



COURSE OUTLINE: FDS128 - NUTRITION

Prepared: Peter Graf

Approved: Sherri Smith, Chair, Natural Environment, Business, Design and Culinary

Course Code: Title	FDS128: NUTRITION
Program Number: Name	1071: CULINARY SKILLS 2078: CULINARY MANAGEMENT
Department:	CULINARY/HOSPITALITY
Semesters/Terms:	18F
Course Description:	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.
Total Credits:	1
Hours/Week:	2
Total Hours:	30
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Substitutes:	KAP092
Vocational Learning Outcomes (VLO's) addressed in this course:	<p>1071 - CULINARY SKILLS</p> <p>VLO 5 support the development of menu options 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.</p> <p>VLO 7 apply basic knowledge of sustainability, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry.</p> <p>VLO 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.</p> <p>2078 - CULINARY MANAGEMENT</p> <p>VLO 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.</p> <p>VLO 7 apply knowledge of sustainability*, ethical and local food sourcing, and food security to food preparation and kitchen management, recognizing the potential impacts on food production, consumer choice and operations within the food service industry.</p> <p>VLO 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.</p>

Please refer to program web page for a complete listing of program outcomes where applicable.



Essential Employability Skills (EES) addressed in this course:

- EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 3 Execute mathematical operations accurately.
- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

General Education Themes:

Social and Cultural Understanding
 Science and Technology

Course Evaluation:

Passing Grade: 50%, D

Books and Required Resources:

Nutrition for Foodservice and Culinary Professionals by Karen E. Drummond, Lisa M. Brefere
 Publisher: Wiley Edition: 9th
 ISBN: 9781119148494

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Recognize basic nutrient components in our diets and their functions.	1.1 Define and explain the calorie supplied by one gram of, carbohydrate, protein, fat, and alcohol. 1.2 Discuss percentages of total caloric intake from carbohydrates, protein and fat and their implications on meal patterns. 1.3 Calculate percentage of total caloric intake from carbohydrate, protein and fat from one day of food intake. 1.4 Discuss total energy needs and calculate basal metabolic rate (BMR), and physical activity needs. 1.5 Discuss body mass index (BMI), and weight control. 1.6 Calculate BMI and caloric reduction for healthy weight loss.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Understanding the relationship between nutrients and cooking methods in the kitchen.	2.1 Analyze how different food loose or keep nutritional value using a variety of cooking methods. 2.2 Understand how some foods keep their visual attractiveness during the cooking processes.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Discuss the relationship of agriculture and food production and their impact	3.1 Explain the relationship of agriculture and food production.



	on the quality of food products available to consumers.	3.2 Explain how food quality is affected by agriculture and food production.
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Describe the nutritional requirements of the life cycle and other special needs because of physical and mental health challenges.	4.1 State the specific nutritional requirements as they apply to each stage of the life cycle. 4.2 Discuss nutritional challenges of each stage of the life cycle with specific emphasis on the adolescence and elderly stage. 4.3 Describe the guidelines for establishing sound nutritional practices in the family. 4.4 State significant guidelines for family dining. 4.5 Discuss anorexia/bulimia. 4.6 Discuss concerns and possible solutions in feeding the elderly. 4.7 Explain major food intolerances. 4.8 Explain special dietary requirements for each stage of the life cycle.
	Course Outcome 5	Learning Objectives for Course Outcome 5
	5. Discuss nutritional challenges for people with specific health conditions.	5.1 Develop menu items for special diets such as: vegan, celiac, diabetic, cholesterol and low sodium 5.2 Discuss substitutions for people with allergies.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight	Course Outcome Assessed
Assignment	25%	
Attendance/Participation	10%	
Final Assessment	25%	
Test 1	20%	
Test 2	20%	

Date: August 7, 2018

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