

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE. **NUTRITION**

CODE NO. **HSW 025**

SEMESTER:

PROGRAM. **HOME SUPPORT WORKER LEVEL II**

AUTHOR. **G. CHATEAU**

DATE. **SEPT/95**

PREVIOUS OUTLINE DATED: **APR/95**

APPROVED. 
DEAN
SCHOOL OF HEALTH/SCIENCES

DATE

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TOTAL CREDIT HOURS: 21

PREREQUISITE(S):

I. PHILOSOPHY/OALS:

This course will provide the student with the knowledge and skills to be able to identify the basic nutritional needs of the individual. The student will learn how to prepare a nutritional menu plan and prepare, cook and serve meals to meet varying nutritional requirements across the life span. Proper food preparation techniques and storage will be reviewed.

II. STUDENT PERFORMANCE OBJECTIVES.

Upon successful completion of this course the student will:

1. Identify nutritional needs of the individual
2. Prepare a nutritional menu plan for one week
3. Shop economically
4. Demonstrate accepted standards of food preparation and service
5. Prepare, cook and serve basic foods
6. Prepare appropriate meals to meet varying nutritional requirements through the life span
7. Describe the factors that influence family eating habits
8. Recognize common special diets and importance of maintenance
9. Prepare appropriate meals in advance for clients.

IQPJCS IQ BE COVERED.:

1. Functions and Sources of Nutrients
2. Minerals
3. Vitamins
4. Canada Food Guide
5. Nutritional Dangers of Fad Reducing Diets
6. Individual Considerations
7. Variety, Colour, Flavour and Texture
8. Seasonal Foods and Leftovers
9. Drawing up the Menu
10. Factors Influencing Eating Habits
11. Shopping Economically
12. Cleanliness in the Kitchen
13. Following Recipes
14. Preparing an Appetizing Meal Tray
15. Preparing Meals Ahead of Time
16. Preparation &. Presentation of Meat, Poultry and Fish
17. Technique for Cooking Vegetables
18. Technique for Cooking & Serving Milk, Cheese and Eggs
19. Technique for Cooking Enriched & Whole Grain Cereal
20. Infants
21. Pregnant Women and Nursing Mothers
22. Preparing Suitable Dishes for the Elderly
23. Breakfasts, Lunches and Snacks
24. Preparing Special Diets

IV. LEARNING ACTIVITIES:	REQUIRED RESOURCES
<p>1.0 Functions & Sources of Nutrients</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>1.1 Describe the five nutritional needs of the human body.</p> <p>1.2 State the functions and sources of proteins, fats and carbohydrates.</p>	<p>Study Guide pgs 3, 4,</p> <p>Study Guide pg 5</p>
<p>2.0 Minerals</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>2.1 Describe the functions of minerals in the human body.</p> <p>2.2 State the specific functions and food sources for each type of mineral.</p>	<p>Study Guide pg 7</p> <p>Study Guide pg 8,9,</p>
<p>3.0 Vitamins</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>3.1 Describe the functions of vitamins in the human body.</p> <p>3.2 State the specific functions and food sources for each type of vitamin.</p>	<p>Study Guide pg 11</p> <p>Study Guide pg 12, 13, 14</p>
<p>4.0 Canada Food Guide</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>4.1 State the four food groups in Canada's Food Guide and the nutrients provided by each.</p> <p>4.2 State the number of servings recommended daily for each food group for the different stages of the life cycle.</p>	<p>Study Guide pgs 18, 19, 20, 21</p> <p>Study Guide pgs 19, 20, 21</p>

LEARNING ACTIVITIES	REQUIRED RESOURCES
<p>5.0 Nutritional Dangers of Fad Reducing Diets</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>5.1 Describe the harm that can be done to the body by food fads and fallacies.</p>	<p>Study Guide pgs 25, 26, 27</p>
<p>6.0 Individual Considerations</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>6.1 Describe the factors that will influence the type of food you will use in menu planning.</p>	<p>Study Guide pg 31</p>
<p>7.0 Variety, Colour, Flavour and Texture</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>7.1 List and describe four requirements of a nutritious and appetizing meal.</p>	<p>Study Guide pg 33</p>
<p>8.0 Seasonal Foods & Leftovers</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>8.1 State two ways you can economize on the weekly menu.</p> <p>8.2 List several ways in which you can use the leftovers from each food group.</p>	<p>Study Guide pg 35</p> <p>Study Guide pg 36</p>
<p>9.0 Drawing Up The Menu</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>9.1 Plan a weekly menu following the Canada Food Guide.</p>	<p>Study Guide pg 37, 38 Exercise pg 39 & 40</p>

LEARNING ACTIVITIES	REQUIRED RESOURCES
<p>10.0 Factors Influencing Eating Habits</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>10.1 Distinguish the factors which influence eating habits.</p> <p>10.2 Describe cultural influence on eating habits.</p> <p>10.3 Describe economic influences on eating habits.</p> <p>10.4 Describe the effects of family schedules on meal preparation.</p>	<p>Study Guide pgs 41, 42, 43,</p>
<p>11.0 Shopping Economically</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>11.1 Describe the guidelines for shopping economically using a shopping list.</p> <p>11.2 Describe methods of shopping economically in the four food groups.</p> <p>11.3 Outline the steps for purchasing wisely.</p> <p>11.4 Interpret unit pricing, grade ingredient and date labels.</p> <p>11.5 Describe proper storage techniques.</p>	<p>Study Guide pg 51, 52, 53, 54</p> <p>Study Guide pg 55, 56, 57, 58, 59, 60, 61</p> <p>Study Guide pgs 61, 62, 63</p> <p>Study Guide Pgs 61, 62, 63</p>
<p>12.0 Cleanliness in the Kitchen</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>12.1 describe why cleanliness is especially important in the kitchen</p> <p>12.2 State methods of keeping the kitchen clean.</p>	<p>Study Guide pgs 71, 72, 73</p> <p>Study Guide pgs 73, 74</p>

LEARNING ACTIVITIES

REQUIRED RESOURCES

- 12.3 Describe hygienic practices of handling foods.
- 12.4 Describe why it is important to control the temperature of food.

Study Guide pg 79

Study Guide pg 75

13.0 Following Recipes

Upon successful completion of this module the individual will be able to:

- 13.1 Describe the guidelines for following a recipe.
- 13.2 Describe the meaning of cooking symbols and terms.
- 13.3 Substitute one ingredient for another.

14.0 Preparing an Appetizing Meal Tray

Upon successful completion of this module the individual will be able to:

- 14.1 Prepare an appetizing meal tray.
- 14.2 Serve foods at the proper temperature.
- 14.3 Utilize garnishes to make food look more attractive.

Study Guide pg 83

Study Guide pg 83

15.0 Preparing Meals Ahead of Time

Upon successful completion of this module the individual will be able to:

- 15.1 Describe the foods to choose for preparing snacks and main dishes ahead of time.
- 15.2 Prepare appropriate portion.
- 15.3 Store food properly.

Study Guide pgs 85, 86

LEARNING ACTIVITIES	REQUIRED RESOURCES
<p>16.0 Preparation & Presentation of Meat, Poultry and Fish</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>16.1 Select appropriate cuts of beef, pork, lamb and poultry.</p> <p>16.2 Demonstrate the proper technique for cooking meat, fish and poultry.</p>	<p>Study Guide pgs 95,96,97,98, 100,102,102,103</p> <p>Study Guide pgs 104,105,106,107</p>
<p>17.0 Technique for Cooking Vegetables</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>17.1 Demonstrate the proper technique for cooking vegetables.</p>	<p>Study Guide pgs 109, 110, III Study Guide pgs 113, 114, 115</p>
<p>18.0 Technique for Cooking <i>it</i> Serving Milk, Cheese & Eggs</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>18.1 Demonstrate the proper technique for cooking and serving milk, cheese and eggs.</p>	
<p>19.0 Technique for Cooking Enriched & Whole Grain Cereal</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>19.1 Demonstrate the proper technique for cooking enriched and whole grain cereal.</p>	<p>Study Guide pgs 117, 118</p>

LEARNING ACTIVITIES

REQUIRED RESOURCES

20.0 Infants

Upon successful completion of this module the individual will be able to:

20.1 Demonstrate the proper technique for preparing formula.

Study Guide pgs 123, 124, 125, 126, 127, 128

20.2 Describe the nutritional value of commercial infant foods.

Study Guide pgs 128, 129, 130

20.3 Prepare homemade baby food.

20.4 List the solid foods which infants can digest.

Study Guide pgs 128, 129, 130

20.5 Demonstrate the technique for preparing solid foods.

Study Guide pgs 130, 131

21.0 Pregnant Women & Nursing Mothers

Upon successful completion of this module the individual will be able to:

21.1 Describe the nutritional requirements of pregnant and nursing mothers.

Study Guide pgs 133, 134, 135, 136

22.0 Preparing Suitable Dishes for the Elderly

Upon successful completion of this module the individual will be able to:

22.1 Prepare suitable dishes for the elderly person.

Study Guide pgs 137,138,139,140,141

LEARNING ACTIVITIES

REQUIRED RESOURCES

23.0 Breakfasts, Lunches & Snacks

Upon successful completion of this module the individual will be able to:

- 23.1 Demonstrate the ability to choose nutritious foods for breakfast, lunches and snacks.
- 23.2 Prepare breakfasts to meet the needs of various age groups & lifestyles.
- 23.3 Prepare nutritional lunch boxes.
- 23.4 Prepare nutritional snacks.

**Study Guide pgs 143,144,145,146
147,148,149**

24.0 Preparing Special Diets

Upon successful completion of this module the individual will be able to:

- 24.1 Demonstrate the proper technique for preparing the various special diets.
- 24.2 Shop for special diets.
- 24.3 Plan menus for special diets.
- 24.4 Describe the following special diets, low sodium, diabetic, low cholesterol, clear, liquid and soft.

**Study Guide pgs
159,160,161,162,163,164,165,166,167,168,169,170,171,172,173,174,175,176,177,178,179,180,181,182**

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V. EVALUATION METHODS: (INCLUDES ASSIGNMENTS, ATTENDANCE REQUIREMENTS ETC.)

Evaluation will be based largely upon attendance, group work and class participation. Students should attend all classes.

Failure to attend at least 80% of the classes will result in an unsatisfactory grade.

A final grade will be derived from:

Tests	30%
Class Participation	40%
Assignment	30%

Assignment

Each student will be expected to write a short (one page) case study of a client with special dietary needs and the steps they took to meet these needs.

VI. LEARNING RESOURCES:

Study Guide