



IFWA 1210 040DC Nutrition/Menu Planning

Course Syllabus: Spring 2026

“Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed.”

Instructor: Candy Vasquez

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Phone:

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online

This syllabus serves as the documentation for all course policies and requirements, assignments, and instructor/student responsibilities.

Information relative to the delivery of the content contained in this syllabus is subject to change. Should that happen, the student will be notified.

Course Description: This course covers the basic principles of nutrition, emphasizing nutrients, food sources, and their role in growth, development, and overall health. Contemporary and global nutritional issues are also discussed. The course will cover all aspects of menu planning and design, ranging from visual design to price analysis to making use of available resources. This course will cover the fundamentals of culinary math, an overview of basic business cost control functions are covered including expenses, revenue, food, beverage, labor, and other controllable and non-controllable costs. 2 credit hours.

Prerequisite(s): None

Student Learning Outcomes: Menu design, concept and cost. Valuable understanding of nutrition and health in the food industry.

Evaluation/Grading Policy: All students will be graded on attendance, class participation and exams.

Quizzes: 20%

Class Participation: 20%

Exams: 30%

Attendance: 30%

Required Instructional Materials: Nutrition for Foodservice & Culinary Professionals

Publisher: John Wiley & Sons, Inc **ISBN Number:** 9781119777199

Minimum Technology Requirements: None

Required Computer Literacy Skills: None

Course Structure and Overview: Three hours of lecture each week.

Communications: Email responses within 24hr for most questions.

Institutional/Course Policy: No late work will be accepted without prior approval by the instructor. Students are always expected to be respectful toward classmates and professor! Review Student Conduct in the Student Handbook.

Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

NTCC Academic Honesty/Ethics Statement:

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to request accommodations. An appointment can be made with the Academic Advisor/Coordinator of Special Populations located in Student Services and can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the special populations page on the NTCC website.

Family Educational Rights and Privacy Act (FERPA):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.