

**BOT 3018C**  
**University of Central Florida**  
SPRING 2021

**CULINARY BOTANY ACROSS THE CULTURES**

**Biology Department**

Credits: 4

Pre req: BOT 3802, BOT 3015, or C.I.

**LECTURE SYLLABUS [LAB INTEGRATED]**

**LECTURES:** 0001 W, F: 12: 30 PM - 1: 50 PM VIRTUAL in Spring 2021 only

**LAB:** 0011 W: 2: 00 PM – 3: 50 PM VIRTUAL in Spring 2021 only

**Instructor:** Dr. Rani Vajravelu (“Dr. RANI”) Phone: N/A Office: Virtual  
Email: [rani.vajravelu@ucf.edu](mailto:rani.vajravelu@ucf.edu) (for general purpose only; see below for course-related emails)

**Lectures:** Synchronous *via* Zoom

**Labs:** Synchronous *via* Zoom. Students are expected to have their video feature on during lab sessions. Links to join scheduled Zoom sessions will be sent through Webcourses.

Understand Zoom student functionality: <https://youtu.be/plgFdjhQx9g>

**Virtual Office hours:** W & F: 12:00 PM – 12:30 PM (exclusively for this course)  
F: 2: 00 PM – 2:30 PM Available for *one-one video conferencing with prior appointment*.

**Course homepage:** <https://webcourses.ucf.edu> Access BOT3018C  
**e-mail:** use the Inbox feature within BOT3018C homepage for your course-related questions.

**Browser recommendations:** <http://guides.instructure.com> Read through Canvas Student Guide  
**Tech help:** [onlinesupport@ucf.edu](mailto:onlinesupport@ucf.edu) or call CDWS 3-0407 / [helpdesk@mail.ucf.edu](mailto:helpdesk@mail.ucf.edu), 3-5117

**Course Description:** Cultural food traditions and the connections between plants, people, and health; examines the preparation methods that enhance the nutritional values.

**PLEASE NOTE:**

Lecture and lab sessions may be switched or extended to the other for maximum class time efficiency. Students are expected to attend the entire session on both days and not to miss either one or both.

The lab portion of the course will include suggestions to prepare or taste some widely known plant-based food samples of cultural significance. If you are allergic to certain food types, it is your responsibility to refrain from cooking or tasting them. Instructor is not responsible for keeping track of your food allergies, preferences or health issues related to the food samples that are suggested in this course.

**Objectives:**

1. Find out the role of plants as applicable to various ethnic cuisines.
2. Learn the vocabulary related to plants & their products as used in meal preparations.
3. Explore the scientific connection between plants and nutrition.
4. Develop research techniques focusing on the current trends in food, health & society.

**Required:**

1. Textbook: Various digital resources. Most are free; some may require a nominal fee for downloads.
2. Access to Webcourses & Zoom with a secure internet connection for all class lectures & labs.
3. CANVAS App - free to download from UCF (enable ‘notifications’ from Webcourses).
4. A camera-enabled device for lab sessions and for online test proctoring.

**Attendance:** Regular attendance during live lectures / lab is expected and required of all students. Your attendance is determined by your ‘online presence’ for example, participation in live lectures, discussions, and course-related projects, and teamwork.

You are responsible for all materials covered and all announcements made in every class, whether you are logged into online lectures or not. You need not bring class absence excuses unless you missed a test/exam.

All faculty members are required to document students' academic activity at the beginning of each course. In order to document that you began this course, please complete the academic activity marked as "Introduce yourself" on course homepage by the end of the first week of classes, or as soon as possible after adding the course, but no later than January 15. Failure to do so will result in a delay in the disbursement of your financial aid.

§**Late Registration:** January 11– 15; **DROP / SWAP:** January 15; **Withdrawal Deadline:** Mar 26  
 §**University Holidays:** Monday, Jan 18; and April 11 – 18 (⁵ Please refer to UCF calendar for any changes or updates)

**Lecture & Lab integrated schedule [tentative] & Test dates [fixed]:** Relevant topics from below will be covered in the form of lectures, reading/online assignments, virtual lab demos and teamwork. Any changes to the schedule will be announced in class. Everyone's cooperation is expected due to the virtual nature of the labs.

Week #	Lecture and Lab content (Wednesdays & Fridays)	Lab/Teamwork (Wednesdays)
Week 1	Syllabus policies & course procedures explained. Ch. 1 Plant-food traditions of the world <b>Financial aid assignment due on 1/15</b>	Teamwork introduction. Virtual lab policies explained.
Week 2	Ch. 2 Green Vegetables in ethnic cuisines Guest lecture from UCF librarian.	Lab on Green leafy vegetables: preserving nutrition and taste
Week 3	Ch. 3 Underground vegetables around the world Part 1 & 2 <b>Quiz 1 on 1/29</b>	Lab on green vegetables
Week 4	Ch. 4 Legumes as used in the world cuisine Recap of the previous material and Test review	Lab on underground vegetables
Week 5	<b>Feb 10 Work on Lab practical 1; complete Quiz 2</b> <b>Feb 12 Test 1</b> (50 points) on previous material	<b>Lab practical due on 2/10</b> (includes legumes) <b>Quiz 2 on 2/10</b>
Week 6	Ch. 5 Temperate fruits in your diet	Lab practical 1 group presentation
Week 7	Ch. 5 continued... <b>Quiz 3 on 2/26</b>	Lab on Temperate fruits
Week 8	Ch. 5 Tropical fruits in your diet	Lab on Tropical fruits
Week 9	Ch. 6 Cereal grains in world cuisine <b>Quiz 4 on 3/19</b>	Lab on Cereal grains
Week 10	Ch 6 Pseudo grains in world cuisine Test review	Lab on Pseudo grains
Week 11	Recap of the previous material and Test feedback <b>Mar 26 Test 2</b> on material covered since last test	<b>Lab practical due on 3/24</b>
Week 12	Ch. 7 Beverages: Caffeinated, fruit juices, soft-drinks, and alcoholic <b>Quiz 5 on 4/2</b>	Lab on caffeinated beverages, fruit juices & soft drinks
Week 13	<b>No classes due to Spring break (refer to UCF academic calendar for any changes).</b>	
Week 14	Ch. 8 Vegetable oils & health connections Ch. 9 Herbs and spices from around the world	Lab on Herbs and spices <b>Final lab practical due on 4/23</b>
Week 15	Review for final exam. <b>Apr 30 Final</b> comprehensive exam. Friday 10 AM – 12: 50 PM	Course content review. Last day to clear any grade-related concerns so far.

**Evaluation:** Total points for the course: 400 SEE DETAILS below.

*Weekly lab reports (individual)	Best 5 out of 6 @ 10 points each	50 points	12.5%
Tests (lecture + lab practical)	2 @ 100 points each	200 points	50%
*Quizzes	5 @ 10 points each	50 points	12.5%
Final exam (lecture + lab practical)	Cumulative, 100 points worth	100 points	25%

Weekly lab reports due by 11:59 pm on Wednesdays of the week. Quizzes will be conducted during class duration.

**Evaluation Policy for the entire course:**

All points earned from above categories determine your final course grade. The following scale will be used to convert numerical grade into a letter grade. That is,

90% and above =A	80% - 85% = B	70% - 75% = C	60% - 65% = D
86% - 89 = B+	76% - 79% = C+	66% - 69% = D+	59% and below = F

NC grades are **NOT** given.

**Z designation:** Academic dishonesty may result in the designation of Z in front of your grade. For more info see <http://ied.sdes.ucf.edu/integrity> Check “Honesty” on page 4 of this syllabus.

**Incomplete Grade:** ‘I’ is given only for students who have completed all of the course assessments with a minimum ‘C’ average and missed the final exam with a valid, documented excuse (see **make up** below)submitted to the instructor within 24 hours of missing the final exam.

**Test / Quiz/ Exam policy:**

Online proctoring tools will be used for every graded activity. Check Z-designation above.

**Grade posting:**

All graded activities through WebCourses; Final course grade will be issued through Registrar’s office.

**Feedback & Grade concerns:**

- For all quizzes, expect individual feedback on the Webcourses within a week’s time.
- Bring concerns regarding posted grades to the attention of the instructor within 24 hrs from the date of initial grade posting.
- If the grade concern can NOT be resolved within two email transactions from each side, the student MUST make an appointment to resolve it during a scheduled one-on-one Zoom video meeting.
- Prior appointment, ID verifications and video chat required for individual test feedback. This measure is essential due to online nature of the course.
- If any grade change occurred, student will receive a notification through UCF Knight’s email. If you do not have one, set up an account at <https://www.secure.net.ucf.edu/KnightsEmailSelfService>
- Test answers will not be released; however, a feedback will be given during the next Zoom class meeting only after the entire class has completed the test.

**Makeup Policy**

If you anticipate missing a scheduled test/quiz due to University/government- related reasons, reach out to me a week in advance. A makeup can be arranged at the earliest convenience. For all other reasons for missing a test, students must provide signed documents that support their excuse. Merit of the reason is to be determined by the instructor only upon the submission of valid, signed documents. Once approved, a makeup will be arranged on or prior to the last day of class. Make up will be of a different version. There is no ‘makeup’ for a missed makeup. A student can have a maximum of one missed test including final exam for the entire semester.

There is NO MAKE UP for a missed quiz and no points will be given for late submission.

Instructor is NOT responsible for internet problems (unless from Webcourses that affects the entire class) including but not limited to late attempt, last minute submission issues, browser problem, etc. Any issues with quiz should be resolved during posted office hours by the following business day.

**Laboratory exercises:**

- No lab manual required. Lab instructions & report submissions are through Webcourses.
- No lab fees are applied to this course. You are expected to find your own edible samples for lab practical. Suggestions for inexpensive and local sources will be provided during lab demos.
- Labs are designed to go along with lecture content. Keep your lecture notes and required course materials with you for all labs.
- Lab reports are due by 11:59 pm on the same day. To make sure that that you don't lose points, consider every lab exercise as important and worthy of your attention.
- You are solely responsible for managing your health and safety conditions, especially when trying to prepare/taste your own food preparations.
- Missed labs cannot be repeated and will not receive any grades unless the absence is University related or health related.
- Students are expected to virtually present and participate in every lab demonstration.

**Copyright statement:**

The instructor may provide links to various external websites to enhance your understanding of the course content. Students are advised to use caution and good judgment in using such content that should not be copied, duplicated, or downloaded. For more info visit:

[http://www.copyright.com/content/cc3/en/toolbar/education/resources/copyright\\_on\\_campus.html](http://www.copyright.com/content/cc3/en/toolbar/education/resources/copyright_on_campus.html)

**Course Accessibility Statement:**

Students with disabilities who need accommodations for quizzes/exams must be registered with UCF Student Accessibility Services, phone (407) 823-2371. This syllabus is available in alternate formats upon request. In addition, if accommodations are required within the online classroom or with assignments, students must schedule a virtual meeting with the professor during the first week of classes to help in executing such accommodations in a timely manner. Email requests will not guarantee any Zoom classroom accommodations.

**Academic Dishonesty, Plagiarism, or Cheating:**

The Biology Department presumes that all students will be honest, and that work turned in by the student will indeed be the result of that person's work. All kinds of graded assignments are CLOSED BOOK type. Copying the work of others, signing in for someone else, getting someone's help in online assignments, or cheating from your own or someone's notes during a graded quiz/test will not be tolerated, and will result in an automatic F for both the offending student and any assisting them. In addition, appropriate University disciplinary action will be initiated along with assigning a Z-grade. To find out more, read <https://ied.sdes.ucf.edu/integrity/>

**About Zoom instruction:**

Because of the continued remote instruction requirement due to the COVID-19 pandemic, this course will use Zoom for some synchronous ("real time") class meetings. Meeting dates and times will be scheduled through Webcourses@UCF and should appear on your calendar.

Please take the time to familiarize yourself with Zoom by visiting the [UCF Zoom Guides](https://cdl.ucf.edu/support/webcourses/zoom/) at <<https://cdl.ucf.edu/support/webcourses/zoom/>>.

You may choose to use Zoom on your mobile device (phone or tablet).

But due to the nature of the course content that includes images and animations, it is strongly suggested that you use a device that has a separate monitor like a laptop or a desktop.

Things to Know About Zoom:

- You must sign into the Zoom session using your UCF NID and password.
- I intend to record the Zoom lecture sessions. Recordings are not guaranteed due to a tech issue

- that may be beyond my control. Due to the nature of labs, live demos may not be recorded.
- Improper classroom behavior is not tolerated within Zoom sessions and may result in a referral to the Office of Student Conduct.
  - You can contact [Webcourses@UCF Support](mailto:Webcourses@UCF Support) at <<https://cdl.ucf.edu/support/webcourses/>> if you have any technical issues accessing Zoom.

#### **Notifications in Case of Changes to Course Modality**

Depending on the course of the pandemic during the semester, the university may make changes to the way classes are offered. If that happens, please look for announcements or messages in [Webcourses@UCF](mailto:Webcourses@UCF) or Knights email about changes specific to this course.

#### **COVID-19 and Illness Notification**

Students who believe they may have a COVID-19 diagnosis should contact UCF Student Health Services (407-823-2509) so proper contact tracing procedures can take place.

Students should not come to campus if they are ill, are experiencing any symptoms of COVID-19, have tested positive for COVID, or if anyone living in their residence has tested positive or is sick with COVID-19 symptoms. CDC guidance for COVID-19 symptoms is located here:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Students should contact their instructor(s) as soon as possible if they miss class for any illness reason to discuss reasonable adjustments that might need to be made. When possible, students should contact their instructor(s) before missing class.

#### **In-Class Recording Policy**

Outside of the notetaking and recording services offered by Student Accessibility Services, the creation of an audio or video recording of all or part of a class for personal use is not allowed. Class lecture recordings will be posted from the instructor's side, such recordings are only acceptable in the context of personal, private studying and notetaking and are not authorized to be shared with *anyone* without the separate written approval of the instructor.

#### **Unauthorized Use of Technology for Graded Work**

If you were in a classroom setting taking a quiz, would you ask the student sitting next to you for an answer to a quiz or test question? The answer should be no. This also applies to graded homework, quizzes, tests, etc.

Students are not allowed to use GroupMe, WhatsApp, or any other form of technology to exchange course material associated with a graded assignment, quiz, test, etc. when opened on Webcourses.

The completion of graded work in an online course should be considered a formal process: Just because you are not in a formal classroom setting being proctored while taking a quiz or test does not mean that the completion of graded work in an online course should not be treated with integrity.

The following is not all inclusive of what is considered academic misconduct. These examples show how the use of technology can be considered academic misconduct and could result in the same penalties as cheating in a face-to-face class:

- Taking a screen shot of an online quiz or test question, posting it to GroupMe or WhatsApp, and asking for assistance is considered academic misconduct.
- Answering an online quiz or test question posted to GroupMe or WhatsApp is considered academic misconduct. Giving advice, assistance, or suggestions on how to complete a question associated with an online assignment, quiz, or test is considered academic misconduct.
- The use of outside assistance from another student or by searching the internet, Googling for answers, use of websites such as Quizlet, Course Hero, Chegg Study, etc. is considered academic misconduct.
- Gathering to take an online quiz or test with others and sharing answers in the process is considered academic misconduct.

If a student or group of students are found to be exchanging material associated with a graded assignment, quiz, or test through any form of technology (GroupMe, WhatsApp, etc.), or use outside assistance (Googling answers, use of websites such as Quizlet, Course Hero, Chegg Study, etc.), they could receive anywhere from a zero grade on the exercise to an “F” in the course depending on the act.

### **Unauthorized Distribution of Class Notes**

Third parties may attempt to connect with you to sell your notes and other course information from this class. Distributing course materials to a third party without my authorization is a violation of our University’s Rules of Conduct. Please be aware that such class materials that may have already been given to such third parties may contain errors, which could affect your performance or grade.

Recommendations for success in this course include coming to class on a routine basis, visiting me during my office hours, connecting with the Teaching Assistant (TA), etc. If a third party should contact you regarding such an offer, I would appreciate your bringing this to my attention. We all play a part in creating a course climate of integrity.

### **ProctorHub**

ProctorHub is a UCF test monitoring system that utilizes a webcam to monitor test-taking activity during online testing. Videos are only accessible to your instructor and are stored in a secure environment. If you do not have a webcam, there are computers with webcams in the UCF library, or you can visit the LibTech desk at the library to check one out. LibTech can also direct you to a computer in the library with a webcam. Please note that these computers cannot be reserved ahead of time. It is your responsibility to ensure that you will have access to a computer with a webcam and know how to log into and use ProctorHub prior to the time that the tests start. Currently, ProctorHub is not yet compatible with Apple iOS (iPhone, iPod Touch, iPad) or Android smartphones. If an issue occurs during a test, finish the test and contact me via my email .

Test your webcam before the test at [https://proctorhub.cdl.ucf.edu/proctorhub/test\\_webcam/](https://proctorhub.cdl.ucf.edu/proctorhub/test_webcam/)

For assistance with setup, contact [Webcourses@UCF](mailto:Webcourses@UCF) Support at 407-823-0407

### **Quiz Audit Log**

For each quiz, test, or exam, you are expected to remain on the testing screen for the duration. You may not visit other sections of the course, other websites, or communication tools for assistance. I will be monitoring the [Webcourses@UCF](mailto:Webcourses@UCF) quiz audit log for compliance. Failure to only access the quiz, test, or exam during testing will result in an academic integrity violation.

### **Unauthorized Use of Websites and Internet Resources**

There are many websites claiming to offer study aids to students, but in using such websites, students could find themselves in violation of academic conduct guidelines. These websites include (but are not limited to) Quizlet, Course Hero, Chegg Study, and Clutch Prep. UCF does not endorse the use of these products in an unethical manner, which could lead to a violation of our University’s Rules of Conduct. They encourage students to upload course materials, such as test questions, individual assignments, and examples of graded material. Such materials are the intellectual property of instructors, the university, or publishers and may not be distributed without prior authorization. Students who engage in such activity could be found in violation of academic conduct standards and could face course and/or University penalties. Please let me know if you are uncertain about the use of a website so I can determine its legitimacy.

### **Religious Observances**

Students must notify their instructor in advance (at least week prior to the graded activity) if they intend to miss a class for religious observances.

Please follow the syllabus on makeup policies. Provide documented excuse (e.g. UCF calender with religious holidays listed).

### **Deployed Active Military Students**

Students who are deployed in active-duty military and/or National Guard personnel and require accommodation should contact their instructors as soon as possible after the semester begins and/or after they receive notification of deployment to make related arrangements.

### **Campus Safety Statement** (N/A due to virtual nature of this course)

Emergencies on campus are rare, but if one should arise during class, everyone needs to work together. Students should be aware of their surroundings and familiar with some basic safety and security concepts.

### **Online Learning**

Online learning requires lots of planning and self-pacing so that you may be successful in my course. Since I will be covering much material in 15 weeks, I would highly recommend treating this course like a regular lecture course and keeping up with lectures and assignments. Please do not be tempted to skip one or two weeks of lectures and expect to catch up easily.

### **Other important course policies:**

1. Students who are officially registered for this course only can attend the Zoom lectures and take the quizzes and tests. Instructor is not responsible for any problems related to registration and any missed activity that results from late registration.
2. Students must follow the University standards for personal and academic conduct as outlined in The Golden Rule. See <http://www.ucf.edu/goldenrule>
3. Log in to Zoom at least five minutes prior to each synchronous session to test your tech accessories.
4. Avoid late log in to Zoom as it disrupts the lecture and you risk missing polls that record participation.
5. Log in to Zoom with your registered full name. Nick names/unrecognizable persons will be removed from Zoom.
6. Duplication and distribution of class lectures and quiz questions strongly prohibited. *Third parties are selling class notes and other materials from this class without my authorization. Please be aware that such class materials may contain errors. Use these materials at your own risk.*
7. Anyone who interrupts the classroom-learning environment by any kind of repeated disruptive behavior (including #4 above) that interferes with the instructor's right to teach and fellow students' right to learn, will be removed from the classroom and appropriate University disciplinary action will be initiated.
8. You are advised to use the course homepage for BOT4850 related posting only.
9. Your instructor is **not** the person to resolve your tech issues.  
Reach out to the following centers for your tech solutions: [webcourses@ucf.edu](mailto:webcourses@ucf.edu) and UCF IT Support Center <https://ucf.service-now.com/ucfit>
10. Keep track of all announcements and new uploads on Webcourses course homepage.

### **General Policy:**

Changes will be made in the above policy if, in my judgment, the interest of learning and fairness dictate such changes. Any concern on the course proceedings or grades should be resolved by 5 pm 5 pm, April 30.

### **If you want to succeed in this course:**

- Attend all Zoom classes. Buy the required materials and lab supplies on your own.
- Log in to Zoom at least five minutes before class start time. Choose a distraction free area for class work.
- Develop a positive attitude towards learning.
- Read and review lecture materials from previous class meeting.
- Complete the assigned work. Actively participate in class discussions.
- *Remember that your final grade is what you earn.*

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