

Course Number varies  
per College

Health Meets Food  
Culinary Medicine I

Hybrid Delivery,  
Digital Instruction  
online plus In-person  
Experiential component

University of Arkansas for Medical Sciences

College of Health Professions

College of Medicine

College of Pharmacy

Total Semester Credits varies as per College guidelines

Gina Drobena, MD  
Cancer Institute 12<sup>th</sup> floor  
Cell: 501-952-9296  
GADrobena@uams.edu

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## **1.0 General Information**

### **1.1 Catalog Description**

Students will gain a basic understanding of the concepts of Culinary Medicine. Students will discuss the impact of medical interaction and intervention in the prevention and treatment of diet-related illnesses. Students will also learn basic kitchen safety, knife handling skills and food preparation techniques suitable for diet-related illnesses.

### **1.2 Course Rationale**

This course is designed to develop introductory skills and knowledge of food and its relationship to health. The students will apply concepts and techniques in a practical fashion to gain confidence with food both inside and outside the kitchen, enabling them to effectively communicate with their patients in their clinical courses and professional years.

### **1.3 General Course Objectives**

Upon completion of this course, the student will be able to:

1. Discuss the components and benefits of the Mediterranean diet, DASH diet and other diets relating to specific disease states and/or health goals (for example, food allergies and sensitivities).
2. Describe dietary intake in terms of nutrient density and energy density and its effects on weight management and satiety.
3. Review the structure and biochemistry of macronutrients and micronutrients including their sources, digestion, storage and utilization in the body.
4. Quote research-based outcomes used to demonstrate effective diet/health connections and translate these evidence-based facts to patient-level information.
5. Understand the basics of mindfulness and its potential effect on weight management, disease prevention/treatment and mood (quality of life).
6. Review proper food choices throughout the lifecycle of childhood and the impact of food choices on childhood obesity.
7. Build skills and knowledge of kitchen and food safety as well as food preparation tools and techniques.
8. Outline the steps for meal planning including shopping, label reading and setting up a healthy pantry. Discuss the resulting financial and health benefits of cooking at home.
9. Articulate the difference between taste and flavor, recalling the five primary tastes and techniques for flavor building in the context of healthy meal preparation.
10. Discuss the social and philosophical impacts on eating habits such as cost, availability, culture, education, location, religion, morality, etc. and the importance of relating to the

patient in these terms.

## **2.0 Instructional Methodology**

### **2.1 General Techniques**

This course will be delivered via an initial online video lecture of 15-30 minutes and required reading of a journal article.

These materials are found within the learning management system Moodle. Registration instructions will be sent one week prior to the first cooking lab session. The materials for each session are found under the tab “Professional Student Programming”

The material will then be reviewed in a lecture/discussion format. Students will manipulate and taste food items, practicing hands-on cooking techniques. Active student participation is required in the case study discussions and cooking activities. **Cooking activities take place off-campus at UA Pulaski Technical Hospitality Institute and therefore transportation is required.**

### **2.2 Resource-Based Techniques**

This course will incorporate the following resource-based techniques: digital recordings, journal articles and case studies. These will be found within the learning management system.

## **3.0 Instructional Materials/Supplies**

### **3.1 References-Print Materials**

There are no additional required reference or print materials other than those available within the learning management system.

### **3.2 References-Audiovisual Materials**

All audiovisual resources required are available within the learning management system.

### **3.3 Computer and Software Requirements**

The student must have access to a computer that has speakers and Internet connectivity with a Web browser that is compatible with the learning management system.

The learning management system for this course is Moodle. Once a student registers they will be emailed instructions for log-in and course set-up.

Link for enrollment: <http://culinarymedicine.org/moodle/course/view.php?id=413>

Recommended OS: Windows 7, 10, Mac OSX Sierra, iPad IOS10

Recommended browsers include: Google Chrome 32bit version 50 or later or Safari 10 or later. **MS Internet Explorer is not recommended.**

Settings and plug-ins: Adobe Flash Player and Adobe Acrobat Reader.

Microsoft Office or equivalent is recommended to view all resources uploaded to Moodle.

### **3.4 Technical Assistance**

The UAMS Academic Affairs Student Success Center provides assistance with laptops and mobile devices. A student support/technology analyst is available to assist with various technology issues, from connecting to the wireless network to troubleshooting possible hard drive issues. The analyst is located on the 3rd floor of the Library (ED II 3/108) from Monday through Friday from 8AM to 5PM. Assistance is also available remotely. Phone: 501-526-6003 for help with issues on any of the following: PC, Mac, Linux, Android, iPhone, Windows Phone, or Blackberry.

#### **4.0 General Evaluation Procedures**

This section provides the student with a detailed outline of the evaluation process for both students and instructor.

##### **4.1 Student Evaluation Procedures**

Students will be evaluated by a weekly quiz to be taken after viewing online content and assigned reading for each module. The quiz must be taken prior to attending the cooking lab component each week.

Quizzes are found within Moodle under the UAMS-Health meets Food Professional Student SERIES tab.

Failing to complete the quiz will result in a 0. The final grade will be determined by the number of points accumulated during the duration of the course.

Average of quizzes 1-9	100 points
Attendance and participation at cooking labs (25pts each x 8)	<u>200 points</u>
	300 points total

The following grading scale will be utilized:  
200-300 points is Pass, 0-199 points Fail

##### **4.2 Instructor Evaluation Procedures**

While comments regarding the course and instruction are welcomed by the instructor at any time, students will be given the opportunity to complete course and instructor evaluations. Your participation in this evaluation is appreciated.

##### **4.3 Performance, Lab, Clinic, and Project Evaluation**

The cooking lab grade will be based on participation. Unexcused late arrival, excessive phone usage and leaving for extended periods during the lab may be considered lack of participation with points deducted accordingly in 5 point increments.

##### **4.4 Makeup and Retake Examinations**

None

#### **5.0 General Procedures**

The online lesson and required reading may be done any time prior to the cooking lab portion of class. The cooking lab will meet at Pulaski Technical College, Culinary Arts and Hospitality Management Institute each Thursday 5-8pm during the 8 week session. The address is 13000 Interstate 30, Little Rock, Arkansas 72210. You will be traveling

during “rush hour”, please be sure to allot adequate travel time as **drive time may exceed 30 minutes.**

## **6.0 Class Attendance/Conduct/Dress Code Policy**

### **6.1 General Remarks**

In order to maximize learning opportunities, attendance will be taken at all cooking lab sessions.

Students are expected to actively engage in their education by attending and/or participating in class activities (face-to-face or at a distance). Faculty is expected to monitor their students’ active participation. It is the responsibility of the faculty to report any student who has not attended or actively participated in learning activities for a period of one week to the Registrar. The Registrar or the Associate Dean for Academic Affairs will attempt to contact the student to learn the reason for his/her lack of participation. If a satisfactory reason is not presented and the student does not actively engage in learning activities in the class(s) in a one-week period, the student will be administratively dropped from the class/es. If all classes are dropped, the student is administratively withdrawn from the CHP program.

### **6.2 Session Absence Grading Effects**

Any unexcused absence will result in a grade of zero out of 25 points possible for the cooking lab.

Students are responsible for reading assignments and the online material including the quiz if an excused absence is anticipated.

Excused Absence: An excused absence is one that occurs due to a legitimate, unavoidable event and does NOT result in punitive action. Examples of excused absences include, but are not limited to, illness and death in the family. Excused absences will be determined by the Director/Co-Director on a case-by-case basis. Students are responsible for notifying the Director/Co-Director of an absence as soon as possible. When possible, absences should be approved by the Director/Co-Director in advance.

Unexcused Absence: An unexcused absence is one that occurs for a reason not deemed legitimate and unavoidable by the Director/Co-Director. Examples of unexcused absences include, but are not limited to, absence for leisure travel or job duties outside coursework. Unexcused absences result in a grade of zero out of 25 points for the cooking lab.

Time missed for an excused absence must be made up. The Director/Co-Director will work with the student to come up with a plan to make up missed time. Make-up hours may be assigned during the week after regular work hours and/or on weekends. Cooking assignments and case studies will be given for make-up sessions.

### 6.3 Session Tardiness Grading Effects

Unexcused tardiness causes disruption in a group learning environment and will affect the grade for the cooking lab session. Each (unexcused) 30 minutes late will result in a 5 point deduction from the 25 points possible for that session.

### 6.4 Conduct/Dress Code

Dress code: **Closed toe shoes must be worn at all cooking lab sessions.** Hair should be worn pulled back from the face and hats may be worn. Uncovered hair and/or beards will require hair nets which will be provided on-site. Long and/or loose jewelry should not be worn. Long sleeves and long pants provide additional protection in the kitchen environment and are preferred but not required. Student ID Badges should be worn at all times.

### 7.0 Due Dates/Deadlines

Weekly quizzes must be completed before 5pm each Thursday the cooking lab meets. Modules and quizzes may be completed in advance.

### 8.0 Sessions Schedules

#### 8.1 General Remarks

Note Session 1 has additional pre-cooking lab work to complete. The Safety and Sanitation module is critical to complete prior to the other modules and has an associated quiz. Therefore Session 1 has **two quizzes** to complete prior to the cooking lab session.

#### 8.2 Tentative Sessions Schedule

Session 1: Safety and Sanitation Module and Introduction to Culinary Medicine  
Session 2: Weight Management and Portion Control  
Session 3: Fats  
Session 4: Food Allergy and Intolerance  
Session 5: Protein, Amino Acids, Vegetarian Diets and Eating Disorders  
Session 6: Sodium, Potassium and Hypertension  
Session 7: Carbohydrates  
Session 8: The Pediatric Diet

#### 8.3 Tentative Media Schedule

None

### 9.0 Instructional Staff

Course Director: Gina Drobena, MD  
Associate Professor, College of Medicine  
Office: Cancer Institute, 12<sup>th</sup> floor CI12186  
Cell phone: 501-952-9296  
Email: [GADrobena@uams.edu](mailto:GADrobena@uams.edu)

Course Co-director: Gloria Richard-Davis, MD  
Professor, College of Medicine

Office: Shorey S5/23  
Phone: 501-614-2047  
Email: [GARichardddavis@uams.edu](mailto:GARichardddavis@uams.edu)

Course Facilitator: Margaret Pauley, RDN  
Registered Dietitian  
Office: Central Building 3C  
Phone: 501-526-6990  
Email: [MPauly@uams.edu](mailto:MPauly@uams.edu)

## **10.0 CHP Policies**

*(Insert the following statements)*

***COPYRIGHT POLICY*** - *The materials used in this course may include copyright protected materials provided for the personal educational use of the enrolled students and may not be further redistributed.*

***INTELLECTUAL PROPERTY POLICY*** - *Lecture, lab and other presentations are the intellectual property of the faculty and faculty must give their written permission for their lecture, lab, and other presentations to be recorded. Recorded lectures/labs/presentations may only be posted on websites or other locations approved by the College of Health Professions and are provided for the personal educational use of students enrolled in the course. Students are prohibited from providing or distributing any course materials in any manner – print, electronic, or any other media – or providing links to any course materials to anyone outside of their UAMS classes. Failure to abide by this policy may result in disciplinary action including dismissal.*

*Failure to abide by this policy may constitute a copyright infringement which may have the following legal consequences:*

### ***Summary of Civil and Criminal Penalties for Violating Federal Copyright Laws***

*Copyright infringement is the act of exercising, without permission or legal authority, one or more of the exclusive rights granted to the copyright owner under section 106 of the Copyright Act (Title 17 of the United States Code). These rights include the right to reproduce or distribute a copyrighted work. In the file-sharing context, downloading or uploading substantial parts of a copyrighted work without authority constitutes an infringement. Penalties for copyright infringement include civil and criminal penalties. In general, anyone found liable for civil copyright infringement may be ordered to pay either actual damages or "statutory" damages affixed at not less than \$750 and not more than \$30,000 per work infringed. For "willful" infringement, a court may award up to \$150,000 per work infringed. A court can, in its discretion, also assess costs and attorneys' fees. For details, see Title 17, United States Code, Sections 504, 505. Willful copyright infringement can also result in criminal penalties, including imprisonment of up to five years and fines of up to \$250,000 per offense. For more information, see the web site of the U.S. Copyright Office at [www.copyright.gov](http://www.copyright.gov), and especially their FAQs at [www.copyright.gov/help/faq](http://www.copyright.gov/help/faq)*

***Title IX*** - *The University of Arkansas for Medical Sciences (UAMS) does not discriminate on the basis of sex, gender, or sexual orientation in its education programs or activities. Title IX of the*

*Education Amendments of 1972, and certain other federal and state laws, prohibit discrimination on the basis of sex in all education programs and activities operated by UAMS (both on and off campus). Title IX protects all people regardless of their gender or gender identity from sex discrimination, which includes sexual harassment and sexual violence.*

*The UAMS Title IX Coordinator can be contacted at (501) 526-5641. She is available to explain and discuss: your right to file a criminal complaint (sexual assault and violence); the university's complaint process, including the investigation process; how confidentiality is handled; available resources (both on and off campus); and other related matters. You may also contact the UAMS Police Department, **501-686-7777** (non-emergency) or 911 (emergency). If you are in the midst of an emergency, please call the police immediately by dialing 9-1-1.*

*The United States Department of Education's Office of Civil Rights ("OCR") is responsible for enforcing Title IX, as well as other federal civil rights laws that prohibit discrimination in programs or activities that receive federal financial aid. Inquiries and complaints may also be directed to OCR at 1-800-421-3481 or [ocr@ed.gov](mailto:ocr@ed.gov)*

***DISABILITY SUPPORT*** – *UAMS is committed to providing equal access to learning opportunities to students with disabilities. To ensure access to any class or program, please contact the ADA Coordinator to engage in a confidential conversation about the process for requesting accommodations in the classroom and clinical settings. Accommodations are not applied retroactively. Students are encouraged to register with the ADA Coordinator's office as soon as they begin their program or as soon as the student recognizes their need for an adjustment.*

*UAMS encourages students to access all resources available through the ADA Office for consistent support and access to their programs. More information can be found online at <http://students.uams.edu/ada-disability-services/> or by the contacting the disability services office at (501) 526-5641.*

## **11.0 Scholastic Misconduct and Plagiarism**

*(Insert the following statement)*

*Scholastic misconduct applies to circumstances and events related to the student's education program, including scholastic dishonesty and professional conduct or judgment. This includes, but is not limited to, plagiarism, giving or receiving any form of aid on quizzes or examinations that is not expressly permitted by the instructor, or falsification of documents, experimental results, or research data. Sanction(s) may include, but are not limited to, a failing grade on the test/assignment, failing grade for the course, probation, suspension or dismissal from the college. Policies and procedures for scholastic dishonesty or other non-academic disciplinary matters are addressed in procedures and regulations in the Student Conduct and Discipline Policy located in the CHP Catalog.*

*The College of Health Professions subscribes to a Web-based plagiarism detection and prevention system that is used by colleges and universities nationwide. The system works by scanning the submitted document and matching the document against databases of texts, journals, and Web and other electronic sources including websites that sell or distribute pre-written essays and/or term papers. As your course instructor, I am informing you via this syllabus that I reserve the right, at my discretion, to use this plagiarism detection system for this course by submitting students' written work to the system for the purpose of determining if a*

*document has been plagiarized.*

*Note: All work submitted for this course is required to be original work developed for class assignments and should not have been submitted for assignments made as part of previous and/or concurrent courses without the instructors' prior knowledge and approval; to do otherwise constitutes academic dishonesty and will be addressed as such in this course.*

## **12.0 Patient Privacy and Confidentiality**

*(Insert the following statement)*

*UAMS is committed to protecting the privacy of our patients' information. While privacy and confidentiality have always been a priority for health care providers, it has heightened importance in this era of electronic information due to the increased speed of information flow and the risks associated with protecting this information.*

*The standards for protecting patient health information are described in the federal law known as the Health Insurance Portability and Accountability Act (HIPAA). HIPAA limits access to medical records to authorized individuals and for specific purposes. It is not possible to summarize HIPAA here; however, you will have received HIPAA training prior to being granted access to patient information. Additional information and training on HIPAA, including UAMS HIPAA policies, are available on the HIPAA Office webpage at <http://hipaa.uams.edu/>*

*Please keep in mind that there are sanctions for inappropriate access to patient records. These include criminal penalties of up to one (1) year imprisonment and a \$50,000 fine; as well as, disciplinary action up to and including dismissal from your program.*

*If you have any questions pertaining to HIPAA, you may direct them to the UAMS HIPAA office at 501-603-1379.*

**Do Not Include this Page in the Syllabus**

**-use it to convert your contact hours to semester credits**

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**CONVERSION FORMULA:  
CONTACT HOURS TO SEMESTER CREDITS**

To determine the semester credits for a given course, use the following procedure:

1. Determine the number of lecture hours (50 minutes hours), seminar hours (50 minutes), laboratory hours (60 minute hours), and clinical hours (60 minute hours) for each course. Include all examinations, *except the final examination*, as a complete session. (Keep lecture, lab, and clinical hours separate.)
2. Multiply the hours per week by the number of weeks of instruction. This should be done for each type of session *i.e.* lecture, lab, clinic, separately.
3. Multiply the number(s) derived in Step #2 by the actual number of minutes of instruction for lecture, lab, and clinical hours to determine the number of contact minutes per course.
4. Divide the number(s) derived in Step #3 by the corresponding range of numbers listed in Table 1 for the type of session.
5. If lecture, seminar, lab, clinic, or any combination thereof is incorporated into a course, add the numbers derived from the calculations in Step #4 to determine total semester credits for the course. The contact hour conversion to semester credits must fall within plus or minus 0.10 semester credits of the desired number of semester credits.

**TABLE 1**

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LECTURE HOURS	750 – 800 MINUTES =	1 SEMESTER CREDIT
SEMINAR HOURS	750 – 800 MINUTES =	1 SEMESTER CREDIT
LABORATORY HOURS	2250 – 2400 MINUTES =	1 SEMESTER CREDIT
CLINICAL HOURS	3750 – 4000 MINUTES =	1 SEMESTER CREDIT

**EXAMPLE:** A course is taught for 15 weeks.

- Step #1. Three lecture sessions; one laboratory session per week
- Step #2. Lecture sessions/semester = 15 weeks x 3 sessions/week = 45 lecture sessions  
Lab sessions/semester = 15 weeks x 1 session/week = 15 lab sessions
- Step #3. 50 minutes of instruction per session = (Lecture Minutes)  
45 lecture sessions at 50 minutes per session = 2,250 minutes (lecture instruction)  
15 lab sessions at 50 minutes per session = 750 minutes (lab instruction)
- Step #4. Consult conversion Table 1 (above)  
 $2,250/750 = 3$  SC (lecture hours)  $2250/2250 = 1$  SC (lab hour)
- Step #5.  $3 + 1 = 4$  SC (Therefore, this is a four semester credit hour course.)