

Family, Consumer, and Nutritional Sciences
Department Handbook

Fall, 2004

Revised, 2006

College of St. Catherine	3
Vision	3
Mission	3
Family, Consumer, and Nutritional Sciences Department.....	3
Mission.....	3
Philosophy	3
The Professional Graduate	4
History of Discipline and Department	5
Profile.....	7
Majors:	7
Minors:	7
Foods And Nutrition Major	7
Exercise Science & Nutrition Combined Major	9
Family And Consumer Science Major	9
Fashion & Apparel Major.....	9
Minors:	10
Program Planning Sheets.....	11
Department Policies & Procedures.....	12
Faculty Advisor.....	12
Academic Performance.....	12
Department Acceptance.....	12
Transfer students	12
Scholarships.....	12
Internships.....	13
Independent study requests	13
Verification Statement for dietetic students	13
End-of-program evaluations	13
Student representation at monthly department meetings	13
Student Expectations.....	14
ACADEMIC INTEGRITY.....	15
Computer lab.....	17
Lockers.....	17
Senior citizens and alumnae classes	17
Use of lab facilities	17
Vegetarianism	17
Important Department Information.....	18
Department Events	18
Professional Organizations	19

College of St. Catherine

Vision

To be the world's pre-eminent Catholic college educating women to lead and influence.

Mission

Founded by the Sisters of St. Joseph of Carondelet in 1905, the college integrates liberal arts and professional education within the Catholic traditions of intellectual inquiry and social teaching. Committed to excellence and opportunity, the college engages students from diverse backgrounds in a learning environment uniquely suited to women. Education at the College of St. Catherine prepares graduates to demonstrate ethical leadership grounded in social responsibility.

Family, Consumer, and Nutritional Sciences Department

Mission

The department supports the mission of the college and seeks to prepare women who are competent, ethical professionals able to function as leaders in the fields of foods and nutrition, fashion and apparel, and family and consumer science.

Philosophy

The department builds on the strong liberal arts tradition of the college to create a program that has substantially more liberal arts courses than most similar programs at land grant colleges. It strives to offer education of the highest quality to its students and supports a belief in the importance of religious and ethical values in preparation for living. This learning environment strengthens the ability of students to understand and reflect upon the multifaceted issues facing families and consumers today, and empowers graduates to advocate for these groups in a socially responsible manner. The faculty continues to emphasize the potential of women in society. The department encourages critical thinking, writing proficiency, technical skills in information management, intellectual inquiry, the development of leadership qualities, and a sense of professionalism.

The Professional Graduate

It is our belief that a professional graduating from the FCNS Department is a woman who:

- believes in the worth of the individual person as a member of the family and community.
- shows respect for tangible materials and resources.
- is able to communicate, think critically, and strives for a creative approach to problem solving.
- is open-minded and flexible to change; initiates change when the need arises.
- acts and speaks with the authority of a professional.
- integrates liberal arts with professional background.
- understands the needs of all stages of the life cycle and of persons with special needs.
- makes decisions in a rational manner based on research.
- sorts out truth from popular beliefs; recognizes valid sources of information.
- respects intellectual property.
- assumes responsibility for continuous personal and professional growth.
- shows pride in the profession by assuming responsibility for one's professional organization at the local, state, and national level.

History of Discipline and Department

The discipline of Home Economics started in 1908 with the Lake Placid Conferences where Ellen Swallow Richards (1842-1922) gathered a group together to apply science and economic principles to the family and things in its near environment. Thus, food, nutrition, housing, clothing, and family relationships were studied together with a strong commitment to women. Ellen Richard's pioneering spirit meant that she was one of the first women in America to be granted a Ph.D. in chemistry. She integrated facts from basic disciplines in order to synthesize the scientific basis for each discipline in the Home Economics umbrella. Her leadership resulted in the founding of the American Association of Family and Consumer Science (formerly the American Home Economics Association). She acted as its first president.

The FCNS department has been present since the inception of the college, although the focus and name have changed over the years. In 1904 the first mention of a Domestic Science program appeared in the college catalog, with the classrooms located on the ground floor of Derham Hall. When Whitby Hall opened in 1914 the department moved into three rooms located on the ground floor of that building. The department name changed in 1916 to Home Economics and Household Arts and was listed as a four-year program including "courses of study arranged primarily to train teachers and supervisors in elementary, secondary and vocational schools". The beginning of a principle sequence or an actual major occurred in 1926 when Foods and Nutrition and Home Economics education were offered as courses of study. Sister Jeanne d' Arc Hurley, Ph.D. in Nutrition from the University of Chicago, was the first department chair. The first three alumna of the department graduated in May of 1930.

In 1929 a specific focus on dietetics was added to the department and the college received approval for the program from the American Dietetics Association in 1935. As the department grew in numbers, the clothing lab was moved to Mendel Hall in 1940 to allow for greater space usage in the existing department facility. Throughout 1954 and 1955, the entire department was moved to a larger, modern facility on the third floor of the newly constructed St. Joseph Hall.

Major curriculum revisions occurred during the late 1960's and early 1970's as career options changed in the outside community. An additional major sequence in Clothing and Textiles was started in 1967, and in 1974 three more options were added to Foods and Nutrition. These options were business, foodservice management, and foods and nutrition with an emphasis in the social or physical sciences as a preparation for graduate or medical school. National approval for dietetics, and state accreditation for the education program continued.

To strengthen the clothing and textiles major the department established a visiting student program with the Fashion Institute of Technology in New York City in 1976 allowing students the option of studying a year in a major world fashion center.

The Dietetics and Food and Nutrition programs have been strong for many years and continue to be very highly regarded. The programs have earned solid reputations through their many dietetic

internships and food industry placements. All CSC dietetic graduates who have attempted to take the Registered Dietitian examination have passed. External reviewers from the department's last cyclic review reported that the Foods and Nutrition – Dietetics program is held in high regard by dietetic practitioners in Minnesota.

A combined major of Exercise Science and Nutrition was established in 1983. In addition, the department organized January off-campus study tours in the clothing and textiles area to expand the fashion exposure of the students. These off-campus study courses alternate between New York City and Brussels/Paris/London. In depth international study opportunities at the London College of Fashion have been available since 1988.

The department published a cookbook, Through the Gates, in 1982 with the proceeds to eventually establish a Home Economics scholarship fund. The scholarship fund became a reality in 1987 when two scholarships were awarded. Since that time the funds have grown to consist of four very substantial scholarships established to honor past faculty of the department or college.

In the early 1990's the profession underwent a national name change to better reflect the professions core commitment to enhance basic human needs across the life course. The field had changed from homemaker-based education to a broader base of family education and responsible consumerism. Home Economics thus became Family and Consumer Sciences. At the College of St. Catherine, our department added Nutritional to the national name change to better reflect our strong program in dietetics and food science, as well as our programs in family and consumer science, and fashion and apparel.

While the field of family and consumer sciences continues to change, we are well prepared to move forward in a new facility created in 2001 in Fontbonne Hall to replace our previous department space in St. Joseph Hall. This move has given us greater access to new technology and modern equipment for preparing students for the careers of the 21st Century. We are excited about the opportunities that are present for professionals in the field of family and consumer sciences and will continue to prepare outstanding graduates.

Profile

The FCNS Department offers high quality instruction in several professional areas. These professional areas are based on a strong liberal arts core and supporting work from aligned disciplines. The department recognizes the importance of experiential learning in the community and requires students to have related work or volunteer experiences or internships to prepare for a professional position. Individual profiles of each major/concentration are briefly presented after a listing of options below.

Majors:

Foods and Nutrition

Concentrations:

- Business
- Dietetics
- Foodservice Management
- Physical Science/Social Science/Pre-Med

Exercise Science/Nutrition

Family and Consumer Science

Concentration:

- Family Consumer Science Education

Fashion and Apparel

Concentrations:

- Apparel Design
- Fashion Merchandising

Minors:

Family Life

Nutrition

Foods

Foodservice Management

Foods And Nutrition Major

Business Concentration: This concentration prepares students for a variety of business careers: writing about food, test kitchen opportunities, product development and quality control. Students pursuing careers in these areas will need a strong background in science as well as business. Extensive food laboratory experiences provide students with knowledge of ingredient functionality in various food systems. This broad background prepares students well for positions in the food industry or graduate education. Internships are required as part of this major.

Dietetics Concentration: This concentration prepares students for admission to an American Dietetic Association (ADA) accredited dietetic internship and many graduate programs. The major includes courses in physical, biological, behavioral and social sciences in addition to courses in the major field. After completing the baccalaureate degree and the dietetic internship, a student must pass a national examination to be

qualified as a Registered Dietitian (RD). An RD can pursue a variety of career paths such as clinical nutrition and participate as part of the health care team in a hospital, in long term care, in a clinic or home health setting. Other career options include nutritional counseling, research, education, community nutrition and consulting. Dietitians may also pursue a management career in health care, school/university foodservice or the foodservice industry. In addition, dietitians are employed in food and nutrition related industries. Increasingly, dietitians are charting their own paths as entrepreneurs. The dietetics program is approved by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, Illinois. 60606-6995, 312/899-5400.

Foodservice Management Concentration: This concentration prepares students for management positions in the multi-faceted foodservice industry. This option also includes a business minor and a required internship in the foodservice industry. Employment opportunities are plentiful and are predicted to grow as consumers continue to eat meals away from home. Some examples of career paths that students may pursue include management positions in restaurants, schools, catering, college/university feeding, the resort, travel and vacation segments, and food, equipment, and sanitation product sales.

Physical Science Concentration/Pre-Med: Students pursuing this concentration intend to go to graduate school. There are very few jobs in this area with a four-year degree. Students wishing to pursue this option should take as much science or social science preparatory work as possible, including courses from calculus, physics, biologies, and additional chemistries. Students pursuing this area can study food science or nutrition science in graduate school. The basic preparation in the physical sciences gives the background necessary to embark on an in-depth study of questions such as the fundamental health or toxicological effects of dietary components, basic aspects of food structure and effects of processing, or factors critical to food safety. Students may choose to use this option as a way to seek medical, dental, or pharmacy school admission. In order to complete the requirements for the pre-professional programs, students should check the requirements for the particular program they wish to pursue. A foods and nutrition background is ideal for the professional studies as the background is very useful for the practitioner.

Social Science Concentration: Students who select this option intend to go on to graduate school and study issues such as factors affecting eating habit and behavior change; historical, political, economic, and other determinants of food habits, and food supply problems and world hunger issues. Students may want to get a counseling degree to work with clients with eating disorders. Undergraduate study in this area combines foods and nutrition courses with social sciences such as psychology, sociology, economics, and history.

Exercise Science & Nutrition Combined Major

This major prepares students in nutrition and its relationship to health and fitness. This combined Exercise Science and Nutrition major is composed of six courses from each department. The in-depth concentration in both nutrition and exercise science makes this major unique. Nutrition knowledge coupled with the ability to design appropriate exercise prescriptions prepares graduates to work in health clubs and fitness centers or become personal trainers (by completing the American College of Sports Medicine certification). Students are also prepared for graduate programs in exercise physiology or sports medicine. Job opportunities are limited in states that have nutrition licensure laws. These laws make it illegal to provide nutrition counseling on a one-to-one basis without a dietitian or nutritionist license. Graduates may, however, provide basic nutrition education classes to groups. To increase career opportunities, students may wish to complete a double major in dietetics and exercise science.

Family And Consumer Science Major

This major prepares students for careers in areas such as consumer affairs, county extension agent, human services, financial advising and parenting education, that require a broad base in all aspects of family and consumer science. The students in this option select an area of concentration that provides them with a focus for their intended career. Areas of concentration chosen could include such things as early childhood family education (ECFE), business, journalism, communications, psychology, sociology or social work.

Family And Consumer Science Education Concentration: This concentration meets the requirements of the Minnesota Board of Teaching and requires preparation in each of the content areas of Family and Consumer Science, including clothing and textiles, foods and nutrition, housing, family resource management, family relationships and child development, so that graduates will be prepared to teach this subject at the middle, junior and senior high school level. The graduates will be eligible for licensure and qualified to teach any of the Family and Consumer Science content areas. The student may also prepare for licensure as a Parent and Family Educator.

Fashion & Apparel Major

St. Kate's fashion and apparel major prepares students for careers in the fashion and apparel industry, in the areas of both design and merchandising. Students select a concentration area to reflect their interests and career aspirations. A student may choose a minor in art, business, journalism, communications or psychology in order to prepare for careers in design, product development, merchandising, buying, management, fashion writing or fashion consulting.

Fashion merchandising concentration:

This track prepares students for careers in the fashion and apparel industry as it relates to fashion merchandising. The student, in addition to taking courses in her major field, completes a business administration minor. She is prepared for careers in both wholesale and retail aspects of fashion. Students have the opportunity to substitute a year of study at the Fashion Institute of Technology in New York City for the required minor.

Apparel design concentration:

With this concentration students are prepared for careers in the fashion and apparel industry as it relates to apparel design. The student, in addition to taking courses her major field, completes an art minor. She is prepared for careers in theatrical, technical, and ready-to-wear/custom design. Students have the opportunity to substitute a year of study at the London College of Fashion or other approved study-abroad institutions.

In addition, students have the opportunity to participate in 1 1/2 or 2 week off-campus study courses in either New York City or Paris/London. On these trips the students experience first-hand discussions with fashion designers, trend and color forecasters, costume designers for Broadway or the Paris opera, fashion magazine editors, buyers, textile wholesalers and manufacturers. In addition, they attend fashion exhibitions and collections at major museums.

Minors:

Family Life (22 or 24 credits)

- FCNS 220 Food, Nutrition and You
- FCNS 290 Food Science (preferred)
OR
- FCNS 266 Intercultural Foods: Western (2cr)
OR
- FCNS 267 Intercultural Foods: Eastern (2cr)
- FCNS 335 Child in the Family
- FCNS 336 Parenting Education (2cr)
- FCNS 365 Personal and Family Financial Management
- FCNS 400 Management Approach to Family Systems
- FCNS 425 Issues in the American and World Food Supply (2cr)

Foods (18 credits)

- FCNS 290 Food Science
- FCNS 266 Intercultural Foods: Western (2cr)
- FCNS 267 Intercultural Foods: Eastern (2cr)
- FCNS 220 Food, Nutrition and You
OR
- FCNS 300 Nutrition
- FCNS 421 Experimental Foods (2cr)
- FCNS 425 Issues in the American and World Food Supply (2cr)
- FCNS 496 Independent Study (2cr)

Nutrition (22 credits)

FCNS 290	Food Science
FCNS 300	Nutrition

At least 14 Credits of the Following:

FCNS 325	Sports Nutrition 2cr
FCNS 420	Community Nutrition 2cr
FCNS 425	Issues in the American and World Food Supply 2cr
FCNS 430	Advanced Nutrition
FCNS 435	Medical Nutrition Therapy I
FCNS 440	Medical Nutrition Therapy II 2 cr.
FCNS 475	Practicum Diabetes Education 2cr
EDUC 377	Educational Methods in Nutrition and Dietetics

Foodservice Management (24 credits)

FCNS 220	Food, Nutrition and You
FCNS 290	Food Science
FCNS 350	Foodservice Systems Management
FCNS 355	Financial Management and Foodservice Design
FCNS 360	Foodservice Operations Management

At least 4 credits of the following:

FCNS 266	Intercultural Foods: Western (2cr)
FCNS 267	Intercultural Foods: Eastern (2cr)
FCNS 425	Issues in the American and World Food Supply (2cr)

Program Planning Sheets

Detailed program planning sheets have been developed for each of the majors and concentrations offered in the FCNS department. These planning sheets present an example of how the sequence of courses needed for each major can be effectively implemented and are meant to be a guide when planning your course of action. These are examples only, and individual circumstances will affect how you ultimately choose to pursue your plan of study.

For more detailed information, see *Program Planning Sheets* (appendix or link).

Department Policies & Procedures

Faculty Advisor

New students are assigned to an academic advisor based on the student's expressed interests in one of the major programs within the department. Students are free to officially change advisors or seek advice from other faculty in the department. When a faculty advisor leaves the college, her academic advisees are notified to select another faculty advisor within the department.

Academic Performance

Students may not graduate with a grade lower than a C- in any major course. Students have three options for addressing such a deficiency. Students may repeat the course another semester; students may take an equivalent course at another college; or with the permission of the instructor students may revise the original coursework at a level satisfactory to the instructor.

Department Acceptance

The department accepts majors into the department once a year in January. Students are required by the College of St. Catherine to "Petition to Major" in order to graduate. This is to be done during the sophomore year or as soon thereafter as you decide on a major. It is the student's responsibility to seek departmental acceptance.

For more detailed information, see *Petition to Major* form (appendix or link).

Transfer students

In addition to transfer credit approval by the Registrar's Office, the department or program chair must approve major courses transferred from another institution.

Scholarships

Alumnae of the department in 1985 to honor her long service to the department as faculty member and department chair established the Sister James Agnes Fogarty fund. It provides financial assistance to students majoring in Family, Consumer, and Nutritional Sciences.

The Sister Mary Catherine Stensrud Scholarship was originally established in 1986 as the Through the Gates Scholarship. It recognizes her efforts to publish and sell the Through the Gates cookbook. Proceeds from the cookbook created the endowment to provide financial assistance to students majoring in Family, Consumer, and Nutritional Sciences.

The Frics Family scholarship was established in 1993, and proceeds from the endowment are used to honor former faculty member Phyllis Osborne and provide financial assistance to a Dietetics or Exercise Science/Nutrition major.

The Sister Helen Margaret Peck fund was established in 1999 in honor of Margaret Duffy Eggleston, an ardent follower of fashion and a dear friend of Sister Helen Margaret, former College Registrar. This scholarship stipulates that the award go to a student majoring in Fashion and Apparel.

Internships

All majors with the exception of Dietetics and Family and Consumer Science Education require a credit-bearing internship. Students need to contact the office of Career Development to initiate the internship process and obtain the appropriate forms. In addition, students need to identify an approved internship site, and must make arrangements with a faculty member to serve as an internship adviser. The adviser and the internship site supervisor work with the student to prepare a learning contract which includes a description of learning goals, the specific strategies for achieving these goals, the methods used to evaluate achievement, and the amount of credit earned.

Family and Consumer Science Education majors must complete fieldwork experience through the Education department, and Dietetics majors must complete related work experience.

Independent study requests

Students must have satisfactorily completed an introductory course in the subject matter and be recommended by the course instructor in order to plan an independent study.

Verification Statement for dietetic students

A Verification Statement will be given to a Foods and Nutrition: Dietetics major who has satisfactorily completed the major courses, required supporting work and core courses required by the college and received a BA or BS Degree. The student must earn a C- or better in all required Major courses and a C- or Pass in supporting work and core requirements.

In order to receive a Verification Statement, a transfer student must have completed 24 of the 40 semester credits of the major course requirements at CSC. The student will also need to complete the required supporting work, core requirements, fulfill the residency requirement of the college and receive a BA or BS Degree.

The FCNS Department reserves the right to review and approve any course that a student wishes to transfer to CSC for major course credit.

Students with a baccalaureate degree must fulfill the requirements of the CSC Didactic Program in Dietetics and complete a minimum of 24 semester credits of major course work at CSC. The FCNS Department reserves the right to review and approve any course that a student wishes to have accepted to meet the requirements for a major course or required supporting work. The FCNS Department will indicate the major courses that must be taken at CSC.

A Verification Statement will not be given to a student who has not attended CSC.

End-of-program evaluations

Graduating seniors will evaluate their major program at the end of their tenure. Topics may include their coursework, advising, and other experiences.

Student representation at monthly department meetings

To keep students aware of departmental activities and to provide valuable feedback, student representatives are selected to attend monthly department meetings. Two representatives are selected by the faculty from the sophomore, junior, and senior classes, with representation across the majors. These students are selected in the fall semester.

Student Expectations

Students in the FCNS Department are preparing for professional careers. As a student, it is important to develop habits and positive behaviors that will be assets in the world of work. Faculty are often asked to write letters of reference for students. The usual characteristics addressed include: dependability, maturity, enthusiasm, professionalism, interest, ability to follow directions, ability to work independently, positive attitude, leader, team player, ability to work with others, etc. are based on observed behavior in the classroom and lab. In actuality, students write their own letters of reference by their actions, demeanor, achievement and attitude in classes. References reflect faculty observations. Attitude and behavior are readily observed and heard in body language and verbal conversation. Attitude and behavior will affect you, your life and your career.

ATTITUDE

- Come to class prepared:
- Read the assigned readings before class to gain the most from class
- Be interested, pay attention
- Participate in discussions, ask questions, focus on this class
- Have a positive attitude
- Respect everyone
- Students are responsible for any information on the syllabus
- Students should expect to spend at least two hours outside of class for every hour in class

ATTENDANCE

- Make your education your priority:
- Attend every class, employers expect you to come to work, professors expect you to come to class.
- If you know you will need to miss class, make arrangements with the professor ahead of time.
- Your final grade may be reduced for excessive absences
- Please turn off or to silent mode all phones and pagers

PUNCTUALITY

- Come to class on time. When students arrive late, they interrupt the class.

TESTS

- Tests are taken as scheduled.
- A student must notify the instructor in advance if they are unable to take a test or exam at the scheduled time. Failure to do so may result in failing that test or exam.

DEADLINES

- Due dates for assignments are deadlines.
- Do not let assignments go until the last minute when any “glitch” such as “down computer” will cause a crisis.
- Assignments are due at the beginning of class unless noted differently

QUALITY OF WRITTEN WORK

Unless you are given other directions, all assignments will be neatly word processed using correct paragraph and sentence structure. Correct spelling, grammar, and punctuation will be executed. References are cited correctly and the bibliography is in a consistent format. All papers are organized and written in a logical sequence that flows smoothly. The paper will have strong, engaging, concise sentences.

ACADEMIC INTEGRITY

The FCNS department follows the academic integrity policy of the college found in Le Guide-Code of Conduct (available online at www.stkate.edu).

Academic dishonesty will not be tolerated. Academic dishonesty includes the following:

- Cheating
- Plagiarism
- Misrepresentation of work
- Use of copyrighted materials without permission
- Failure to cite sources
- Using the work of another student
- Using work from another class
- Using word for word, a paper, document or article found on the World Wide Web.
- Using illustrations, tables, lists, or pictures from a textbook, reference book or any other resource as part of a paper, poster, or Powerpoint presentation without providing a full citation.

When cheating or plagiarism is identified, at the discretion of the FCNS faculty member, any one or more of the following may be consequences:

1. Conference with the faculty member, followed by the student redoing the assignment, with the highest possible grade of C
2. Failure on the assignment
3. Failure of the course
4. Report sent to the Academic Dean which is placed in the student's permanent file

Academic integrity is critical both while in college and professional careers. For guidelines on proper citation of sources consult *The Everyday Writer* or *The Bedford Handbook*.

Contact the CSC library (www.stkate.edu/library) and O'Neill Center (<http://minerva.stkate.edu/offices/academic/oneill.nsf>) for more guidelines on preventing plagiarism through appropriate documentation of sources, and citation resource guides.

SPECIAL NEEDS

Students who need special accommodations are responsible for working with the instructor and the relevant college offices. The student should speak with the instructor during the first week of class to ensure student needs are discussed and a suitable plan is agreed upon.

While these are general guidelines for all FCNS students, please consult course syllabi for specific course policies and procedures.

Classroom and Lab Policies

Computer lab

Computer facilities in Fontbonne 5 are reserved for FCNS student use only. Academic use takes precedence over personal use of computers. **NO FOOD OR DRINK** is allowed in the lab.

Lockers

Lockers 1-15 are reserved for the foods labs. Other lockers are available for students to use on a first-come basis. Students must provide their own lock. Locks should be removed by the last day of the semester; otherwise the locks will be cut off and contents emptied.

Senior citizens and alumnae classes

In general, registration for lab or studio courses is not open to senior citizens or alumnae auditors except at the discretion of the instructor.

Use of lab facilities

Laboratories are not available for use by non-majors. FCNS majors may use the facilities (when not needed by the department) as approved by the responsible faculty. Use of the clothing lab is generally limited to students currently enrolled in the clothing construction courses. Students who have previously taken the construction course may use the lab and equipment with the permission of the instructors.

Vegetarianism

At CSC, students majoring in the foods and nutrition area of FCNS taste and experience a wide range of foods from cultures and lifestyles all over the world. In many job situations a foods and nutrition major will need to know how a specific food should look, smell and taste as well as how to cook it. It is difficult to conceptualize this without experience. In some job settings, students will need to prepare and test (including taste) foods that they neither like nor regularly incorporate in the diet. This is done in hospitals, schools and industry to develop recipes and cookbooks, diet manuals, food products or food service dishes. However, all practitioners will need to know how to promote healthy lifestyles that respect clients' decisions about food and have optimal learning about all different ways of approaching food. Therefore, unless there is a religious or medical (allergy) reason for not eating a food, students will be asked to taste (which may be) very small bites of all foods prepared and/or served in labs or classes.

For vegetarians who have chosen this lifestyle for health, lab will not adversely affect health from these quantities. Vegetarians who have chosen this lifestyle from an animal rights position or ethics are encouraged to taste the non-meat components of foods or dishes surrounding the meat item. In promotion of healthy choices for eating, an entire lab is devoted to vegetarianism to learn healthy ways to pursue this dietary alternative.

In conclusion, food choices that are based on religious and ethical beliefs or allergy concerns and stated in the initial sessions of the class will be respected.

Important Department Information

Department Events

September	Welcome back ☺ Department meeting
October	Department meeting Student/Faculty potluck Begin applications for admission to the major HEIB student night
November	Department meeting MAFCS fall meeting
December	Department meeting Applications for admission to the major due the last day of fall semester
January	Department Meeting MAFCS scholarship applications available Dietetic internship applications due
February	Department meeting Department acceptance and KON initiation ceremony Department scholarship application forms available
March	Department meeting Department scholarship applications due
April	Department meeting Dietetic internship appointments TCDDA student recognition meeting IFT student recognition night MAFCS annual conference
May	Department meeting Scholarships awarded at Honors and Awards ceremony Senior send-off MDA annual meeting

Student Organizations

Kappa Omicron Nu -- Home Economics Honor Society

A national honor society for family consumer sciences is represented on the CSC campus in the Delta Zeta chapter. KON furthers the best interest of family consumer sciences by recognizing and encouraging scholastic achievement, leadership development, and fellowship among faculty and in the profession.

Professional Organizations

We strongly recommend that students take advantage of membership in appropriate professional organizations.

American Association of Family and Consumer Sciences (AAFCS/MAFCS)

The mission of AAFCS is to improve the quality and standards of individuals and family life through programs that educate, actions that influence public policy, and by disseminating information. Professionals in this field focus on the interrelationships among individuals, families, and communities, as well as the environments in which they function. This national organization has a state affiliate that is automatically included with membership. www.aafcs.org

American Dietetic Association (ADA)

ADA, with nearly 70,000 members is the nation's largest organization of food and nutrition professionals. Its mission is to "promote optimal nutrition and well-being for all people by advocating for its members." Dietetic students are encouraged to become student members of the association. www.eatright.org

Minnesota Dietetic Association (MDA)

MDA is an organization representing over 1500 nutrition professionals in the state of Minnesota. Members promote nutrition and the profession. ADA members living in Minnesota automatically become members of MDA. www.eatrightmn.org

Twin Cities Dietetic Association (TCDDA)

TCDDA is the local district affiliate of the Minnesota Dietetic Association. TCCDA sponsors five continuing education meetings a year that provide updates on a variety of topics related to the profession of dietetics. In addition, these meetings provide an opportunity to network with other nutrition professionals in the area. Dietetic students are encouraged to become TCDDA student members. The April TCDDA meeting recognizes dietetic students in the Twin Cities area.

Minnesota Nutrition Council, Inc. (MNCI)

MNCI is the local affiliate of the Society for Nutrition Education. MNCI is composed of food and nutrition professionals who strive to educate Minnesotans about food, nutrition, and health. MNCI sponsors continuing education meetings and conferences on timely food and nutrition topics and provides opportunities to network with other food and nutrition professionals. Dietetic students are encouraged to become MNCI student members.

Fashion Group Intl (FGI)

FGI is a global non-profit professional organization established in 1931, with over 6,000 members in the fashion industry and related fields.

Costume Society of America (CSA)

The Costume Society of America is an academic/professional organization that advances the global understanding of all aspects of dress and appearance. Their primary membership consists of individuals from a wide variety of backgrounds, both generalist and specialist, who share a passion for the history and serious study of costume – covering contemporary dress to museum collections to fashion designers and theatrical costumers. www.costumesocietyamerica.com

International Textile and Apparel Association (ITAA)

A global organization for textile and apparel scholars; primarily faculty with a few industry experts. ITAA aims to advance excellence in scholarship and education in the textiles, apparel, and merchandising field. www.itaonline.org

Institute of Food Technologists (IFT)

IFT is a scientific, educational society with an interest in global concerns for providing a safe and wholesome food supply. www.ift.org

American Association of Cereal Chemists (AACC)

The American Association of Chemists is a group of scientists that work with grains based foods from the farm to the table. Protein chemists and agronomists work to improve the grain in the field (i.e. by making it bug resistant or by doing crop crosses, so that the lysine increases in order to make it more nutritious) and still see that it will be useful in making bread or other products. The organization includes food technologists, food and milling engineers, nutritionists, quality control specialists, engineers, and others involved in the production of foods from cereals, grains, and legumes. Although the name has the word American, this is an international organization with over one-third of the membership coming from outside North America.

National Council on Family Relations (NCFR)

The NCFR provides a forum for family researchers, educators, and practitioners to share in the development and dissemination of knowledge about families and family relationships, and works to promote family well-being. It promotes family life education by developing and publishing curriculum and setting criteria and guidelines for family life educators. www.ncf.org

Twin Cities Chapter of the Home Economists in Business (TCHEIB)

This organization is comprised of people with degrees in Family and Consumer Sciences that work for industry. Since the Twin Cities has many food companies, the Twin Cities chapter is dominated by those associated with the food industry from consumer response lines, cookbook and recipe writing and editing, test kitchen work, nutrition and package labeling, food demonstration, food brokering and sales, and grocery store home economists. There are many more occupations represented and some interior design and textiles and clothing people are also members.