	due by 11:59pm
Sun Nov 5, 2023	Quiz Week 10 Activity - Cook Chill Facility - Segundo Culinary Support Center (CSC)	due by 11:59pm
Wed Nov 8, 2023	Assignment WK 11 Assignment - QFP Equipment Presentation	due by 4pm
Wed Nov 15, 2023	Quiz Wk 12 Exam 2	due by 7pm
Sun Nov 19, 2023	Assignment WK 11 Assignment - Recipe Adjustment	due by 11:59pm
Wed Nov 22, 2023	Discussion Topic Caf Update 1	due by 11:59pm
Wed Nov 29, 2023	Assignment WK 14 Assignment - SOPs	due by 4pm
Wed Dec 6, 2023	Assignment WK15 Final Assignment - Catered Event	due by 11:59pm
Sun Dec 17, 2023	Assignment Caf Hours	due by 11:59pm
	Discussion Topic Caf Update 2	due by 11:59pm

Discussion Topic [Caf Update 3](#)

due by 11:59pm

Discussion Topic [Caf Update 4](#)

due by 11:59pm
