

**BOT 3018C**  
**University of Central Florida**  
SPRING 2023

**CULINARY BOTANY ACROSS THE CULTURES**

Credits: 4

**Biology Department**  
PR: BOT 3802 / BOT 3015, or C.I.

**LECTURE SYLLABUS [LAB INTEGRATED]**

**LECTURES:** 0001 W, F: 1: 00 PM - 2: 20 PM Place BIO 104  
**LAB:** 0011 W: 2: 30 PM – 4: 20 PM Place BIO 104

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

**Instructor:** Dr. Rani Vajravelu (“Dr. RANI”) Phone: 407 823 0990 Office: BIO 201D  
Email: [rani.vajravelu@ucf.edu](mailto:rani.vajravelu@ucf.edu) (for general purpose only; see below for course-related emails)

**Office hours:** Wednesday: 10:30 AM – 12:30 PM In-person office hour BIO 201D  
Friday: 12:00 PM – 1:00 PM Virtual office hour through Webcourses

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

**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

**Textbook technical support:** 1-800-354-9706 <https://cengage.force.com/s/>

**PLEASE NOTE:**

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. The instructor is not responsible for keeping track of your food allergies, preferences, or health issues related to the plant food samples that are suggested in this course.

**Objectives:**

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

**Required:**

1. **Textbook:** Understanding Food Principles and Preparation 6<sup>th</sup> ed. Amy C. Brown 2019, Cengage Learning, Inc. This is an eText ISBN 9780357693339
2. Access to Webcourses with a secure internet connection.
3. CANVAS App - free to download from UCF (enable ‘notifications’ from Webcourses).
4. A camera-enabled mobile device (other than a cell phone) for online quizzes and proctoring.

**Attendance:** Regular attendance during lectures/labs is expected and required of all students.

Your attendance is determined by your participation in live lectures, discussions, and course-related teamwork. You are responsible for all materials covered and all announcements made in every class, whether you were in class or not. Undocumented class absences and/or tardiness (more than 2) will result in the deduction of 1% of your final course grade. If you are in university-related activities, you must inform the instructor ahead of time to have your excuses approved, not right before or during class. Quizzes, tests, and exams often include questions on material presented in class, so performance on these indirectly reflects attendance.

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 the 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 13. Failure to do so will result in a delay in the disbursement of your financial aid.

**Late Registration:** January 09 – 13; **DROP / SWAP:** January 13; **Withdrawal Deadline:** Mar 24  
**University Holidays:** Monday, Jan 16; and March 13 – 19 (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 nature of the labs.

Week #		Schedule for Wednesdays & Fridays	Lab/Teamwork (Wednesdays)
Week 1	Jan 11 Jan 13	Syllabus policies & course procedures explained. Ch. 1 Plant-food selection, traditions & Nutrition <b>Financial aid assignment due on 1/13</b>	Teamwork introduction. Lab policies explained.
Week 2	Jan 18 Jan 20	Ch 1 Plant- food contd. Ch 13 Vegetables & legumes	Teamwork discussion & theme selection
Week 3	Jan 25 Jan 27	Ch. 13 Vegetables and Legumes <b>Quiz 1 on 1/27 Friday</b> Ch 13 Lecture contd.	*Lab on Leafy vegetables
Week 4	Feb 01 Feb 03	Ch. 13 Vegetables and Legumes Ch 13 Lecture contd.	*Lab on Stem & Underground vegetables
Week 5	Feb 08 Feb 10	Ch. 13 Vegetables and Legumes <b>Quiz 2 on 2/10 Friday</b> Test review	*Lab on Legumes
Week 6	Feb 15 Feb 17	<b>Feb 15 Test 1</b> on previous material Post-test review; Ch 14 Fruits	Test on Lab & Lecture content
Week 7	Feb 22 Feb 24	Ch 14 Fruits Ch 14 lecture contd.	*Lab on Fruits & nuts
Week 8	Mar 01 Mar 03	Ch. 14 Fruits <b>Quiz 3 on 3/03 Friday</b> Ch 14 lecture contd.	*Lab on Tropical fruits
Week 9	Mar 08 Mar 10	Ch. 16 Cereal grains Ch 16 lecture contd. Teamwork.	*Lab on Cereal grains
Week 10	Break	<b>No classes due to Spring break (refer to UCF academic calendar for any changes).</b>	
Week 11	Mar 22 Mar 24	Ch 16 Cereal grains <b>Quiz 4 on 3/24 Friday</b> Test 2 review	*Lab on Pseudo grains
Week 12	Mar 29 Mar 31	<b>Mar 29 Test 2</b> on material covered since Test 1 Post-test review; Ch 22 Fats & Oils	Test on Lab & Lecture content
Week 13	Apr 05 Apr 07	Ch. 22 Fats and Oils & Appendix D. Flavorings Team presentations_1 on 4/ 07	Teamwork time
Week 14	Apr 12 Apr 14	Ch. 27 Beverages <b>Quiz 5 on 4/14 Friday</b> Ch 27 lecture contd.	*Lab on Beverages
Week 15	Apr 19 Apr 21	Team presentations_2 on 4/19 Review for the final exam.	Team presentations on selected topics. Last day to clear any grade-related concerns
Week 16	Apr 26	Final comprehensive exam Time <b>1:00 – 3:50 PM</b>	Final exam on lecture, lab & teamwork content

**Evaluation:** Total points for the course: 500 SEE DETAILS below.

* Lab reports (individual)	Best 7 out of 8 @ 10 points each	70 points	14%
Tests	2 @ 100 points each	200 points	40%
Quizzes	5 @ 20 points each	100 points	20%
Team presentation	Pick 1 out of 4 themes @ 30 pts	30 points	6%
Final exam	Cumulative, 100 points worth	100 points	20%

\* Lab reports are due by 11:59 pm on most Wednesdays. Grade penalty of 10% for late submission until 6 AM the next day. Quizzes will be conducted during class duration through Webcourses.

### **Evaluation Policy for the entire course:**

All points earned from the above categories determine your final course grade. The following scale will be used to convert numerical grades into letter grades. 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 the course assessments with a minimum 'C' average and missed the final exam with a valid, documented excuse (see **makeup** below) submitted to the instructor within 24 hours of missing the final exam.

### **Test / Quiz/ Exam policy:**

\*Students who show up late (more than 5 minutes after the scheduled start) for any of the above tests/ exams will be marked absent. You must have a valid UCF student ID in your possession to enter the exam room.

**Graded exams:** Exams will be either hand- or machine graded. Grades will be returned in class. Direct any questions regarding the grades to the instructor on the same day. Tests will be available for review at Dr.Rani's office for two weeks after each test. Only one exam will be available for review at one time. You must have your graded test with you to compare the answers.

***Unclaimed tests and other graded assignments are not the responsibility of the instructor.***

### **Grade posting:**

Grades will be posted 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 meeting.
- Prior appointment, ID verifications, and video chat required for virtual test feedback.
- If any grade change occurred, the 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, feedback will be given during the next class meeting only after the entire class has completed the test.

### **Makeup Policy**

If you miss a scheduled test, inform me by 5 PM on that day and provide a valid, documented excuse (from the doctor, police, judge, official UCF event, etc.) by Friday following the test date. With the approved reason, a make-up will be arranged at a mutually convenient time. Makeup will be of a different format as lab test set-up cannot be recreated due to time, staff, and place issues. It is the student's responsibility to initiate the request and follow through the make-up exam instructions. Excuses presented orally or through email will not be considered as valid excuses unless supplemented by an official, dated document.

There is NO MAKE-UP for a missed quiz and there is a grade penalty for a late submission.

The 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 the quiz should be resolved during posted office hours by the following business day.

**Laboratory exercises:**

- No lab manual is required. The instructor will be providing custom-generated labs. Report submissions are through Webcourses.
- You will be supplied with fresh or dried edible plant product samples for lab work.
- Labs are designed to go along with lecture content. Keep your lecture notes and required course materials with you for all labs.
- A few labs are going to be “on your own”. Guidelines will be provided. To make sure 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 food preparations.
- You are expected to abide by the lab rules that are posted on the door. Wear gloves and a mask when handling plant food samples.
- If you plan to bring cooked food samples to share with the class, list every ingredient in the dish. No animal products including, but not limited to milk and butter, are allowed.
- Missed labs cannot be repeated and will not receive any grades unless the absence is University-related or health-related. Valid documentation may be required.
- Students are expected to be present and participate in every lab demonstration.
- Students should contact their instructor(s) as soon as possible if they miss a lab for any illness reason to discuss reasonable adjustments that might need to be made.

**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 must be registered with UCF Student Accessibility Services, phone (407) 823-2371. This syllabus is available in alternate formats upon request. Additionally, if accommodations are required within the classroom or with assignments, students must schedule a meeting with the professor during the first week of classes to help in executing such accommodations in a timely manner. The instructor is not responsible for the student’s negligence in being proactive with the accommodation requests.

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

UCF faculty members have a responsibility for your education and the value of a UCF degree, and so seek to prevent unethical behavior and when necessary, respond to infringements of academic integrity.

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 (except weekly lab reports) are CLOSED BOOK type. Copying the work of others, signing in for someone else, getting someone’s help in 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/>

**In-Class Recording Policy**

Students of this class may, without prior notice, record video or audio of a class lecture for a class in which the student is enrolled for their own personal educational use. A class lecture is defined as a formal or methodical oral presentation as part of a university course intended to present information or teach students about a particular subject.

Students are prohibited from recording class activities other than lectures, including but not limited to:

- Class discussion (except when incidental),
- academic exercises (example: pop-quizzes) involving student participation,
- student presentations,
- content reviews prior to a test or quiz,
- test or examination administrations,
- feedback after a graded activity,
- and private conversations of students with the instructor.

Recordings may not be used as a substitute for class participation and class attendance and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the University's Student Code of Conduct as described in the Golden Rule.

*To publish means to share, transmit, circulate, distribute, or otherwise provide access to the recording, regardless of format or medium, to another person, or persons, including but not limited to another student in the class. Additionally, a recording, or transcript of the recording, is published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, picket signs, or any mode of print.*

#### **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 screenshot 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 Support at 407-823-0407

### **Quiz Audit Log**

For any online graded assignment, you are expected to remain at the testing location 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 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 a 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 calendar 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**

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.

## Learning in this course

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 keeping up with lectures and assignments. Please do not be tempted to skip one or two lectures or labs and expect to catch up easily.

### Other important course policies:

1. Students who are officially registered for this course only can attend the class and take the quizzes and tests. The 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. Avoid being late as it disrupts the class, also you risk missing assignments that record participation.
4. Duplication and distribution of class lectures and quiz questions strongly prohibited.
5. Anyone who interrupts the classroom-learning environment with any kind of repeated disruptive behavior (including #3 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.
6. You are advised to use the course homepage for BOT3018C-related posting only.
7. 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>
8. 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 concerns on the course proceedings or grades should be resolved by 5 pm, April 28.

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

- Develop an appreciation for different cultures.
- Stay motivated; learn to work in teams.
- Attend all the classes. Bring all the needed supplies for the course.
- Arrive at least 5 minutes prior to class meeting time.
- Have a positive attitude towards learning.
- Be prepared for long hours of intensive work on lab days.
- Read all lecture and lab materials from the previous class meeting.
- Complete the assigned work. Do not be afraid to ask for help.

***Please Remember: Your final grade is what you earn.***

### Friendly Note:

Please feel free to discuss your course-related concerns directly with me. I will do everything possible in my capacity to make this course a pleasant experience for you!

.....