

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

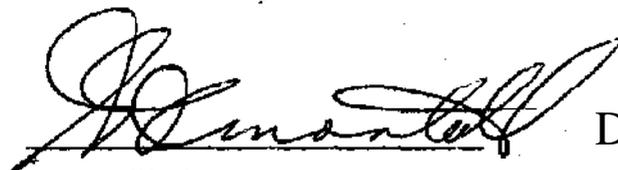
SAULT STE. MARIE, ONTARIO

C O U R S E            O U T L I N E

Course Title:            NUTRITION  
Code No.:                H^G 216  
Program:                Hotel S Restaurant Management  
Semester:                III  
Date:                    September 6, 1984  
Author:                  G. Dahl

New:    X                    Revision

APPROVED:



Chairperson

Date:

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COURSE OUTLINE

September 1984

Course Title: Nutrition

Course Length: 30 hours

Objectives:

To provide the students with an understanding of nutrition and the importance of it in the hospitality industry.

To be competent in this subject, the student must be able to:

- define nutrition
- identify the five major nutrients and two essential non-nutrients
- define carbohydrate and state its composition, source and function
- define fat, saturated and non-saturated, and describe their composition sources and functions
- define protein and state its composition, source and function
- state the sources and value of the following minerals:
  - phosphorus
  - calcium
  - iron
  - sodium
  - potassium
  - fluorine
- state the effects of a deficiency or excess of the above minerals
- define the role of vitamins and their sources and functions
- state the importance of water in a nutritionally balanced diet
- describe the role of dietary fibre, its source and function
- understand Canada's Food Guide and apply it effectively
- state the effects of light, air, water, temperature and additives on nutrient retention
- define the role of the following dietary modifications:
  - clear fluid
  - full fluid
  - soft and
  - dental soft diets

Test Dates:

- October 12, 1984 (1 hour test) - 20%
  - November 16, 1984 (1 hour test) - 20%
  - December 14, 1984 (2 hour test) - 50%
  - Class participation & assignments - 10%
- 100%