



## COURSE OUTLINE: CUL103 - NUTRITION & WELLNESS

Prepared: Sarah Birkenhauer and Deron Tett

Approved: Sherri Smith, Chair, Natural Environment, Business, Design and Culinary

<b>Course Code: Title</b>	CUL103: NUTRITION AND WELLNESS
<b>Program Number: Name</b>	1071: CULINARY SKILLS 2078: CULINARY MANAGEMENT
<b>Department:</b>	CULINARY/HOSPITALITY
<b>Semesters/Terms:</b>	19F
<b>Course Description:</b>	Nutrition plays a vital role in menu selection for today's restaurant clientele. In this course, students will gain a foundational understanding of nutrition as applied to dietary concerns, menu selection and clients needs. Students will also acquire knowledge of basic nutrients, food labeling, nutritional principles and analysis and the application of these to recipes and menu development.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	FDS128
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<p><b>1071 - CULINARY SKILLS</b></p> <p>VLO 3 contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation and food handling regulations.</p> <p>VLO 4 ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces and the responsible, efficient use of resources.</p> <p>VLO 5 support the development of menu options that reflect knowledge of nutrition and food ingredients, promote general health and well-being, respond to a range of nutritional needs and preferences and address modifications for special diets, food allergies and intolerances, as required.</p> <p>VLO 7 apply basic knowledge of sustainability, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry.</p> <p>VLO 10 develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry.</p> <p><b>2078 - CULINARY MANAGEMENT</b></p> <p>VLO 3 contribute to and monitor adherence of others to the provision of a well-maintained kitchen environment and to the service of food and beverage products that are free from harmful bacteria or other contaminants, adhering to health, safety, sanitation</p>

Please refer to program web page for a complete listing of program outcomes where applicable.



	and food handling regulations.
VLO 4	ensure the safe operation of the kitchen and all aspects of food preparation to promote healthy work spaces, responsible kitchen management and efficient use of resources.
VLO 5	create menus that reflect knowledge of nutrition and food ingredients, promote general health and well-being, respond to a range of nutritional needs and preferences and address modifications for special diets, food allergies and intolerances, as required.
VLO 7	apply knowledge of sustainability*, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry.
VLO 10	develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry.

<b>Essential Employability Skills (EES) addressed in this course:</b>	EES 1	Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
	EES 2	Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 3	Execute mathematical operations accurately.
	EES 4	Apply a systematic approach to solve problems.
	EES 5	Use a variety of thinking skills to anticipate and solve problems.
	EES 6	Locate, select, organize, and document information using appropriate technology and information systems.
	EES 7	Analyze, evaluate, and apply relevant information from a variety of sources.
	EES 8	Show respect for the diverse opinions, values, belief systems, and contributions of others.
	EES 9	Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
	EES 10	Manage the use of time and other resources to complete projects.
	EES 11	Take responsibility for ones own actions, decisions, and consequences.

<b>General Education Themes:</b>	Civic Life
	Social and Cultural Understanding
	Science and Technology

<b>Course Evaluation:</b>	Passing Grade: 50%, D
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<b>Books and Required Resources:</b>	Nutrition for Foodservice and Culinary Professionals by Karen E. Drummond, Lisa M. Brefere Publisher: Wiley Edition: 9th ISBN: 9781119148494
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<b>Course Outcomes and Learning Objectives:</b>	<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
	1. Write and obtain the current safe food handlers certification.	1.1 Identify public health legislation, food regulations, the role of the health inspector, WHMIS and emergency planning procedures. 1.2 Discuss the importance of personal hygiene and

	<p>industry-accepted methods to maintain a safe work environment.</p> <p>1.3 Recognize the importance of safe food handling in terms of food temperature control, food danger zones and cross contamination.</p> <p>1.4 Review HACCP and identify the importance of proper sanitary practices in the transportation, purchasing, receiving, storing, holding and the reheating of foods.</p> <p>1.5 Identify food borne illnesses and non-food contaminants and describe the causes, symptoms, and methods of transmission.</p>
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Identify the impact of trends and food availability in consumer eating behaviours, as well as food availability and processing on the Canadian food service industry.	<p>2.1 Discuss current trends and the impact on consumer eating behaviour.</p> <p>2.2 Explain the relationship of agriculture and food production and their impact on food quality.</p> <p>2.3 Describe the relationship between nutrients and cooking methods in the kitchen.</p> <p>2.4 Identify how cooking and storing food impacts nutrients.</p>
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Explain Canadian guidelines and recommendations for healthy eating.	<p>3.1 Discover Canada`s Food Guide to Healthy Eating and explain the fundamentals of healthy eating.</p> <p>3.2 Review dietary reference intakes.</p> <p>3.3 Review guidelines for sound nutritional practice for families.</p> <p>3.4 Identify nutritional concerns associated within each stage of the life cycle.</p>
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Identify the functions, types and sources of food energy in healthy eating.	<p>4.1 Describe food energy (kcalories) and what its role is in nutrition.</p> <p>4.2 Define and list classifications for macronutrients and micronutrients.</p> <p>4.3 Identify the functions of the major vitamins and minerals.</p> <p>4.4 Identify food sources of the major vitamins and minerals.</p>
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Recognize nutritional requirements needed to manage a variety of diets and health concerns.	<p>5.1 Discuss common food allergens, intolerances and special dietary concerns.</p> <p>5.2 Recognize nutritional challenges for individuals with specific health conditions.</p> <p>5.3 Recommend methods for accommodating food allergies, intolerances and special diets.</p> <p>5.4 Discuss special diet food preparation for a variety of institutional workplace settings.</p> <p>5.5 Assess recipes and food preparation techniques and identify potential areas of concern for identified special diets.</p>
<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
6. Create menus that meet the needs of clients and food service establishments.	<p>6.1 Produce menus according to Canada`s Food Guide to Healthy Eating.</p> <p>6.2 Modify menu items to accommodate client needs.</p> <p>6.3 Plan menus for preventative measures and identified special diets.</p>

6.4 Assess menus and make recommendations for healthier ingredient alternatives and preparation techniques.

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Assignments	15%
Final Assessment	15%
Quizzes	10%
Test 1	15%
Test 2	15%
Test 3	20%
Test 4	10%

**Date:**

June 19, 2019

**Addendum:**

Please refer to the course outline addendum on the Learning Management System for further information.

