

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

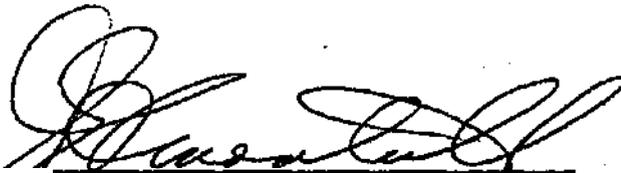
COURSE OUTLINE

Course Outline: NUTRITION
Code No*: HMG 216
Program: CHEF TRAINING AND HOTEL & RESTAURANT MANAGEMENT
Semester: I AND III
Date: SEPTEMBER, 1986
Author: J. ALDERSON

New:

Revision:

APPROVED:


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Date

NUTRITION

HMG 216

Course Name

Course Number

OBJECTIVES:

To provide the student with an understanding of the chemistry and science of healthful eating.

- Carbohydrates
- Fats
- Proteins
- Food Consumption and Physical Work
- Inorganic Elements
- Vitamins
- Digestion of Food
- Absorption of Nutrients
- Composition of Food
- Cooking - Meals
- Balanced Meals

TESTS:

- 3 tests each worth - 20%
- 1 final exam - 40%

All tests and exams out of 100%

Attendance will be taken. There will be **no re-writes***