



COURSE OUTLINE

FDS0128

Prepared: Peter Graf Approved: Sherri Smith

Course Code: Title	FDS0128: NUTRITION												
Program Number: Name	1120: COMMUNITY INTEGRATN												
Department:	C.I.C.E.												
Semester/Term:	17F												
Course Description:	The student will learn the definition of nutrition and the Canada Food Guide. Sources of carbohydrates, fats, proteins, vitamins, minerals, fibre, and their proper cooking for nutrient retention will be studied. Food processing, additives and special diets will also be covered.												
Total Credits:	1												
Hours/Week:	1												
Total Hours:	15												
Essential Employability Skills (EES):	<p>#3. Execute mathematical operations accurately.</p> <p>#4. Apply a systematic approach to solve problems.</p> <p>#6. Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>#7. Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>#8. Show respect for the diverse opinions, values, belief systems, and contributions of others.</p>												
Course Evaluation:	Passing Grade: 50%, D												
Evaluation Process and Grading System:	<table border="1"> <thead> <tr> <th>Evaluation Type</th> <th>Evaluation Weight</th> </tr> </thead> <tbody> <tr> <td>Assignment</td> <td>25%</td> </tr> <tr> <td>Attendance/Participation</td> <td>10%</td> </tr> <tr> <td>Final Assessment</td> <td>25%</td> </tr> <tr> <td>Test 1</td> <td>20%</td> </tr> <tr> <td>Test 2</td> <td>20%</td> </tr> </tbody> </table>	Evaluation Type	Evaluation Weight	Assignment	25%	Attendance/Participation	10%	Final Assessment	25%	Test 1	20%	Test 2	20%
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Final Assessment	25%												
Test 1	20%												
Test 2	20%												
Books and Required Resources:	<p>Nutrition. A very short introduction by David Bender Publisher: Oxford University Press ISBN: 978-0-19-968192-1</p> <p>Gisslen, Professional cooking, 8th Canadian edition or newer, Wiley. ISBN:9781118636602</p>												



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Course Outcomes and Learning Objectives:

Upon successful completion of this course, the CICE student, with the assistance of a Learning Specialist will acquire varying levels of skill development relevant to the following learning outcomes:

Course Outcome 1.

Recognize basic nutrient components in our diets and their functions.

Learning Objectives 1.

- 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

Course Outcome 2.

Understanding the relationship between nutrients and cooking methods in the kitchen

Learning Objectives 2.

Analyze how different food lose or keep nutritional value using a variety of cooking methods. Understand how some foods keep their visual attractiveness during the cooking processes.

Course Outcome 3.

Discuss the relationship of agriculture and food production and their impact on the quality of food products available to consumers.



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Learning Objectives 3.

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

Course Outcome 4.

Describe the nutritional requirements of the life cycle and other special needs because of physical and mental health challenges..

Learning Objectives 4.

State the specific nutritional requirements as they apply to each stage of the life cycle
Discuss nutritional challenges of each stage of the life cycle with specific emphasis on the adolescence and elderly stage.
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

Course Outcome 5.

Discuss nutritional challenges for people with specific health conditions.

Learning Objectives 5.

Develop menu items for special diets such as:
vegan
celiac
diabetic
cholesterol
low sodium
discuss substitutions for people with allergies



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CICE Modifications:

Preparation and Participation

1. A Learning Specialist will attend class with the student(s) to assist with inclusion in the class and to take notes.
2. Students will receive support in and outside of the classroom (i.e. tutoring, assistance with homework and assignments, preparation for exams, tests and quizzes.)
3. Study notes will be geared to test content and style which will match with modified learning outcomes.
4. Although the Learning Specialist may not attend all classes with the student(s), support will always be available. When the Learning Specialist does attend classes he/she will remain as inconspicuous as possible.

A. Further modifications may be required as needed as the semester progresses based on individual student(s) abilities and must be discussed with and agreed upon by the instructor.

B. Tests may be modified in the following ways:

1. Tests, which require essay answers, may be modified to short answers.
2. Short answer questions may be changed to multiple choice or the question may be simplified so the answer will reflect a basic understanding.
3. Tests, which use fill in the blank format, may be modified to include a few choices for each question, or a list of choices for all questions. This will allow the student to match or use visual clues.
4. Tests in the T/F or multiple choice format may be modified by rewording or clarifying statements into layman's or simplified terms. Multiple choice questions may have a reduced number of choices.

C. Tests will be written in CICE office with assistance from a Learning Specialist.

The Learning Specialist may:

1. Read the test question to the student.
2. Paraphrase the test question without revealing any key words or definitions.
3. Transcribe the student's verbal answer.
4. Test length may be reduced and time allowed to complete test may be increased.

D. Assignments may be modified in the following ways:

1. Assignments may be modified by reducing the amount of information required while maintaining general concepts.



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2. Some assignments may be eliminated depending on the number of assignments required in the particular course.

The Learning Specialist may:

1. Use a question/answer format instead of essay/research format
2. Propose a reduction in the number of references required for an assignment
3. Assist with groups to ensure that student comprehends his/her role within the group
4. Require an extension on due dates due to the fact that some students may require additional time to process information
5. Formally summarize articles and assigned readings to isolate main points for the student
6. Use questioning techniques and paraphrasing to assist in student comprehension of an assignment

E. Evaluation:

Is reflective of modified learning outcomes.

NOTE: Due to the possibility of documented medical issues, CICE students may require alternate methods of evaluation to be able to acquire and demonstrate the modified learning outcomes

Date:

Wednesday, September 6, 2017

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