Course Description/Purpose

The objectives of this course are designed to make the food service student aware of nutrient needs throughout the life cycle and to apply those principles to menu planning and food preparation. Students also learn the characteristics, functions and food sources of the major nutrient groups and how to maximize human health.

Major Units

C Introduction
C Scientific aspects of nutrition
C Food consumption
C Nutrition applications in food service

Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

Cognitive Each student will be expected to Identify/Recognize...

C characteristics of nutrients
C the bodies use of nutrients
C functions of food sources
C proper cooking methods
C the American Diet
C special food considerations
C human digestion
C nutrition in the food industry
C consumption trends
C healthy menu alternatives
C staff training
C fitness recommendations

Performance Each student will be expected to Demonstrate/Practice...

C recipe development
C research and development of a fad diet
C menu analysis project

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