



The COMPLETE

Recipe

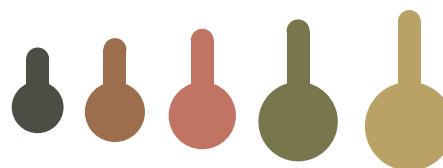
Writing  
Guide

*Instructor's  
Resource Manual*

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# Introduction



**T**he *Complete Recipe Writing Guide* provides hands-on guidance for developing, testing, writing, and analyzing recipes, with a focus on health and wellness, along with presenting recipes through photography and videos. It has special application for students in nutrition, culinary, and foodservice programs. In addition to students, the book has application for the following audiences:

- Food professionals (e.g., food writers, editors, chefs, dietitians, cooking teachers) who want to deepen their understanding of recipe development (especially related to recipes for health and wellness) and to sharpen their recipe development and writing skills
- Food content creators (e.g., food influencers, cookbook authors, students) looking to incorporate the highest editorial standards for creating and sharing recipes
- Health care professionals (e.g., dietitians, doctors) who need a resource to translate nutrition recommendations into recipes for their patients or clients
- Anyone who wants to learn how to translate their kitchen creations into easy-to-follow, readable, reproducible recipes for print, digital, or video

This Instructor's Resource Kit was designed to support using *The Complete Recipe Writing Guide* as a course textbook for undergraduate and graduate-level students. The textbook may also be used by practitioners who want to expand their knowledge and understanding of recipe development, writing, analysis, and sharing. The Instructor Manual is organized into 10 chapters that mirror the book. This manual was developed by a dietetics educator to assist course instructors with content delivery and assessment.

## Competencies and Performance Indicators for Dietetics Programs

The Instructor's Resource Manual may be used by dietetics program faculty and course instructors to develop competency-based plans for nutrition and dietetics courses related to culinary nutrition, menu development for special diets, nutrition analysis, food safety, and more (refer to page 5 for more on using the book in different types of courses). This manual includes a variety of learning activities that may be used to conduct both formative evaluations (i.e., those that promote and evaluate student learning) and summative evaluations (i.e., those that evaluate student learning following completion of a chapter/section). These

evaluations may be used to assess student achievement on required dietetics education competencies developed by the accrediting agency for dietetics programs, the Accreditation Council for Education in Nutrition and Dietetics (ACEND). ACEND competencies (2022) most closely related to recipe development for graduate and undergraduate degree programs are provided on page 41. These include Future Education Model competencies and performance indicators as well as core knowledge and competencies of the registered dietitian nutritionist. Learning activities that may be used to evaluate student achievement of knowledge and competence are provided.

## **How to Use *The Complete Recipe Writing Guide* Instructor's Resource Kit**

The kit includes the following teaching resources in electronic format, which are designed as a starting point that can be adapted to individual course needs:

- PowerPoint slides for each chapter
- Chapter objectives
- Quiz questions and answers for each chapter
- Discussion prompts and interactive activities/labs
- Projects/multichapter assignments with rubrics
- Suggestions for how to implement *The Complete Recipe Writing Guide* across the curriculum, in different program types, and in a dedicated course

### ***Learning Activities***

Each chapter in this instructor's manual includes learning objectives for the corresponding chapter, as well as five to seven quiz questions (with correct responses). The Application of Knowledge and Skills section includes discussion prompts and activities, which can be adapted to the course modality. For example, discussion prompts can be utilized to generate in-class discussion or as part of an online discussion board. The lab activities can be completed in a campus food lab or a home kitchen. Three projects/multichapter assignments allow the learner to apply knowledge from multiple chapters. These assignments can serve as a more extensive summative evaluation of student knowledge and application. Suggested rubrics are included.

Instructors could use the chapter quizzes in two ways. First, quizzes could be used as a readiness assessment test (RAT) at the beginning of a class to assess student knowledge and comprehension of the assigned reading material completed prior to attending class. In

this way, the RAT can be used as an in-class learning activity, during which RAT questions and answers are discussed (i.e., formative assessment). This is consistent with a “flipped classroom” learning approach. Alternatively, the quizzes could be used to assess student knowledge following completion of each chapter (as a summative evaluation).

### ***PowerPoint Slides***

PowerPoint slides are provided for each book chapter. Each slide set follows the sequence of content delivered in each chapter. Slides and accompanying notes may be edited and customized to fit course needs. Blank slide templates are provided for creating new slide content.

### ***Handouts***

Student handouts with the quiz questions, activities, and assignments are included in separate Microsoft Word documents. These files can be customized to fit course needs.

## **Implementing *The Complete Recipe Writing Guide* across the Curriculum and in Different Program Types**

Recipe writing is an important skill for nutrition and culinary professionals; however, recipe writing content is often limited in nutrition and culinary curricula due to the number of required program competencies. *The Complete Recipe Writing Guide* can be utilized as part of a stand-alone course or integrated into multiple courses across the curriculum. Suggestions regarding how to integrate *The Complete Recipe Writing Guide* are provided below.

### ***Foundation Nutrition and Dietetics Didactic Coursework***

Chapters 1, 2, and 4 pair well with basic or introductory nutrition courses, in which students learn about essential nutrients, Dietary Reference Intakes, and the *Dietary Guidelines for Americans* as well as other foundational concepts. Eating trends, copyright law, and cultural humility are introduced in Chapter 1. The development of recipes that align with food-based guidelines is emphasized in Chapter 2, and altering nutrient content of recipes is covered in Chapter 4.

*Suggested project: Menu Analysis Project*

## ***Cultural Nutrition and Dietetics Didactic Coursework***

The content in Chapters 1 and 2 aligns with courses that focus on the diverse food practices of different cultures. Strategies to promote cultural appreciation over cultural appropriation are discussed in Chapter 1, and developing recipes to address religious dietary practices is covered in Chapter 2.

## ***Introductory Foods Courses and Experimental Foods Courses***

Chapters 3 through 9 align with the content that is typically covered in introductory foods courses and experimental foods courses. Chapters 3 through 7 can be paired with the study of food science, preparation, composition, recipe formats, labeling, and regulations in introductory foods courses. Chapters 4 through 9 can provide a foundation for the development of experimental foods projects.

*Suggested project: Experimental Foods Project*

## ***Supervised Practice***

Dietetic interns are often tasked with projects that center on menu development and communicating nutrition to the public. The content in Chapter 8 supports recipe testing in a variety of practice environments, and comprehensive instruction regarding professional nutrient analysis is covered in Chapter 9. Chapter 10 can be used as a “how-to” manual for developing effective food images and nutrition education videos.

*Suggested project: Video Project*

## ***Implementing The Complete Recipe Writing Guide in a Dedicated Course***

If a dedicated course is an option within the curriculum, *The Complete Recipe Writing Guide* can be utilized to support an immersive experience in recipe development best practices and application. In dietetics, a dedicated course is most appropriate for the junior or senior years after the foundational dietetics and nutrition coursework has been completed. The content can be adapted to different modalities, including in-person, hybrid/hyflex, online synchronous, and online asynchronous.