



Course Outcome Summary

Required Program Core Course

CAFE 114 Food and Nutrition

Course Information

Division	Business
Contact Hours	30
Total Credits	2

Prerequisites **Reading 090 and Math 090**

Course Description **CAFÉ 114 Food and Nutrition**

This course is designed to prepare the Foodservice students to awareness of nutrient needs throughout the life cycle and to apply those principles to menu planning and food preparation. The course will include ways to apply these principles to practical situations, as well as methods of training and motivating employees to follow good nutrition practices. Students will study the laws and regulations related to nutrition, and adhere to them in the Foodservice operation. Students will also learn the characteristics, functions and food sources of the major nutrient groups and how to maximize human health and nutrition.

This course is a required core course for students pursuing an AAS in Culinary Arts and Foodservice Education (CAFÉ).

Program Outcomes Addressed by this Course:

Upon successful completion of this course, students should be able to meet the program outcomes listed below:

- A. Demonstrate a broad understanding of styles of food preparation within a commercial kitchen setting
- C. Demonstrate competence with food sanitation practices and how they apply to Federal Standards
- E. Accurately weigh, measure and convert quantities and amounts within recipes
- M. Demonstrate awareness and appreciation of current trends in the Foodservice industry

Course Outcomes

In order to evidence success in this course, the students will be able to:

1. Identify nutrition and health over the life cycle. (PO-C)
2. Identify/Recognize the foundations of healthy cooking. (PO-C,E)
3. Practice healthy menu planning and recipe development. (PO-C,E)
4. Identify dietary recommendations and food guides. (PO-C,E)
5. Practice marketing to Health-Conscious guests. (PO-C,M)
6. Identify/Recognize food labels. (PO-C)
7. Differentiate between vegetarian diets, fad diets, and organic diets. (PO-A,M)
8. Identify/Recognize food allergies. (PO-A,C,M)
9. Identify/Recognize healthy beverages, sweeteners, and food additives. (PO-A,C,M)
10. Identify/Recognize diseases and their relation to food and diet. (PO-C,M)

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