

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

Sault Ste. Marie, Ontario

COURSE OUTLINE

COURSE TITLE: *Nutrition*

CODE NO. *FDS128*

SEMESTER: *One*

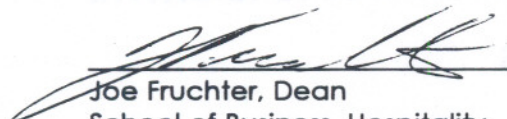
PROGRAM: *Hotel & Restaurant Management*

AUTHOR: *John Alderson*

DATE: *September, 1997*

PREVIOUS OUTLINE DATED: *September, 1996*

APPROVED:


Joe Fruchter, Dean
School of Business, Hospitality,
Natural Resources & Computer Studies

DATE: ~~_____~~

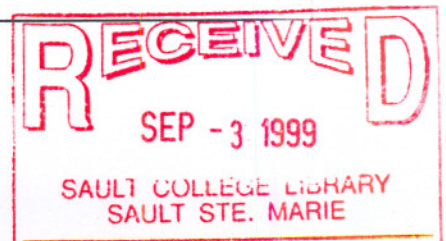
Aug 21/97

TOTAL CREDITS: _____

PREREQUISITES: _____

LENGTH OF COURSE: _____

TOTAL CREDIT HOURS: _____



NUTRITION

FDS128

COURSE NAME

COURSE CODE

TOTAL CREDITS: 1

PREREQUISITE(S): NONE

I. COURSE DESCRIPTION:

The course will cover the elements of good health through nutritional foods. The selection and preparation and selection to maximize the nutritional benefits.

II. TOPICS TO BE COVERED:

1. INTRODUCTION TO THE MAJOR NUTRIENTS AND THERE CONTRIBUTION TO TOTAL HEALTH.
2. ENERGY AND CALORIE INTAKE
3. LIPIDS
4. PROTEINS AND VEGETARIAN DIETS
5. CARBOHYDRATES AND DIETARY FIBRE
6. VITAMINS, PROCESSING AND FOOD ADDITIVES
7. MINERAL ELEMENTS
8. WATER
9. DEVELOPING FOOD PATTERNS

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COURSE CODE**III. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:****A. Learning Outcomes and Elements of the Performance:**

Upon successful completion of this course the student will demonstrate the ability to:

1. Examine the use of food standards, Canada's Food Guide, and Canada's Guidelines for healthy eating.

Elements of the performance:

- | Identify the importance & purpose of good nutrition.
- | Identify major nutrients and their contribution to total health:
 - carbohydrates
 - fat
 - protein
 - minerals
 - vitamins
 - water
 - fibre
- | Identify the reasons for an individual's food choices.
- | Use Canada's Food Guide as a tool to assess nutritional health and compare a person's food intake to Canada's Food Guide.
- | Identify Canadian recommendations for healthy eating.

2. Investigate energy balance.

Elements of the performance:

- | Define calorie and state the calories supplied by:
 - 1 g carbohydrate
 - 1 g protein
 - 1 g fat
 - 1 g alcohol

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5. Differentiate between the various types of carbohydrates in the diet and their functions in the body.

Elements of the performance:

! Define carbohydrate and state:

- composition
- body functions
- major food sources
- storage

! Describe various health factors affected.

! Define fibre and state:

- body function
- major food sources
- benefits

6. Identify the essential vitamins in the diet and their functions in the body.

Elements of the performance:

! Define the roles of the known vitamins:

- fat soluble
 - water soluble
- and state:
- food sources
 - results of deficiencies of these vitamins

! Also state the use and control of additives in our food supply.

! State the affects of food processing on nutrients and identify food additives. State the effects of:

- light
- air
- water
- temperature
- additives (on nutrient retention)

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COURSE CODE**IV. EVALUATION METHODS:**

The mark for this course will be arrived at as follows:

TEST 1 @ 30%
TEST 2 @ 30%
TEST 3 @ 40%

The grading scheme used will be as follows:

A+ 90 - 100% Outstanding achievement
A 80 - 89% Excellent achievement
B 70 - 79% Average achievement
C 60 - 69% Satisfactory achievement
R Repeat

X Incomplete. A temporary grade limited to special circumstances have prevented the student from completing objectives by the end of the semester. An X grade reverts to an R grade if not upgraded within a specified time.

V. SPECIAL NOTES

1. In order to pass this course the student must obtain an overall **tests/quiz average** of 60% or better.
2. Assignments must be submitted by the due date according to the specifications of the instructor. Late assignments will normally be given a mark of zero. Late assignments will only be marked at the discretion of the instructor in cases where there were extenuating circumstances.
3. The instructor reserves the right to modify the assessment process to meet any changing needs of the class. Consultation with the class will be done prior to any changes.
4. The method of upgrading an incomplete grade is at the discretion of the instructor, and may consist of such things as make-up work, rewriting tests, and comprehensive examinations.
5. Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.
6. Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

