



COURSE OUTLINE: KAP201 - NUTRITION AND WELL

Prepared: Deron Tett

Approved: Sherri Smith, Chair, Natural Environment, Business, Design and Culinary

Course Code: Title	KAP201: NUTRITION AND WELLNESS
Program Number: Name	
Department:	CULINARY/HOSPITALITY
Academic Year:	2022-2023
Course Description:	Nutrition plays a vital role in menu selection for restaurant clientele. In this course, students will gain a foundational understanding of nutrition as applied to dietary concerns, menu selection and clients` needs. Students will also acquire knowledge of basic nutrients, food labeling, and nutritional principles and apply this knowledge to recipe and menu development.
Total Credits:	1
Hours/Week:	3
Total Hours:	21
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Essential Employability Skills (EES) addressed in this course:	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience. EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication. EES 3 Execute mathematical operations accurately. EES 4 Apply a systematic approach to solve problems. EES 5 Use a variety of thinking skills to anticipate and solve problems. EES 6 Locate, select, organize, and document information using appropriate technology and information systems. EES 7 Analyze, evaluate, and apply relevant information from a variety of sources. EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others. EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals. EES 10 Manage the use of time and other resources to complete projects. EES 11 Take responsibility for ones own actions, decisions, and consequences.
Course Evaluation:	Passing Grade: 50%, D A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.
Books and Required	Nutrition for Foodservice and Culinary Professionals by Karen E. Drummond, Lisa M. Brefere



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Resources:

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Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
Identify the impact of trends and food availability in consumer eating behaviours, as well as food availability and processing on the Canadian food service industry.	1.1 Discuss current trends and the impact on consumer eating behavior. 1.2 Explain the relationship of agriculture and food production and their impact on food quality. 1.3 Describe the relationship between nutrients and cooking methods in the kitchen. 1.4 Identify how cooking and storing food impacts nutrients.
Course Outcome 2	Learning Objectives for Course Outcome 2
Explain Canadian guidelines and recommendations for healthy eating.	2.1 Discover Canada's Food Guide to Healthy Eating and explain the fundamentals of healthy eating. 2.2 Review dietary reference intakes. 2.3 Identify recommended percentage of total caloric intake from carbohydrate, protein and fat from a one day menu. 2.4 Contrast the total caloric intake from carbohydrates, protein, and fat in a balanced diet versus an unbalanced diet. 2.5 Review guidelines for sound nutritional practice for families. 2.6 Identify nutritional concerns associated within each stage of the life cycle.
Course Outcome 3	Learning Objectives for Course Outcome 3
Identify the functions, types and sources of food energy in healthy eating.	3.1 Describe food energy (kcalories) and what its role is in nutrition. 3.2 State the calories supplied by 1g each of carbohydrate, protein, fat and alcohol. 3.3 Define and list classifications for macronutrients and micronutrients. 3.4 Define the role of carbohydrate, protein, fiber, water and fats: saturated, polyunsaturated, monounsaturated, cholesterol, HDL and LDL. 3.5 Identify the functions of the major vitamins and minerals. 3.6 Identify food sources, results of deficiencies of the major vitamins and minerals. 3.7 Explain the food sources of water and its value to the body's functions. 3.8 Interpret an ingredient list and nutrition facts table.
Course Outcome 4	Learning Objectives for Course Outcome 4
Recognize nutritional requirements and food preparation practices needed to manage a variety of diets and health concerns.	4.1 Discuss common food allergens, intolerances and special dietary concerns. 4.2 Recognize nutritional challenges for individuals with specific health conditions. 4.3 Recommend methods for accommodating food allergies, intolerances and special diets. 4.4 Discuss special diet food preparation for a variety of institutional workplace settings. 4.5 Assess recipes and food preparation techniques and



		Identify potential areas of concern for identified special diets. 4.6 Describe the standard requirements for textures: honey, nectar, pudding, minced and purees. 4.7 Identify how recipes can be adapted to meet dietary requirements and food preparation practices.
	Course Outcome 5	Learning Objectives for Course Outcome 5
	Create menus that meet the needs of clients and food service establishments.	5.1 Produce menus according to Canada's Food Guide to Healthy Eating. 5.2 Modify menu items to accommodate client needs. 5.3 Plan menus for preventative measures and identified special diets. 5.4 Assess menus and make recommendations for healthier ingredient alternatives and preparation techniques.
Evaluation Process and Grading System:	Evaluation Type	Evaluation Weight
	Assignments	20%
	Final Assessment	30%
	Test 1	25%
	Test 2	25%
Date:	June 30, 2022	
Addendum:	Please refer to the course outline addendum on the Learning Management System for further information.	