



COURSE OUTLINE : NUTR 114
D Credit – Degree Applicable
COURSE ID 001415
Cyclical Review: September 2020

COURSE DISCIPLINE : NUTR
COURSE NUMBER : 114
COURSE TITLE (FULL) : Nutrition and Menu Planning
COURSE TITLE (SHORT) : Nutrition and Menu Planning

CATALOG DESCRIPTION

NUTR 114 examines nutrition guidelines for health maintenance and disease prevention and their relation to quantity food preparation and menu planning. The course emphasizes the development and marketing of healthy recipes and menus for various institutional food service operations, including restaurants, hotels, schools, and hospitals. Topics include alternative ingredients and food preparation techniques to preserve or increase the nutritive value and acceptance of foods.

Total Lecture Units: 3.00

Total Laboratory Units: 0.00

Total Course Units: 3.00

Total Lecture Hours: 54.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 108.00

Recommended Preparation: NUTR 125 and ENGL 100 or ESL 151.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	NUTR	125	Elements Of Nutrition	Recognize the role of food, dietary patterns and nutrients in health maintenance and disease prevention;	Yes
2	NUTR	125	Elements Of Nutrition	analyze and critique a dietary intake for nutrient and energy adequacy, deficiency or excess;	Yes
3	NUTR	125	Elements Of Nutrition	discuss current popular dietary trends and their possible consequences;	Yes
4	NUTR	125	Elements Of Nutrition	recognize and critique food and nutrition controversies;	Yes
5	ENGL	100	Writing Workshop	read, analyze, and evaluate contemporary articles and stories to identify topic, thesis, support, transitions, conclusion, audience, and tone;	Yes
6	ENGL	100	Writing Workshop	read, analyze, and evaluate contemporary articles and stories for the comprehension of difficult content and the identification of main ideas and (topic-based) evidence;	Yes
7	ENGL	100	Writing Workshop	read, analyze, and evaluate student compositions for unity, development, use of evidence, interpretation, coherence, and variety of sentence form;	Yes
8	ENGL	100	Writing Workshop	write a summary of a contemporary article or story with correct citation techniques;	Yes
9	ENGL	100	Writing Workshop	write an argumentative essay that has an introduction, body paragraphs, and a conclusion, demonstrating a basic understanding of essay organization;	Yes
10	ENGL	100	Writing Workshop	write an argumentative essay that addresses the topic, is directed by a thesis statement, uses appropriate textual evidence, develops logical interpretations, and concludes with some compelling observations;	Yes
11	ENGL	100	Writing Workshop	write an argumentative essay that integrates the ideas of others (i.e., authors) through paraphrasing, summarizing, and quoting with correct citation techniques;	Yes
12	ENGL	100	Writing Workshop	write an argumentative essay that generates novel ideas (those that add to the conversation rather than repeating the author’s ideas) related to the topic and the readings;	Yes
13	ENGL	100	Writing Workshop	write compositions (e.g., summaries and argumentative essays) that are easy to read and follow, though some errors in grammar, mechanics, spelling, or diction may exist;	Yes



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14	ENGL	100	Writing Workshop	proofread and edit essays for content, language, citation, and formatting problems.	Yes
15	ESL	151	Reading and Composition V	Read and critically analyze various academic readings;	Yes
16	ESL	151	Reading and Composition V	summarize readings;	Yes
17	ESL	151	Reading and Composition V	organize fully-developed essays in both expository and argumentative modes;	Yes
18	ESL	151	Reading and Composition V	compose a 500 to 550-word essay which: summarizes and cites appropriately a reading passage; includes a clear thesis statement; uses evidence to support the thesis; shows clear organization into an introduction, body, and conclusion;	Yes
19	ESL	151	Reading and Composition V	revise writing to eliminate errors in syntax, and grammatical constructions;	Yes
20	ESL	151	Reading and Composition V	employ basic library research techniques;	Yes
21	ESL	151	Reading and Composition V	compose one research paper (1,000 words) or two short research papers (500-700 words each) with citations.	Yes

EXIT STANDARDS

- 1 Identify the functions, food sources, and allowances of nutrients;
- 2 present an overview of dietary guidelines;
- 3 apply dietary guidelines to quantity food preparation;
- 4 outline the functions of ingredients and preparation methods to produce more nutritious recipes;
- 5 describe limitations of policy and regulatory requirements in menu development;
- 6 formulate recipe and menu substitutions to meet the needs and demands of the population served;
- 7 outline methods of improving the sensory appeal of foods with a balance of colors, shapes, sizes, textures and flavors.

STUDENT LEARNING OUTCOMES

- 1 modify recipe ingredients and preparation methods to produce healthier foods
- 2 design quantity menus to fit the institutional mandates, and/or demographic profiles, special dietary needs, and demands of the population served
- 3 select proper food presentation techniques in serving healthier foods to increase consumer satisfaction



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COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Factors Influencing Food Selection <ul style="list-style-type: none"> • Demographics • Culture and religion • Social and economic status • Industry and media • Health concerns • Environmental and ethical concerns 	3	0	3
2	Basic Nutrition Concepts: Characteristics of a Nutritious Diet <ul style="list-style-type: none"> • Nutrients • Balance, variety, portion and calorie control, and nutrient density 	3	0	3
3	Dietary Recommendations <ul style="list-style-type: none"> • USDA Dietary Guidelines for Americans • Food labels 	6	0	6
4	The Six Classes of Nutrients: Food Sources, Functions in Health and Disease <ul style="list-style-type: none"> • Carbohydrates • Proteins • Fats • Vitamins • Minerals • Water 	14	0	14
5	Foundations of Healthy Cooking <ul style="list-style-type: none"> • Ingredients • Preparation and cooking techniques • Proper presentation 	6	0	6
6	Developing Healthy Recipes and Menus <ul style="list-style-type: none"> • Breakfast • Appetizers • Soups Salads and dressings • Entrees • Side dishes • Desserts • Snacks 	10	0	10



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7	Marketing Healthy Menus <ul style="list-style-type: none"> • Gauging consumers’ needs and wants • Menu promotion • Staff training • Program evaluation 	4	0	4
8	Meeting Special Consumer Needs and/or Requests <ul style="list-style-type: none"> • Vegetarian diets • Low sodium, low fat, and low cholesterol diets • High fiber diets • Lactose free diets • Gluten free diets • Sugar restricted diets • Calorie restricted diets 	8	0	8
				54

OUT OF CLASS ASSIGNMENTS

- 1 summary of observations and learning experiences from a field trip;
- 2 summary of key points of a guest speaker’s nutrition talk;
- 3 review of observations and findings from a visit to a food or health care industry convention/expo;
- 4 argumentative essay (e.g. critique of existing menus for compliance with current nutrition guidelines).

METHODS OF EVALUATION

- 1 individual projects (e.g. re-write an existing recipe into a more nutritious version highlighting the changes made and present modifications to class);
- 2 midterm examination;
- 3 final examination.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study



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- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Nutrition for Foodservice and Culinary Professionals	Required	Wiley	9	print	Drummond, Karen and Lisa Brefere	1119148499	2017