

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

COURSE OUTLINE

Course Title: NUTRITION

Code No.: FDS128-1

Program: CHEF TRAINING

Semester: ONE

Date: SEPTEMBER, 1990

Previous Outline Dated: SEPTEMBER, 1989

Author: JOHN ALDERSON

New: \_\_\_\_\_ Revision: X \_\_\_\_\_

APPROVED: *J. Montali*  
Dean, Business & Hospitality

Sept 90  
Date

**OBJECTIVES:**

- 1) The student will be able to identify:
  - a) The nutrients known to be essential to the human body
  - b) The functions of these nutrients in the body
  - c) Major food sources of these nutrients
  - d) Deficiency diseases that may occur as a result of the lack of nutrients
  
- 2) The student will be able to identify the special nutritional needs of:
  - a) Infants
  - b) Children and Teenagers
  - c) Adults
  - d) Senior Citizens
  
- 3) The student will be able to analyze a one week food intake using the charts provided and implement suitable changes to make the diet nutritionally acceptable.

**METHOD OF INSTRUCTION:**

Reading assignments, lectures, discussion and a project.

**TEXTBOOK:** "Nutriscore", by Ruth Fremes and Dr. Zak Sabry

**RECOMMENDED READINGS:** Any books on nutrition in the College Library

**GRADING:**

The student's grade will be determined by the administration of tests given **three times** in the semester and a project. The date of the tests will be announced approximately one week in advance.

If a student is not able to write a test because of illness or another legitimate emergency, that student must contact the instructor prior to the test and provide an explanation which is acceptable to the instructor. Medical certificates or other appropriate proof may be required.

In all other cases, the student will receive a mark of zero for that test and may have to repeat the course.

**GRADE INTERPRETATION:**

A letter grade of A+, A, B, C, or R will be used to indicate the achievement or value of the student's work.

A+	90% and over
A	80% - 89%
B	70% - 79%
C	55% - 69%
R	0% - 54%

A student with a final grade of less than 55% (C), will have to repeat the course. There will be no rewrites of either semester test.

**Final Mark** will be based on the following:

Project	-	25%
Test #1	-	25%
Test #2	-	25%
TEST #3	-	25%