

Outline of Instruction

enriching lives

Division:	Business	Area:	Culinary Skills and Management
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Course Number: CSM 114 Course Name: Nutrition

Prerequisite: None
Corequisite: None

Hours Required: Class: 30 Lab: Credits: 2

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

С	Introduction	С	Food consumption
^	Scientific aspects of nutrition	\subset	Nutrition applications in food service
$\overline{}$	Scientific aspects of nutrition	\sim	indication applications in 1000 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*...

Ccharacteristics of nutrients С the bodies use of nutrients С 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 С consumption trends С healthy menu alternatives С staff training

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

fitness recommendations

C recipe development

C research and development of a fad diet

C menu analysis project

Reviewed 2006 6/98:KT:ng

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