
Course Name

Code No.**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

Course Name

Code No.

- 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.

Course Name

Code No.

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:

Student Professionalism	10%
Test # 1	30%
Test # 2	30%
Test # 3	30%
Total	100%

 Course Name

 Code No.

<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 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.

Course Name

Code No.

VI. SPECIAL NOTES:

Dress Code:

All students are required to wear their uniforms while in the Hospitality and Tourism Institute, both in and out of the classroom.

Without proper uniform, classroom access will be denied

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.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.