

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY
NORTHERN ONTARIO HOSPITALITY AND TOURISM INSTITUTE
SAULT STE. MARIE, ONTARIO**



**SAULT
COLLEGE**

COURSE OUTLINE

COURSE TITLE: NUTRITION

CODE NO. : FDS128 SEMESTER: 1

**PROGRAM: Culinary Skills – Chef Training
Culinary Management
Cook Apprentice**

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DATE: 05/12 PREVIOUS OUTLINE DATED: 05/11

APPROVED: “Angelique Lemay” Aug/12

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TOTAL CREDITS: 1

PREREQUISITE(S): NONE

HOURS/WEEK: 1

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I. COURSE DESCRIPTION:

This course explores concepts of human nutrition as they pertain to the preparation of food in the hospitality industry. Students will gain knowledge of the elements of good health and understand the importance of proper selection and preparation of a variety of foods to maximize the nutritional benefits. The impact of health trends in the food service industry will also be discussed. Students will apply their newly acquired knowledge in other program areas such as menu planning and recipe modification.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Demonstrate a working knowledge of how energy fits into the nutritional process.

Potential Elements of the Performance:

- Define and explain the calorie supplied by one gram of; carbohydrate, protein, fat, and alcohol
- Discuss percentages of total caloric intake from carbohydrates, protein and fat and their implications on meal patterns
- Calculate percentage of total caloric intake from carbohydrate, protein and fat from one day's food intake
- Discuss total energy needs and calculate basal metabolic rate (BMR), and physical activity needs
- Discuss body mass index (BMI), and weight control
- Calculate BMI and caloric reduction for healthy weight loss

2. Demonstrate a working knowledge of nutrients and their impact on the nutritional process

Potential Elements of the Performance:

- Define fat, saturated, polyunsaturated, monounsaturated, cholesterol, HDL and LDL
- Explain composition, major sources of fats, and body functions
- State the modifications necessary to create a low fat and low cholesterol menu
- Define protein and vegetarian diets
- State the modification required for high and low protein diets, and vegetarian diets

- Define fibre and explain its impact on body function
 - Define and explain the role of vitamins
 - List vitamin food sources, and the result of vitamin deficiencies
 - Explain the use and control of additives in our food supply
 - Explain the nutritional effects of processing food
 - State the effects of light, air, water, temperature, and additives on nutrient retention
 - Define the role of minerals in a healthy diet
 - Explain the importance of daily water consumption in a healthy diet
 - Discuss water quality and environmental contamination (precautions)
3. Discuss the relationship of agriculture and food production and their impact on the quality of food products available to consumers.

Potential Elements of the Performance:

- Explain the relationship of agriculture and food production
- Explain how food quality is affected by agriculture and food production

4. Describe the nutritional requirements of the life cycle.

Potential Elements of the Performance:

- State the specific nutritional requirements as they apply to each stage of the life cycle

5. Discuss nutritional challenges of each stage of the life cycle with specific emphasis on the adolescence and elderly stage.

Potential Elements of the Performance:

- Describe the guidelines for establishing sound nutritional practices in the family
- State significant guidelines for family dining
- Discuss anorexia/bulimia
- Discuss concerns and possible solutions in feeding the elderly
- Explain major food intolerances
- Explain special dietary requirements for each stage of the life cycle

III. TOPICS:

1. Introduction to the major nutrients and their contribution to good health.
2. Energy and calorie intake
3. Lipids
4. Proteins and vegetarian diets
5. Carbohydrates and dietary fibre
6. Vitamins, food processing and food additives
7. Mineral elements
8. Water
9. Developing food patterns
10. Nutrition and how it affects the health care industry
11. Anorexia and Bulimia

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Nutrition and Lifestyle Manual

V. EVALUATION PROCESS/GRADING SYSTEM:

The mark for this course will be arrived as follows:

Student Professionalism	10 %
Test #1	30 %
Test #2	30 %
<u>Final Assessment</u>	<u>30 %</u>
Total	100%

The following semester grades will be assigned to students in postsecondary courses:

<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
D	50 - 59 %	1.00
F (Fail)	49% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
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	

VI. SPECIAL NOTES

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.

Dress Code:

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

Assignments:

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. All work is to be word processed, properly formatted, assembled and stapled prior to handing in. No extension will be given unless a valid reason is provided and agreed to by the professor in advance.

Testing Absence:

If a student is unable to write a test for medical reasons on the date assigned, the following procedure is required:

- In the event of an emergency on the day of the test, the student may require documentation to support the absence and must telephone the College to identify the absence. The college has a 24 hour electronic voice mail system (759-2554) Ext. 2588.
- The student shall provide the Professor with advance notice preferably in writing or e-mail of his/her need to miss the test with an explanation which is acceptable to the professor.
- The student may be required to document the absence at the discretion of the Professor.
- All decisions regarding whether tests shall be re-scheduled will be at the discretion of 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.
- The student is responsible to make arrangements, immediately upon their return to the College with their course Professor in order to make-up the missed test.

VII. COURSE OUTLINE ADDENDUM:

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