Sano School of Culinary Medicine Student Guide

Sano School of Culinary Medicine has high academic standards. We provide you with high quality information, and in return expect a high quality of work from our students.

We have put together this student guide to ensure you have all the information you need about our diploma. We have incorporated guidelines to help support you when completing your assignments. Please follow the requirements listed below to ensure your assignments follow Sano School of Culinary Medicine’s rules and meet our expectations.

We are committed to providing any additional support needed to our students, and this guide also details the available support.

Word Counts

Why have a word count?
We have included a word count to ensure you have a clear indication of the maximum length your assignments should be. This will vary from assignment to assignment, depending on what we have asked of you. As a general rule, we allow an additional 10% margin above the maximum word count stated.

What is included in the word count?
The word count includes all information in the main body of the text. This will include headings, recipes, citations and quotes. Your list of references is not included in the word count. If you exceed the word count by more than the 10% allowed we may return the assignment to you for resubmission. The marker may choose not to mark any information given after the word count has been reached. If you do not meet the minimum word count your assignment may also be returned as it may be deemed that you haven’t included enough information to meet the learning outcomes and demonstrate your knowledge. Please state your word count on the title page of your assignment.

Recipes

Our diploma course is designed to give you practical information about supporting health through nutrition. A part of the course involves developing recipes and applying your knowledge to demonstrate how certain ingredients may support certain health conditions.

When developing your recipes, please ensure they are your own original work. Taking inspiration from dishes you love is completely fine, however if a recipe
submitted is found to be someone else’s work, you will be asked to resubmit the assignment.

**References**

Here at Sano School of Culinary Medicine, we have provided you with nutritional information to inform your recipe designs, selection of nutrients and recommendations for the case study. However, the field of nutrition is a constantly growing one, with new scientific information coming to light each day. It’s exciting times and we want you to be as well read in the field of nutrition as possible.

In addition to using the information we have provided for you in the course modules, we suggest that a minimum of 2 outside references also be used. This will demonstrate to us that you have done some of your own reading around the subject to increase your knowledge. You never know, you may surprise us with some research we haven’t seen yet. What we do ask is that you use credible references throughout your assignments.

References can include journal articles, books, and information from university websites or other reputable sources. Please note Wikipedia is not an acceptable reference source.

For guidelines on how to determine if a reference is credible, we recommend you read the following fact sheet produced by New Mexico State University: Read the fact sheet here: [FACT SHEET](#)

1.) **Style of Referencing**

There are many systems used for citation of references in academic work, however the most popular style of referencing is the Harvard system. In this system the author’s surname, and the year of publication are cited in the body of an assignment. Here are the main points to follow when using the Harvard system.

- When citing a reference in the body of your assignment, please include the author’s surname and the year of publication. For example: Good sources of Vitamin A include oily fish, eggs and cheese (Osiecki, 2010)
- Include the author’s surname and the year of publication at every point in the assignment where the reference is being cited.
- If there are 3 or less authors, please include all names. Where there is more than 3 include the first author’s surname, followed by et.al.
- In your bibliography, please list your references in alphabetical order.
2.) All references in the bibliography should include the following in order:
Author surname/s, initial/s. ed. or eds. (if editor/s). Year of publication. Title.
Edition (if not the first edition) ed. Place of publication, Publisher.
For example:

3.) How to reference electronic resources
Referencing electronic resources is similar to a hard copy version however some additional information is needed. When including an electronic reference, the URL and date it was accessed should be included.
All electronic references in the bibliography should include the following in order:
For example:

4.) How to reference a website
Referencing a website is similar to an electronic resource.
All website references in the bibliography should include the following in order:
Author/s or corporate body. Date of publication/last update or copyright date. Title. [online]. Available from: URL [Accessed date].
For example:

5.) Why should I cite my sources of information?
- Giving references for your sources of information gives authority to your work and demonstrates that you have researched your topic.
- Listing your sources of information allows us to see where the information came from.
- Failing to give credit to your sources of information constitutes plagiarism.
There are many free websites that will produce your references for you if you input the data. One example is: http://neilstoolbox.com. This can make referencing a little easier.

**Plagiarism**

Here at Sano School of Culinary Medicine we take plagiarism very seriously. We use a detection system to scan assignments for evidence of plagiarism.

**What is plagiarism?**

According to the Merriam-Webster’s online dictionary, to plagiarize is “to steal and pass off (the ideas or words of another) as one’s own: use (another's production) without crediting the source [...] or] to commit literary theft: present as new and original an idea or product derived from an existing source.”

**Examples of plagiarism**

- turning in someone else's work as your own
- copying words or ideas from someone else without giving credit failing to put a quotation in quotation marks
- giving incorrect information about the source of a quotation
- changing words but copying the sentence structure of a source without giving credit
- copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not

**How to avoid plagiarism?**

There are three ways of incorporating work from other sources into your assignments, quotations, paraphrasing and summarising.

**Quotations**

If you are using a direct quote it must be identical to the original, using a small segment of the source. It must be quoted word for word and the work attributed to the author.

**Paraphrasing**

Paraphrasing involves putting the information from your source into your own words. Usually this ends up being shorter than the original section. This must be attributed to the author.

**Summarising**

This involves taking the main points and summarising them. A summary is a condensed version of the main ideas in a text. The information in the summary
needs to be attributed to the author.

For more information about plagiarism please visit www.plagiarism.org

**Learner support services**

Sano School of Culinary Medicine is committed to providing additional support for students with disabilities to facilitate access and successful completion of the Diploma in Culinary Medicine.

Our support team is dedicated to ensuring students with a disability, specific learning difficulty (i.e. dyslexia) long-term health condition or mental health condition receive the support they need.

Some examples of the support we offer include:

**Accessible study materials**

Our study materials include an online learning platform and computer-based activities like online quizzes, videos and animations. Where accessibility may be a challenge, we usually offer alternative formats such as;

Downloadable pdf’s which can be read out loud using various software

Printed materials (available on request)

**Examination arrangements**

Not all our students are able to complete our online module quizzes under standard conditions. We can often tailor arrangements to suit your needs.

**Access to support staff**

Support for learners can take place by phone or online. If you require additional support it may be possible to arrange some individual tutor sessions by phone, skype or by email.

We encourage students to tell us about any disability or learning support need by emailing us at support@sanoschoolofculinarymedicine.com

If you have told us about a disability or support need we will make an appointment for you to discuss any requirements you have with one of our team. With your agreement, we will share your support needs with your tutor/s.

**Equal Opportunities**

Sano School of Culinary Medicine is committed to equal opportunities and inclusion for all its students. No applicant or student will be discriminated against on the grounds of:

1. Age
2. Sex

Copyright © Sano School of Culinary Medicine 2017
3. Race
4. Disability
5. Pregnancy
6. Marital status
7. Sexual orientation.
8. Gender reassignment
9. Religious background

Furthermore, Sano is committed to promoting equality in relation to all its student policies and practices.

Complaints Policy

Sano School of Culinary Medicine is committed to providing high quality education and services to all its students. We aim to provide a supportive environment for students and to respond to all concerns raised. We view complaints as an opportunity to learn and improve for the future, as well as a chance to put things right for the person that has made the complaint.

Our policy is:
- To provide a fair complaints procedure which is clear and easy to use for anyone wishing to make a complaint
- To publicise the existence of our complaints procedure so that people know how to contact us to make a complaint
- To make sure everyone at Sano School of Culinary Medicine knows what to do if a complaint is received
- To make sure all complaints are investigated fairly and in a timely way
- To make sure that complaints are, wherever possible, resolved and that relationships are repaired
- To gather information which helps us to improve what we do

Definition of a Complaint
A complaint is any expression of dissatisfaction, whether justified or not, about any aspect of Sano School of Culinary Medicine.

Where Complaints Come From
Complaints may come from any person or organisation that has a legitimate interest in Sano School of Culinary Medicine.

A complaint can be received verbally, by phone, by email or in writing. If you would like to see our complaints procedure, please email support@sanoschoolofculinarymedicine.com

Copyright © Sano School of Culinary Medicine 2017
Confidentiality
All complaint information will be handled sensitively, telling only those who need to know and following any relevant data protection requirements. This will be a confidential process however if the person making the complaint is complaining about a Sano employee, they will be asked whether they agree to the staff member involved being told of the complaint.

Responsibility
Overall responsibility for this policy and its implementation lies with the directors of the company.

Review
This policy is reviewed regularly and updated as required.

Diploma in Culinary Medicine module outcomes and credits
The Diploma in Culinary Medicine is a level 3 diploma as per the qualifications-and-credit-framework. At the completion of the Diploma, students will have 39 credits. [http://www.accreditedqualifications.org.uk/qualifications-and-credit-framework-qcf.html](http://www.accreditedqualifications.org.uk/qualifications-and-credit-framework-qcf.html)

The course is made up of 7 modules and a final assignment.

The modules are:
- Diabetes, Obesity and Metabolic Syndrome
- The Immune System
- The Heart & Circulatory System
- Joints & Bones
- The Digestive System and Digestive Disorders
- The Skin and Skin Disorders
- Food & Mood

The final assignment is comprised of 2 parts, a case study and a recipe design assignment. Below is a description of the modules

Module 1: Diabetes Obesity and Metabolic Syndrome

Credit points 5
Notional hours of learning: 50

Course Objectives

1. Understand how food is digested, how they release their energy, and how this impacts our long-term health.
2. Understand the systems and chemicals involved in blood sugar regulation.
3. Understand how nutrition and dietary patterns, changes, and interventions can determine our capacity to avoid these issues, or manage or correct any issues we currently may have.
4. Apply the therapeutic benefits of food to recipe design, demonstrating your knowledge of how nutrition and specific ingredients impact physiology.

**Course Assessments**

1 open book multiple choice exam (50%) (Objectives 1, 2 and 3)
1 2000-3000-word assignment (50%) (Objective 4)

**Module 2: The immune system**

*Credit points 5*

Notional hours of learning: 50

**Course Objectives**

1. Understand the organisation of the immune system
2. Understand the cells of the immune system, the roles they play, and how they work.
3. Understand how nutrition influences immune function
4. Apply the therapeutic benefits of food to recipe design, demonstrating your knowledge of how nutrition and specific ingredients impact physiology.

**Course Assessments**

1 open book multiple choice exam (50%) (objectives 1, 2 and 3)
1 2000-3000-word assignment (50%) (objective 4)

**Module 3: The Heart and Circulatory System**

*Credit points 5*

Notional hours of learning: 50

**Course Objectives**

1. Understand the basic anatomy and physiology of the cardiovascular system
2. Understand key disease processes that occur in the cardiovascular system
3. Understand the role nutrition has to play in disease process, supporting long term health, recovery and support.
4. Learn what foods are harmful to cardiovascular health, and which foods are beneficial.
5. Apply the therapeutic benefits of food to recipe design, demonstrating your knowledge of how nutrition and specific ingredients impact physiology.
Course Assessments
1 open book multiple choice exam (50%) (objectives 1, 2, 3 and 4)
1 2000-3000-word assignment (50%) (objective 5)

Module 4 Joints and Bones
Credit points 5
Notional hours of learning: 50

Course Objectives
1. Understand the anatomy and physiology of the skeleton and the joints.
2. Understand common diseases of the bones and joints and the processes that arise when they occur.
3. Understand the role that nutrition has to play in disease processes, and also as a potential therapeutic intervention
4. Apply the therapeutic benefits of food to recipe design, demonstrating your knowledge of how nutrition and specific ingredients impact physiology.

Course Assessments
1 open book multiple choice exam (50%) (objectives 1, 2, 3 and 4)
1 2000-3000-word assignment (50%) (objective 4)

Module 5: The Digestive System and Digestive Disorders
Credit points 5
Notional hours of learning: 50

Course Objectives
1. Understand the basic anatomy and physiology of the digestive system
2. Understand the basic digestion of the major food groups and normal digestive processes.
3. Understand the most common digestive disorders
4. Understand how diet can both aggravate and alleviate common digestive problems.
5. Apply the therapeutic benefits of food to recipe design, demonstrating your knowledge of how nutrition and specific ingredients impact physiology.

Course Assessments
1 open book multiple choice exam (50%) (objectives 1, 2, 3 and 4)
1 2000-3000-word assignment (50%) (objective 5)

Module 6: The Skin and Skin Disorders
Credit points 5
Notional hours of learning: 50

Module Objectives
1. Understand the functions of the skin and common skin conditions
2. Understand how diet can support the structure of the skin
3. Understand common skin conditions and the processes that arise when they occur.
4. Understand the role that nutrition has to play in skin health and the prevention and alleviation of common skin condition symptoms
5. Apply the therapeutic benefits of food to recipe design, demonstrating your knowledge of how nutrition and specific ingredients impact physiology.

Course Assessments
1 open book multiple choice exam (50%) (objectives 1, 2, 3 and 4)
1 2000-3000-word assignment (50%) (objective 5)

Module 7 Mood and Food
Credit points 5
Notional hours of learning: 50

Module Objectives
1. Understand the basic anatomy and physiology of the nervous system, including key neurotransmitters.
2. Understand common mental health conditions and the role nutrition has to play.
3. Understand how nutrition influences nervous system function.
4. Apply the therapeutic benefits of food to recipe design, demonstrating your knowledge of how nutrition and specific ingredients impact physiology.

Course Assessments
1 open book multiple choice exam (50%) (objectives 1, 2 and 3)
1 2000-3000-word assignment (50%) (objective 4)

Final Assignment
Credit points 4
Notional hours of learning: 40

Assignment Objectives
Part 1
1. Analyse and evaluate the impact of food intake on specific health symptoms.
2. Critique a diet and lifestyle diary in relation to prevention and modulation of functional status
Part 2
1. Plan and develop an appropriate 7-day menu plan for a specific health condition, or body system.
2. Demonstrating knowledge of how to support the health of a body system through diet.

Course Assessments
1 1500-2500-word case study (50%) (objectives 1 and 2)
1 2000-3000-word assignment (50%) (objectives 3 and 4)

Credit Points at the completion of the Diploma in Culinary Medicine: 39

Recommended Reading List

This is a list of suggested books to help guide your research and support the learning material. It is not compulsory reading.

Pre reading/General resource books
The Encyclopedia of Natural Medicine Third Edition By Michael T Murray and Joseph Pizzorno
The Medicinal Chef: How to Cook Healthily: Simple Techniques and Everyday Recipes for a Healthy, Happy Life By Dale Pinnock

Module 1: Diabetes, Obesity and Metabolic Syndrome
The Obesity Epidemic: What caused it? How can we stop it? By Zoe Harcombe
Fat Chance: The Hidden Truth About Sugar, Obesity and Disease By Dr. Robert Lustig
The Blood Sugar Solution By Dr Mark Hyman

Module 2: The immune system
Super Immunity: The Essential Nutrition Guide for Boosting Your Body’s Defenses to Live Longer, Stronger, and Disease Free By Joel Fuhrman
Diet, Immunity and Inflammation By Philip C Calder, Parveen Yaqoob
How the Immune System Works By Lauren M. Sompayrac

Copyright © Sano School of Culinary Medicine 2017
Module 3: The Heart and Circulatory System

Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol By Mary G. Enig
Put Your Heart in Your Mouth: Natural Treatment for Atherosclerosis, Angina, Heart Attack, High Blood Pressure, Stroke, Arrhythmia, Peripheral Vascular Disease By Dr. Natasha Campbell-McBride M.D.

Module 4: Joints and Bones

Whole Foods for Strong Bones: A Holistic Approach (Whole-Body Healing) By Annemarie Colbin
Healthy Joints for Life: An Orthopedic Surgeon’s Proven Plan to Reduce Pain and Inflammation, Avoid Surgery and Get Moving Again By Richard Diana

Module 5: The Digestive System and Common Digestive Disorders

Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion By Elizabeth Lipski
The Complete Low-FODMAP Diet: The revolutionary plan for managing symptoms in IBS, Crohn’s disease, coeliac disease and other digestive disorders By Dr. Sue Shepherd and Dr. Peter Gibson
Gut: the inside story of our body’s most underrated organ By Giulia Enders and David Shaw
The Gut Health Diet Plan: Recipes to Improve Digestive Health and Boost Wellbeing by Christine Bailey

Module 6: The Skin and Skin Disorders

Solve Your Skin Problems (Optimum Nutrition Handbook) Kindle Edition By Patrick Holford, Natalie Savona
The Clear Skin Diet: How to Defeat Acne and Enjoy Healthy Skin By Alan C. Logan and Valori Treloar

Module 7: Food and Mood

Nutrient Power: Heal Your Biochemistry and Heal Your Brain By William J. Walsh

Copyright © Sano School of Culinary Medicine 2017
Red Flag Symptoms

Below is a list of red flag symptoms that if someone you are working with or supporting reports, you must advise them to seek a medical opinion. This is both for their health, and your protection. It is best practice to ensure that any individual that you are working with has consulted their GP or other healthcare practitioner about any undiagnosed condition or any significant changes in symptoms for a diagnosed condition.

Pain

- any pain which is persistent, particularly if severe or in the head, abdomen or central chest
- pain in the eye or temples, with local tenderness, in the elderly, rheumatic patient
- pain on passing urine in a man
- cystitis recurring more than three times in a woman
- absence of pain in ulcers, fissures etc.
- sciatic pain if associated with objective neurological deficit

Bleeding

- blood in sputum, vomit, urine or stools
- vomit containing “coffee grounds” (coagulated blood, twisted bowel)
  - black, tarry stools (cancer)
- non-menstrual vaginal bleeding (intermenstrual, postmenopausal, or at any time in pregnancy)
- vaginal bleeding with pain in pregnancy or after missing one period

Psychological

- deep depression with suicidal ideas
- hearing voices
- delusional beliefs
- incongruous behavior

Persistent

- vomiting &/or diarrhoea
- vomiting &/or diarrhoea in infant
- thirst
- increase in passing urine
- cough
- unexplained loss of weight (1lb per week or more)

**Sudden**
- breathlessness
- swelling of face, lips, tongue or throat
- blueness of the lips
- loss of consciousness
- loss of vision
- convulsions
- unexplained behavioural change

**Difficulty**
- swallowing
- breathing

**Change**
- in bowel habit
- in a skin lesion (size, shape, colour, bleeding, itching, pain)

**Others**
- pallor
- unexplained swelling or lumps
- neck stiffness in a patient with fever
- unexplained fever, particularly if persistent or recurrent
- brown patches (Addison’s disease)