

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Outline: NUTRITION

Code No.: FDS 128

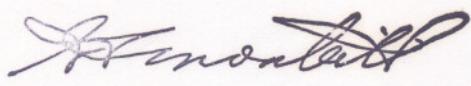
Program: FIRST YEAR CHEF TRAINING
SECOND YEAR HOTEL & RESTAURANT MANAGEMENT

Semester: ONE AND THREE

Date: SEPTEMBER, 1987

Author: JOHN ALDERSON

New: X Revision: _____

APPROVED: 
Chairperson

87-09-03
Date

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

TESTS:

2 Tests each worth 25%

1 Final Exam worth 50%

NO RE-WRITES