

Brescia School of Food and Nutritional Sciences

FN 2140A – Culinary Nutrition Fall 2026

Campus Support

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Technical Requirements



Stable internet connection



Laptop computer



Calculator

Important Dates

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
September 9	October 10-18	December 9	December 10	December 11–22

September 30, 2026, is National Day for Truth and Reconciliation and is a non-instructional day
November 30, 2026: Last day to withdraw from a first-term half course without academic penalty

Contact Information

Course Coordinator/instructor	Contact Information	Office Hours
Melissa Van Haastrecht, MSc	mvanhaas@uwo.ca	After lecture
Cherie Thompson	cthomp269@uwo.ca	Before/after lab

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description (including prerequisites/anti-requisites):

An introduction to food principles and preparation with a focus on food skills, food literacy, and nutrition. Application of concepts through hands-on activities in a food laboratory and exploring techniques to create a variety of foods. Emphasis is placed on understanding the connection between food, health, and practical culinary methods.

Antirequisite(s): The former Foods and Nutrition 2130 and the former Foods and Nutrition 2232.

Prerequisite(s): [Foods and Nutrition 1070A/B](#) or [Foods and Nutrition 2070A/B](#).

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from an academic advisor in your Home Unit.

Delivery Mode: In-person

Component	Date(s)	Time
Lecture 001		
Lab 002		
Lab 003		
Lab 004		

My Course Description

Explore the relationship between food, health, and the culinary arts. Progress from foundational concepts in food and nutrition to practical application through hands-on food lab experiences. Develop the knowledge and skills to prepare foods that support general health and modify meals to meet therapeutic dietary needs.

Learning Outcomes

Upon successful completion of this course, you will be able to:

1. Understand and explain the fundamental nature of the ingredients used in food preparation and the basic scientific principles underlying their behaviour.
2. Demonstrate knowledge and hands-on food skills in various domains (i.e., food safety, preparation, reading food labels, budgeting, meal planning).
3. Recognize high-quality foods and how to use them in daily food choices and food preparation.
4. Demonstrate understanding of the interplay between culinary science and nutrition.
5. Modify and prepare meals based on therapeutic diet requirements.

Course Content and Schedule

Lecture Schedule

Week	Dates	Topic	Notes & Reminders
1	Sept 9 th , 11 th	Welcome & Introduction, Food Safety	
2	Sept 14 th , 16 th , 18 th	Meal Planning Basics: Selecting, Prepping, and Budgeting Foods	
3	Sept 21 st , 23 rd , 25 th	Nutrition & Culinary Essentials	
4	Sept 28 th , Oct 2 nd	Carbohydrates: Fundamentals & Culinary Applications	No class Sept 30th: National Day for Truth and Reconciliation
5	Oct 5 th , 7 th , 9 th	Protein: Fundamentals & Culinary Applications	October 9th – Midterm #1, in class (on weeks 1-4)
	Oct 12 th -16 th	Reading week	
6	Oct 19 th , 21 st , 23 rd	Fat: Fundamentals & Culinary Applications	October 21st – TrainCan due
7	Oct 26 th , 28 th , 30 th	Micronutrients – Vitamins: Fundamentals & Culinary Applications	
8	Nov 2 nd , 4 th , 6 th	Micronutrients – Minerals: Fundamentals & Culinary Applications Phytonutrients	
9	Nov 9 th , 11 th , 13 th	Culinary Nutrition in Action: Strategies for General Health	November 13th – Midterm #2, in class (on weeks 5-8)
10	Nov 16 th , 18 th , 20 th	Culinary Nutrition in Action: Strategies for Heart and Kidney Disease	
11	Nov 23 rd , 25 th , 27 th	Culinary Nutrition in Action: Strategies for Blood Sugar and Digestive Health	
12	Nov 30 th , Dec 2 nd , 4 th	Culinary Nutrition in Action: Strategies for Obesity and Weight Management	
13	Dec 7 th , 9 th	Lecture catch-up & course review/exam preparation	

Laboratory Schedule

Week	Dates	Topic
1	Week of Sept 7 th	No lab
2	Week of Sept 14 th	Introduction, Food Safety, Reading a Recipe, Measurements
3	Week of Sept 21 th	Knife Skills, Nutritious Menu Planning, and Budgeting
4	Week of Sept 28 th	No labs – National Day for Truth and Reconciliation
5	Week of Oct 5 th	Carbohydrates
	Oct 12 th -16 th	No labs – Reading week
6	Week of Oct 19 th	Protein
7	Week of Oct 26 th	Fats
8	Week of Nov 2 nd	No labs
9	Week of Nov 9 th	Micronutrients: Vitamins, Minerals, and Phytonutrients
10	Week of Nov 16 th	Designing Balanced Meals
11	Week of Nov 23 rd	Therapeutic Diet Modification
12	Week of Nov 30 th	Recipe Modification Project Execution
13	Week of Dec 7 th	No labs

Course Materials You Must Acquire and Their Costs

- Marcus JB. Culinary Nutrition: The Science and Practice of Healthy Cooking. 2nd ed. Academic Press/Elsevier; May 16 2025. 880 p. ISBN-13: 9780443160042.
 - Cost: Ebook (\$122) purchased from [Western Book Store](#) or Hard copy (\$166.25) purchased at bookstore
- TrainCan Advanced.fst: Advanced Food Safety Certification (*for FN students*)
 - Training material and exam completed online: <https://whs.traincancampus.com/>
 - Food & Nutrition students must successfully complete the exam
 - Cost: \$83.30 + tax
 - Retest cost: \$37 + tax
 - For student inquiries, email: info@traincan.com
- London Training Centre: Safe Food Handling Certificate (*for non-FN students*)
 - This test can be taken in place of TrainCan only if you are not an FN student
 - Cost: \$25 for the test
 - [Independent Study](#) then complete [Test](#)
- White lab coat
 - Cost: \$26.95, from Western Book Store

Other Supporting Materials (Not required):

Trakselis LJ, Stein EM. Culinary Nutrition: Principles and Applications 2nd edition.

Lab Policies (Specific to the School of Food and Nutritional Sciences)

Laboratory activities provide diverse hands-on experiences and expose students to learning about, and working with, different foods, which prepares them to work in any food and nutrition field. During food labs, students are required to prepare, process, store, and dispose of any type of food product, including dairy, eggs, meat, fish, and poultry, according to safe-food-handling principles and regulations. Further, students are required to clean and sanitize, according to regulations and best practice, all pots, dishware, utensils, and surfaces that have come in contact with all food products. Personal beliefs and practices which conflict with these course requirements are not grounds for academic accommodation.

Students in accredited Food and Nutrition programs are expected to meet the Practice Competencies in the Integrated Competencies for Dietetic Education and Practice and/or the Competencies of the Canadian Society of Nutrition Management. Students must demonstrate, prior to graduation, that they can actually perform required tasks. For example, students must demonstrate food preparation techniques and participate in the storage and disposal of food. This ensures that graduates will be able to meet the dietary needs of others, provide client-centred care, and effectively and safely manage food service operations.

Assessments and Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Assessment	Format	Weight	Due Date	Flexibility	Learning Outcome
Midterms	Multiple choice and short answer	30% (2 x 15% each)	1. October 9 th – in class 2. November 13 th – in class	Make-up midterm ¹	All
Final exam	Multiple choice and short answer	30%	TBD – during Exam period Dec 11-22	Not applicable ⁵	All
TrainCan Advanced Food Safety Certification	Online course and test. Submit certification on Brightspace	10%	October 21 st by 11:59pm EST	72-hour no late penalty ²	2, 4
Recipe Modification Project	In-person lab	12%	December 1 st / 2 nd	Make-up assignment ¹	All
Lab participation	In-person labs	18%	Ongoing	Absence Policy for Food Labs ^{3,4}	All

Notes:

1. This assessment is considered central to the assessment of learning outcomes in this course. If you miss this evaluation, you must complete a make-up assignment/midterm that will be provided by your instructor and must be completed within an agreed upon timeframe.
2. Students are expected to submit this assignment by the deadline listed. Should extenuating circumstances arise, students are permitted to submit their assignment up to 72 hours past the deadline without a late penalty. No Academic Consideration is required for this extension. Students submitting their assessment beyond the extended deadline will receive a penalty of 1% per hour that it is late. Academic Consideration requests may be granted only for extenuating circumstances that began before the deadline and lasted longer than the extension. Students must not provide medical or compassionate documentation to the instructor.
3. The laboratories within this course are designed to provide students with the opportunity to expand on the knowledge discussed in lectures in a hands-on environment. It is important that all students in this course participate fully in this experiential-learning activity to meet the learning outcomes of this course and competencies of the program.
 - a. Students are expected to attend all scheduled labs and arrive on time with the necessary lab coat, hair net and appropriate shoes in order to be able to engage in the lab learning environment.
 - b. Attendance for food laboratory experiences is mandatory. Due to the strict maximum number of students in each laboratory section, students are not permitted to attend alternate lab sections. There are no make-up labs, nor is it possible to reschedule a lab.
 - c. If faced with extenuating medical or compassionate circumstances, students can
 - i. Miss one lab without academic penalty and without explanation or submission of an academic consideration request (unless a laboratory assignment is also scheduled at that time then students **MUST** apply for an academic consideration request).
 - ii. If an academic consideration request is submitted without supporting documentation (i.e. an “undocumented absence” request), this will be used as the one missed lab.
 - iii. If a student already has one lab absence, the undocumented consideration request will be denied, and the lab will be marked as zero.
 - iv. If a student already has one lab absence, they are required to submit supporting documentation with their academic consideration request to the Brescia School of Food and Nutritional Sciences academic advisor, otherwise lab participation for that lab will be zero.
 - d. Students missing more than 2 labs will be barred from writing the final exam and will receive an F for this course or conversely could be withdrawn from course without academic penalty with appropriate supporting documentation. Students will not receive a written warning of their absences. The student will be notified of an unsuccessful course outcome by the Lab/Course Instructor following the third absence from lab.
4. Each lab is worth 2% (9 labs x 2% = 18%). Please note that missing a lab or arriving more than 30 minutes late will result in an incomplete participation mark (0% for that lab). Lab Participation Evaluation includes arriving on time and being prepared (wearing appropriate attire), actively participating in cooking activities, working as a team with your lab partner, and presenting/discussing the completed recipe at the end of each lab. Mark deductions may occur for unclean lab station and/or failure to follow food safety procedures (0.25% per infraction per lab).
5. You cannot use undocumented absences for final exams.

General information about assessments

- ☒ All assignments are due at 23:59 EST unless otherwise specified.
- ☒ You are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0.
- ☒ Written assignments will be submitted to Turnitin (statement in policies below).
- ☒ You might not receive the same grade as your group members if it is determined that the distribution of work was not equal.
- ☒ After an assessment is returned, you should wait 24 hours to digest feedback before contacting your evaluator; to ensure a timely response, reach out within 7 days.
- ☒ Requests for regrading must include a written explanation and evidence showing how the work meets the assignment criteria or rubric. Requests without a clear justification will not be considered.
- ☒ Prior to the filing of a written request for relief, you must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If you are dissatisfied with the decision of the instructor or you do not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	below 50	Fail

Rounding of Grades (for example, bumping a 79 to 80%)

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

Information about late or missed assessments:

- ☒ Late assessments without academic consideration will be subject to a late penalty of 1% per hour.
- ☒ Makeup midterms will be completed in a reasonably timely manner and must be completed within an agreed timeframe.

Course-specific conditions:

- ☒ Students must attend in-person laboratories and cannot miss more than three (3) labs without accommodation.
- ☒ Failure to demonstrate appropriate lab etiquette (i.e., participation, following lab procedures, and ensuring final clean-up) will result in lab participation mark deductions.
- ☒ Students must complete the TrainCan Food Safety Training course and attempt the certification test to receive full marks. Failure to attempt the certification test by the specified due date will result in a grade of zero.

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy.

Academic Policies and Statements

Support Services

There are various support services around campus and these include, but are not limited to:

1. [Academic Support and Engagement](#)
2. [Wellness and Well-being](#)
3. [Registrar's Office](#)
4. [Ombuds Office](#)
5. [Services provided by the University Students' Council \(USC\)](#)

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://www.uwo.ca/health/>) for a complete list of options about how to obtain help.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at: <https://www.uwo.ca/health/gbsv/support/get-help.html>.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's [Non-Discrimination/Harassment Policy](#) (M.A.P.P. 1.35) and [Non-Discrimination/Harassment Policy – Administrative Procedures](#) (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination must report the behaviour to the Western's [Human Rights Office](#). Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

Absence from Course Commitments

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the [central academic consideration portal](#). Students are permitted one academic consideration request per course per term **without** supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed course work.

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the [Scholastic Offences policy](#), specifically, the definition of what constitutes a Scholastic Offence.

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the

university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (www.turnitin.com).

For group assignments, all members share responsibility for academic integrity. Plan your work so the group has time to review the full submission and ensure all sources are appropriately used and cited. In the absence of a scholastic offence, everyone gets the same mark, so work with the rest of your group in a proactive fashion.

Use of Artificial Intelligence for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., "ChatGPT") in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

Use of Electronic Devices

During Exams

Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk**

or in your pocket. **Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is zero on the test or exam.**

During Lectures and Tutorials

Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on Brightspace for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. You can read more about the [request for relief policy](#) and [request for relief procedures](#) here.