



# COURSE OUTLINE

## FDS128

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Prepared: Peter Graf    Approved: Sherri Smith

<b>Course Code: Title</b>	FDS128: NUTRITION								
<b>Program Number: Name</b>	2078: CULINARY MANAGEMENT								
<b>Department:</b>	CULINARY/HOSPITALITY								
<b>Semester/Term:</b>	17F								
<b>Course Description:</b>	The student will learn the definition of nutrition and the Canada Food Guide. Sources of carbohydrates, fats, proteins, vitamins, minerals, fibre, and their proper cooking for nutrient retention will be studied. Food processing, additives and special diets will also be covered.								
<b>Total Credits:</b>	1								
<b>Hours/Week:</b>	1								
<b>Total Hours:</b>	15								
<b>Substitutes:</b>	KAP092								
<b>Vocational Learning Outcomes (VLO's):</b>  Please refer to program web page for a complete listing of program outcomes where applicable.	#5. create menus that reflect knowledge of nutrition and food ingredients, promote general health and well-being, respond to a range of nutritional needs and preferences and address modifications for special diets, food allergies and intolerances, as required. #10. develop strategies for continuous personal and professional learning to ensure currency with and responsiveness to emerging culinary techniques, regulations, and practices in the food service industry.								
<b>Essential Employability Skills (EES):</b>	#3. Execute mathematical operations accurately. #4. Apply a systematic approach to solve problems. #6. Locate, select, organize, and document information using appropriate technology and information systems. #7. Analyze, evaluate, and apply relevant information from a variety of sources. #8. Show respect for the diverse opinions, values, belief systems, and contributions of others.								
<b>Course Evaluation:</b>	Passing Grade: 50%, D								
<b>Evaluation Process and Grading System:</b>	<table><tr><th>Evaluation Type</th><th>Evaluation Weight</th></tr><tr><td>Assignment</td><td>25%</td></tr><tr><td>Attendance/Participation</td><td>10%</td></tr><tr><td></td><td></td></tr></table>	Evaluation Type	Evaluation Weight	Assignment	25%	Attendance/Participation	10%		
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Final Assessment	25%
Test 1	20%
Test 2	20%

### Books and Required Resources:

Nutrition. A Very Short Introduction by David Bender  
Publisher: Oxford University Press  
ISBN: 978-0-19-968192-1

Professional Cooking by Gisslen,  
Publisher: Wiley Edition: 8th Canadian edition or newer  
ISBN: 9781118636602

### Course Outcomes and Learning Objectives:

#### Course Outcome 1.

Recognize basic nutrient components in our diets and their functions.

#### Learning Objectives 1.

- Define and explain the calorie supplied by one gram of, carbohydrate, protein, fat, and alcohol
- Discuss percentages of total caloric intake from carbohydrates, protein and fat and their implications on meal patterns
- Calculate percentage of total caloric intake from carbohydrate, protein and fat from one day's food intake
- Discuss total energy needs and calculate basal metabolic rate (BMR), and physical activity needs
- Discuss body mass index (BMI), and weight control
- Calculate BMI and caloric reduction for healthy weight loss

#### Course Outcome 2.

Understanding the relationship between nutrients and cooking methods in the kitchen.

#### Learning Objectives 2.



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- Analyze how different food lose or keep nutritional value using a variety of cooking methods
- Understand how some foods keep their visual attractiveness during the cooking processes

### **Course Outcome 3.**

Discuss the relationship of agriculture and food production and their impact on the quality of food products available to consumers.

### **Learning Objectives 3.**

- Explain the relationship of agriculture and food production
- Explain how food quality is affected by agriculture and food production

### **Course Outcome 4.**

Describe the nutritional requirements of the life cycle and other special needs because of physical and mental health challenges.

### **Learning Objectives 4.**

- State the specific nutritional requirements as they apply to each stage of the life cycle
- Discuss nutritional challenges of each stage of the life cycle with specific emphasis on the adolescence and elderly stage
  - Describe the guidelines for establishing sound nutritional practices in the family
  - State significant guidelines for family dining
  - Discuss anorexia/bulimia
  - Discuss concerns and possible solutions in feeding the elderly
  - Explain major food intolerances
  - Explain special dietary requirements for each stage of the life cycle

### **Course Outcome 5.**

Discuss nutritional challenges for people with specific health conditions.



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### Learning Objectives 5.

- Develop menu items for special diets such as:
  - vegan
  - celiac
  - diabetic
  - cholesterol
  - low sodium
- Discuss substitutions for people with allergies

**Date:**

Thursday, August 31, 2017

Please refer to the course outline addendum on the Learning Management System for further information.