

FLORIDA STATE COLLEGE AT JACKSONVILLE

COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER: HUN 1203

COURSE TITLE: Culinary Nutrition

PREREQUISITE(S): FSS 1221

COREQUISITE(S): None

CREDIT HOURS: 3

CONTACT HOURS/WEEK: 5

CONTACT HOUR BREAKDOWN:

Lecture/Discussion: 3

Laboratory: 2

Other _____:

FACULTY WORKLOAD POINTS: 3.5

STANDARDIZED CLASS SIZE ALLOCATION: 25

CATALOG COURSE DESCRIPTION: Culinary nutrition combines a study of the basic principles of nutrition with demonstrations of practical application for the food production industry. Students will study the characteristics and functions of nutrition, the effect of food processing on nutrients, body performance, nutrition and the American diet. In lab the students will analyze: nutrients in recipes and menus; the use of good nutrition to help prevent disease; and plate presentations utilizing the food guide pyramid.

SUGGESTED TEXT(S): Nutrition for Food Service, etc., Wiley, Latest Edition,
Nutrition for Foodservice & Culinary Professionals (Study Guide) Wiley, Latest Edition

IMPLEMENTATION DATE: Fall Term, 1993 (941)

REVIEW OR MODIFICATION DATE: Fall Term, 1996 (971)
 Fall Term, 2002 (20031)
 Fall Term, 2008 (20091) - Outline Review 2007

(All topics are presented in a combination of lecture, demonstration, and lab. Student will be in uniform.)

COURSE TOPICS	<u>CONTACT HOURS PER TOPIC</u>
I. Orientation, Trends, Sanitation	4
II. Chef and Dietitian Roles in Insuring Nutritional Health of our Nation's Citizens: Keogh Tape; Class Discussion	4
III. Nutritional Analysis of Student's 72 Hrs. Diet Recall via Computer and Food Composition Tables; Use of Food Guide Pyramid in Menu Planning	5
IV. Nutritional Aspects of the Bread, Cereal, Rice and Pasta Group; Healthy Cooking Applications	5
V. Nutritional Aspects of the Vegetable Group; Healthy Cooking Applications	5
VI. Nutritional Aspects of the Fruit Group; Healthy Cooking Applications	5
VII. Nutritional Aspects of the Dairy Group; Healthy Cooking Applications	5
VIII. Nutritional Aspects of the Meat Group; Healthy Cooking Applications	5
IX. Nutritional Aspects of the Fat, Oils, and Sweets Group; Healthy Cooking Applications	5
X. Diets for Prevention and Treatment of Heart Disease Chef/Dietitian	4
XI. Diets for Prevention and Treatment of Cancer Chef/Dietitian	4
XII. Diets for Prevention and Treatment of Diabetes Chef/Dietitian	4
XIII. Diets for Treatment of Kidney Disease Chef/Dietitian	4
XIV. Diets for Weight Control and Reduction Chef Dietitian	4

COURSE TOPICS (CONTINUED)

CONTACT HOURS
PER TOPIC

XV. Institutional Diets: Regular, Clear Liquid, Full Liquid, Soft, Mech Soft, Puree	4
XVI. Conversing with Customers on Modified Diets Menu Terminology for Modified Diets	4
XVII. Final	4

PROGRAM TITLE: Restaurant Management

COURSE TITLE: Culinary Nutrition

CIP NUMBER: ME06.079900

LIST PERFORMANCE STANDARD ADDRESSED:

NUMBER(S): TITLES(S):

09.0 DEMONSTRATE KNOWLEDGE AND APPLICATION OF PRODUCT AND SERVICE TECHNOLOGY -- The student will be able to:

09.02 Discuss history and composition of foods and beverages.

09.03 Discuss trends in food and beverage industry.

12.0 DEMONSTRATE EXCEPTIONAL HEALTH AND SAFETY PROCEDURES -- The student will be able to:

12.02 Identify general sanitation and hygiene principles.

28.0 DEMONSTRATE SKILL IN APPLYING PRINCIPLES OF NUTRITION -- The student will be able to:

28.01 Identify food groups.

28.02 Define dietary allowances of:

28.02.01 Proteins

28.02.02 Fats

28.02.03 Carbohydrates

28.02.04 Vitamins/Minerals

