

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: NUTRITION

CODE NO.: FDS128-1 SEMESTER: ONE

PROGRAM: CHEF TRAINING

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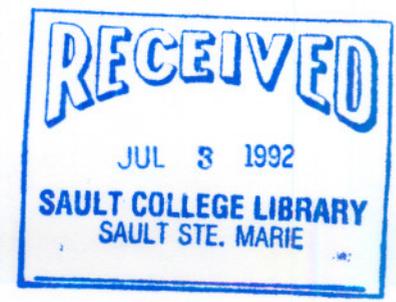
DATE: SEPTEMBER, 1992

PREVIOUS OUTLINE DATED: SEPTEMBER, 1991

New: _____ Revision: X

APPROVED: *[Signature]*
DEAN, SCHOOL OF BUSINESS &
HOSPITALITY

92-07-03
DATE



NUTRITION

FDS128

COURSE NAME

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PHILOSOPHY/GOALS:

This course will give the student a basic understanding of nutrition and factors which affect an individual's healthful eating.

STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course, the student will be able to:

- a) identify the benefits of healthful eating,
- B) compare the effects of various diets on weight reduction and health,
- c) rate your own eating pattern,
- d) design your own nutritional eating pattern.

TOPICS TO BE COVERED:

- 1. Introduction to Nutrition
- 2. Balancing Calorie-Makers with Calorie-Spenders
- 3. Fats; Calorie Maker Number One
- 4. Carbohydrates; Calorie Maker Number Two
- 5. Proteins; Calorie Maker Number Three
- 6. Water
- 7. Water Soluable Vitamins B and C
- 8. Fat Soluable Vitamins A,D,E,K
- 9. Salt of the Earth Minerals
- 10. The Process of Digestion and Absorption

LEARNING ACTIVITIES:

Rate your way to better nutrition using your "Nutri Score Chart". You will see for yourself what food you need or food you lack for good health by keeping track of what you eat over a period of a day.

METHOD OF EVALUATION

A final grade will be derived from the following:

Test #1	40%
Test #11	40%

GRADE INTERPRETATION:

A letter grade of A+, A, B, C or R will be used to indicate the achievement or value of the student's work.

A+	90% and over
A	80-89%
B	70-79%
C	55-69%
R	0-54%

A student with a final grade of less than 55% (C) must repeat the course. There will be no re-writes of either test.

The date of the tests will be announced at least one week in advance. If a student is not able to write a test because of illness or another legitimate emergency, that student must contact the instructor prior to the test and provide an explanation which is acceptable to the instructor. Medical certificates or other appropriate proof may be required.

Students with special needs (e.g. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor).

Your instructor reserves the right to modify the course as he deems necessary to meet the needs of students.