

Sault College of Applied Arts and Technology sault ste. marie

Course Outline

SANITATION & NUTRITION

- SPR 120-2

AT

revised SEPTEMBER 1975

SANITATION-* NUTRITION - '4v&.z.Jt
SPR 120-2

(Secretarial Science)

GENERAL OBJECTIVES:

To provide the students with a basic knowledge of the principles of nutrition, sanitation, and mental hygiene, as outlined in the topics indicated below:

Sanitation & Hygiene:

- a) Personal Hygiene
- b) Handling of utensils
- c) Health Regulations
- d) Sanitizing & Sterilizing
- e) Bacteria Routes and conditions for growth
- f) Types of bacteria
- g) Causes of food contamination
- h) Communicable diseases

Mental Hygiene:

How to be happy on and off the job.

Your attitude - how it affects your work and life

Nutrition:

Nutrients -

- a) Food as the source of energy for growth, renewal, replacement and repair.
- b) Calories
- c) Carbohydrates, fats, proteins, minerals
- v d) Vitamins
- e) Nutrients value of some common foods.
- f) Sources of food, nutrition materials.
- g) Malnutrition - causes and preventions.

EVALUATION:

Sanitation and Hygiene - combined, objective and essay type test

Mental Hygiene - term essay - topic own choice

Nutrition - combined test - true-false; multiple choice

course outline