

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Outline: NUTRITION

Code No.: FDS 128

Program: CHEF TRAINING

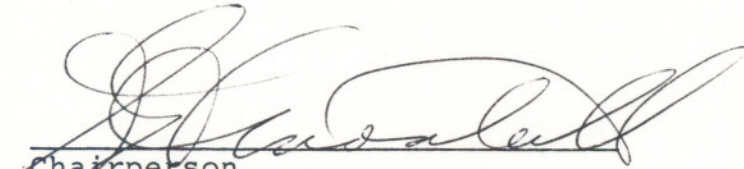
Semester: _____

Date: SEPTEMBER 1988

Author: JOHN ALDERSON

New: _____ Revision: X

APPROVED:


Chairperson

88-09-02
Date

- 1) The essential nutrients:
 - Carbohydrates
 - Fats
 - Proteins
 - Inorganic Elements
 - Vitaminsthe importance of these nutrients in a healthy diet and the food sources.
- 2) The relationship of food consumption and physical work:
 - Energy value of food
 - Calories
 - Basal Metabolic Rate
- 3) The digestion of foods and the absorption of nutrients:
 - The digestive system
 - History of nutrients in the body

Student Evaluation:

TEST (1)	-	25%
TEST (2)	-	25%
TEST (3)	-	50%
		<hr/>
		100%

NO REWRITES.