
Course Name

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I. COURSE DESCRIPTION:

The course will cover the elements of good health through nutritional foods. The selection and preparation of foods in order to maximize the nutritional benefits will also be covered.

II. 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.

Potential Elements of the Performance:

- Identify the importance and 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.

Potential Elements of the Performance:

Define calorie and state the calories supplied by:

- carbohydrate
- protein
- fat
- alcohol

3. Explore Different Types of Fats and Lipids and their Functions.

Potential Elements of the Performance:

Define Fat:

- Saturated
- Polyunsaturated

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- Monounsaturated
- Cholesterol

State the Modifications Necessary in a Menu for:

- Low Fat
- Low Cholesterol

Define various health factors affected.

4. Identify the different types of protein in the diet and their functions in the body.

Potential Elements of the Performance:

Define protein stating:

- Composition
- Major Food Sources
- Body Functions

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

Potential Elements of the Performance:

Define carbohydrate and state:

- Composition
- Body functions
- Major food sources
- Storage

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

Potential Elements of the Performance:

Define the roles of the known vitamins:

- Fat soluble
- Water soluble

7. List the major trace minerals in the diet and their functions in the body.

Potential Elements of the Performance:

Define the roles of minerals stating:

- The sources and value to the body of the major trace minerals.
- The results of deficiencies and excesses.

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8. Explain the importance of water and water balance in the diet.

Potential Elements of the Performance:

- Define the importance of water in a nutritionally balanced body state.
- State the major sources of water and its value to the body's function.
- Discuss water quality and environmental contamination.

9. Examine the nutritional needs of the various members of society.

Potential Elements of the Performance:

- Describe the nutritional requirements of the life cycle.
- Describe guidelines for establishing sound nutritional practices in the family.
- Discuss nutritional problems of each state of the life cycle with emphasis on adolescence and seniors.
- Describe cultural differences and eating patterns throughout the world.

III. TOPICS TO BE COVERED:

1. Introduction to the Major Nutrients and their Contribution to Total Health
2. Energy and Calorie Intake
3. Lipids
4. Proteins & Vegetarian Diets
5. Carbohydrates & Dietary Fibre
6. Vitamins, Processing & Food Additives
7. Mineral Elements
8. Water
9. Developing Food Patterns

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Nutrition and Lifestyle Manual

V. EVALUATION PROCESS/GRADING SYSTEM:

Test # 1	34%
Test # 2	33%
Test # 3	<u>33%</u>
Total	100%

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<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	4.00
B	70 - 79%	3.00
C	60 - 69%	2.00
F (Fail)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field/clinical placement or non-graded subject areas.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

GUIDELINES RE GRADING:

ASSIGNMENTS:

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.

Since one of our goals is to assist students in the development of proper business habits, assignments will be treated as reports one would provide to an employer, i.e. in a timely and businesslike manner. Therefore assignments will be due at the beginning of class and will be 100% complete. No extension will be given unless the student and the professor have come to an agreement prior to the due date.

TESTS:

In order to pass this course, the student must obtain an overall test/quiz average of 60% or better.

If a student is not able to write a test because of illness or a legitimate emergency, that student must contact the professor prior to the test or as soon

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as possible and provide an explanation which is acceptable to the professor. In cases where the student has contacted the professor and where the reason is not classified as an emergency, i.e. slept in, forgot, etc., the highest achievable grade is a "C". In cases where the student has not contacted the professor, the student will receive a mark of "0" on that test.

SPECIAL NOTES:

Dress Code:

All students are required to wear their uniforms while in the hospitality centre, both in and out of the classroom.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Prior Learning Assessment:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.

Substitute course information is available in the Registrar's office.

Disability Services:

If you are a student with a disability (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Disability Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

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Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Code of Conduct*. A professor/instructor may assign a sanction as defined below, or make recommendations to the Academic Chair for disposition of the matter. The professor/instructor may (i) issue a verbal reprimand, (ii) make an assignment of a lower grade with explanation, (iii) require additional academic assignments and issue a lower grade upon completion to the maximum grade “C”, (iv) make an automatic assignment of a failing grade, (v) recommend to the Chair dismissal from the course with the assignment of a failing grade. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Student Portal:

The Sault College portal allows you to view all your student information in one place. **mysaultcollege** gives you personalized access to online resources seven days a week from your home or school computer. Single log-in access allows you to see your personal and financial information, timetable, grades, records of achievement, unofficial transcript, and outstanding obligations. Announcements, news, the academic calendar of events, class cancellations, your learning management system (LMS), and much more are also accessible through the student portal. Go to <https://my.saultcollege.ca>.

Electronic Devices in the Classroom:

Students who wish to use electronic devices in the classroom will seek permission of the faculty member before proceeding to record instruction. With the exception of issues related to accommodations of disability, the decision to approve or refuse the request is the responsibility of the faculty member. Recorded classroom instruction will be used only for personal use and will not be used for any other purpose. Recorded classroom instruction will be destroyed at the end of the course. To ensure this, the student is required to return all copies of recorded material to the faculty member by the last day of class in the semester. Where the use of an electronic device has been approved, the student agrees that materials recorded are for his/her use only, are not for distribution, and are the sole property of the College.

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Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

Tuition Default:

Students who have defaulted on the payment of tuition (tuition has not been paid in full, payments were not deferred or payment plan not honoured) as of the first week of November will be removed from placement and clinical activities. This may result in loss of mandatory hours or incomplete course work. Sault College will not be responsible for incomplete hours or outcomes that are not achieved or any other academic requirement not met as of the result of tuition default. Students are encouraged to communicate with Financial Services with regard to the status of their tuition prior to this deadline to ensure that their financial status does not interfere with academic progress.