



# COURSE OUTLINE

## KAP092

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Prepared: Peter Graf    Approved: Sherri Smith

<b>Course Code: Title</b>	KAP092: NUTRITION												
<b>Program Number: Name</b>	1075: GAS-KITCHEN ASSNT												
<b>Department:</b>	CULINARY/HOSPITALITY												
<b>Semester/Term:</b>	17F												
<b>Course Description:</b>	This course will focus on practical skills, the cooking of foods from the various food groups and the composition of nutritionally balanced menus. The preparation of various dishes for people with special dietary concerns will be a separate part of the course, food for diabetics, low sodium, low cholesterol, fat, as well as vegetarian. The testing will be mostly in practical skills with very little emphasis put on academic skills. The importance of an understanding of our obligation to provide healthful food for our customers will be discussed and the way we can achieve this as well as serving good tasting and attractive food.												
<b>Total Credits:</b>	1												
<b>Hours/Week:</b>	1												
<b>Total Hours:</b>	15												
<b>Substitutes:</b>	FDS128												
<b>Essential Employability Skills (EES):</b>	#4. Apply a systematic approach to solve problems. #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. #11. Take responsibility for ones own actions, decisions, and consequences.												
<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 and Professionalism</td><td>10%</td></tr><tr><td>Final Assignment</td><td>25%</td></tr><tr><td>Test #1</td><td>20%</td></tr><tr><td>Test #2</td><td>20%</td></tr></table>	Evaluation Type	Evaluation Weight	Assignment	25%	Attendance and Professionalism	10%	Final Assignment	25%	Test #1	20%	Test #2	20%
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# COURSE OUTLINE

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## Books and Required Resources:

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

## Course Outcomes and Learning Objectives:

### Course Outcome 1.

Define nutrition and identify how nutrition impacts the life cycle.

### Learning Objectives 1.

- Demonstrate a working knowledge of how energy fits into the nutritional process
- Demonstrate a working knowledge of nutrients and their impact on the nutritional process
- Discuss the relationship of agriculture and food production and their impact on the quality of food products available to consumers
  - Describe the nutritional requirements of the life cycle
  - State specific nutritional requirements as they apply to each state of the life cycle
  - Describe guidelines for establishing sound nutritional practices in the family & identify significant guidelines for family dining
    - Discuss nutritional problems of each state of the life cycle with emphasis on adolescence and the elderly

### Course Outcome 2.

Demonstrate a working knowledge of how energy fits into the nutritional process.

### Learning Objectives 2.

- Define calorie
- State the calories supplied by 1g of each 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 1 day's menu
- Alter menu to meet suggested guidelines
  - Discuss total energy needs
- Calculate basal metabolic rate (BMR)



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- Calculate physical activity needs
  - Discuss Body Mass Index (BMI) and weight control
- Calculate BMI
- Calculate caloric reduction for healthy weight loss

### Course Outcome 3.

Demonstrate a working knowledge of nutrients and their impact on the nutritional process.

### Learning Objectives 3.

- Describe fat
  - Saturated, polyunsaturated, monounsaturated, cholesterol, HDL and LDL
  - State composition, major sources, body functions
  - State the modifications necessary in a menu for low-fat, low-cholesterol
- Describe various health factors affected
  - Define protein and vegetarian diets
  - State composition, major food sources, body functions
  - State the modification for high protein, low protein requirements, vegetarian diets
- Describe various health factors affected
  - Define carbohydrate
  - State composition, body function, major food sources, storage
- Describe various health factors affected
  - Define fibre
  - State body function, major food sources, benefits
- Describe various health factors affected
  - Define the roles of vitamins
  - Fat soluble, water soluble
  - State food sources, functions, results of deficiencies of these vitamins
  - State the use and control of additives in our food supply
  - State the effects of food processing on nutrients
  - State the effects of light, air, water, temperature, additives (on nutrient retention)
- Identify additives
  - Define the roles of minerals
  - State the sources and value to the body of the major and define the importance of water in a nutritionally balanced body state
  - State the major sources of water and its value to the body's functions
  - Discuss water quality and environmental contamination (precautions)



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## Course Outcome 4.

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

## Learning Objectives 4.

Define agriculture & identify the impact that it has on food production & distribution  
Identify how food production/processing impacts nutritional value  
Explain how location impacts quality and availability of food

## Course Outcome 5.

Discuss nutritional problems of each state of the life cycle with emphasis on adolescence and the elderly

## Learning Objectives 5.

Define & discuss anorexia/bulimia  
Identify concerns and possible solutions in feeding elderly  
Explain major food intolerances  
Explain special dietary requirements for each state of the life cycle

**Date:**

Thursday, August 31, 2017

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