



## COURSE OUTLINE: CUL103 - NUTRITION & WELLNESS

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Approved: Lori Crosson - Dean

<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>Academic Year:</b>	2025-2026
<b>Course Description:</b>	Nutrition plays a vital role in menu selection for 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, and nutritional principles and apply this knowledge to recipe and menu development.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	42
<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</p>

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



	<p>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, responsible kitchen management and efficient use of resources.</p> <p>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.</p> <p>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.</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>
<b>Essential Employability Skills (EES) addressed in this course:</b>	<p>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.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
<b>General Education Themes:</b>	<p>Civic Life</p> <p>Social and Cultural Understanding</p> <p>Science and Technology</p>
<b>Course Evaluation:</b>	<p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>
<b>Other Course Evaluation &amp; Assessment Requirements:</b>	<p>Important note about course evaluation: Successful completion of this course is dependent on obtaining the Safe Food Handlers Certification.</p>
<b>Books and Required Resources:</b>	<p>Nutrition for Foodservice and Culinary Professionals by Karen E. Drummond, Lisa M. Brefere Publisher: Wiley Edition: 10th ISBN: 9781119148494</p>



**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Write and obtain Algoma Public Health's food handler 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 industry-accepted methods to maintain a safe work environment. 1.3 Recognize the importance of safe food handling in terms of food temperature control, food danger zones and cross contamination. 1.4 Review HACCP and identify the importance of proper sanitary practices in the transportation, purchasing, receiving, storing, holding and the reheating of foods. 1.5 Identify food borne illnesses and non-food contaminants and describe the causes, symptoms, and methods of transmission.
<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 in the Canadian food service industry.	2.1 Discuss current trends and the impact on consumer eating behaviour. 2.2 Explain the relationship of agriculture and food production and their impact on food quality. 2.3 Describe the relationship between nutrients and cooking methods in the kitchen. 2.4 Identify how cooking and storing food impacts nutrients.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Explain Canadian guidelines and recommendations for healthy eating.	3.1 Discover Canada's Food Guide to Healthy Eating and explain the fundamentals of healthy eating. 3.2 Review dietary reference intakes. 3.3 Review guidelines for sound nutritional practice for families. 3.4 Identify nutritional concerns associated within each stage of the life cycle.
<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.	4.1 Describe food energy (kcalories) and its role in nutrition. 4.2 Define and list classifications for macronutrients and micronutrients. 4.3 Identify the functions of the major vitamins and minerals. 4.4 Identify food sources of the major vitamins and minerals.
<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.	5.1 Discuss common food allergens, intolerances and special dietary concerns. 5.2 Recognize nutritional challenges for individuals with specific health conditions. 5.3 Recommend methods for accommodating food allergies, intolerances and special diets. 5.4 Discuss special diet food preparation for a variety of institutional workplace settings. 5.5 Assess recipes and food preparation techniques and



	identify potential areas of concern for identified special diets.
<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.	6.1 Produce menus according to Canada's Food Guide and basic industry nutritional guidelines to healthy eating. 6.2 Modify menu items to accommodate client needs. 6.3 Plan menus for preventative measures and identified special diets. 6.4 Assess menus and make recommendations for healthier ingredient alternatives and preparation techniques.
<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
7. Discuss historical indigenous lifestyle.	7.1 Discuss indigenous high protein food choices and reasons for them. 7.2 Discuss the importance of sweat lodges. 7.3 Discuss the medicine food table. 7.4 Discuss the 4 medicines such as sweetgrass, tobacco, cedar and sage.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Assignments	30%
Food Handler Certificate	15%
Quizzes	10%
Test 1	20%
Test 2	25%

**Date:** July 8, 2025

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