



COURSE OUTLINE : NUTR 118
D Credit – Degree Applicable
COURSE ID 001419
Cyclical Review: September 2020

COURSE DISCIPLINE : NUTR
COURSE NUMBER : 118
COURSE TITLE (FULL) : Dietary Health Care
COURSE TITLE (SHORT) : Dietary Health Care

CATALOG DESCRIPTION

NUTR 118 is a study of the functions of a health care facility's dietary department and its policies, procedures, and the management of its food service operations. Consideration is given to appropriate menus for various age groups and disease conditions, accommodation of therapeutic diet prescriptions and special needs, standards of tray service, patient satisfaction, regulatory agency guidelines, and general organizational and operational issues.

Total Lecture Units: 4.00

Total Laboratory Units: 0.00

Total Course Units: 4.00

Total Lecture Hours: 72.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged:0.00

Total Contact Hours: 72.00

Total Out-of-Class Hours: 144.00

Prerequisite: CULIN 111 or CULIN 112, or equivalent and NUTR 114 or equivalent. Recommended Preparation: ENGL 100 or ESL 151.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				select ingredients, products, tools, and equipment used to prepare classical and contemporary cuisine;	Yes
2				describe and demonstrate the basic cooking methods used in a commercial kitchen;	Yes
3	CULIN	111	Fundamentals of Professional Cooking 1	analyze how different cooking processes affect food ingredients;	Yes
4	CULIN	111	Fundamentals of Professional Cooking 1	achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators;	Yes
5				prepare selections in several menu categories using a variety of cooking methods in a sanitary manner;	Yes
6	CULIN	111	Fundamentals of Professional Cooking 1	assess prepared recipes using sensory evaluation;	Yes
7	CULIN	111	Fundamentals of Professional Cooking 1	follow and modify standard recipes using recommended measuring and preparation methods;	Yes
8	CULIN	111	Fundamentals of Professional Cooking 1	describe cooking procedures used to conserve nutritional value and quality of foods.	Yes
9	CULIN	112	Fundamentals of Professional Cooking 2	select ingredients, products, tools, and equipment used to prepare classical and contemporary cuisine;	Yes
10	CULIN	112	Fundamentals of Professional Cooking 2	prepare menu category selections according to standardized commercial recipes;	Yes
11	CULIN	112	Fundamentals of Professional Cooking 2	analyze how different cooking processes affect food ingredients;	Yes
12	CULIN	112	Fundamentals of Professional Cooking 2	achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators;	Yes
13	CULIN	112	Fundamentals of Professional Cooking 2	prepare selections in several menu categories using a variety of cooking methods in a sanitary manner;	Yes



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14	CULIN	112	Fundamentals of Professional Cooking 2	assess prepared recipes using sensory evaluation;	Yes
15	CULIN	112	Fundamentals of Professional Cooking 2	follow and modify standard recipes using recommended measuring and preparation methods;	Yes
16	CULIN	112	Fundamentals of Professional Cooking 2	describe cooking procedures used to conserve nutritional value and quality of foods;	Yes
17	CULIN	112	Fundamentals of Professional Cooking 2	use culinary techniques to add visual appeal to plated foods.	Yes
18	NUTR	114	Nutrition And Menu Planning	identify the functions, food sources, and allowances of nutrients;	Yes
19	NUTR	114	Nutrition And Menu Planning	present an overview of dietary guidelines;	Yes
20	NUTR	114	Nutrition And Menu Planning	apply dietary guidelines to quantity food preparation;	Yes
21	NUTR	114	Nutrition And Menu Planning	outline the functions of ingredients and preparation methods to produce more nutritious recipes;	Yes
22	NUTR	114	Nutrition And Menu Planning	describe limitations of policy and regulatory requirements in menu development;	Yes
23	NUTR	114	Nutrition And Menu Planning	formulate recipe and menu substitutions to meet the needs and demands of the population served;	Yes
24	NUTR	114	Nutrition And Menu Planning	outline methods of improving the sensory appeal of foods with a balance of colors, shapes, sizes, textures and flavors;	Yes
25	ENGL	100	Writing Workshop	Read, analyze, and evaluate contemporary articles and stories to identify topic, thesis, support, transitions, conclusion, audience, and tone;	Yes
26	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
27	ENGL	100	Writing Workshop	read, analyze, and evaluate student compositions for unity, development, use of evidence, interpretation, coherence, and variety of sentence form;	Yes
28	ENGL	100	Writing Workshop	write a summary of a contemporary article or story with correct citation techniques;	Yes
29	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



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30	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
31	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
32	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
33	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
34	ENGL	100	Writing Workshop	proofread and edit essays for content, language, citation, and formatting problems.	Yes
35	ESL	151	Reading and Composition V	Read and critically analyze various academic readings;	Yes
36	ESL	151	Reading and Composition V	summarize readings;	Yes
37	ESL	151	Reading and Composition V	organize fully-developed essays in both expository and argumentative modes;	Yes
38	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
39	ESL	151	Reading and Composition V	revise writing to eliminate errors in syntax, and grammatical constructions;	Yes
40	ESL	151	Reading and Composition V	employ basic library research techniques;	Yes
41	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 Describe the Nutrition Care Process (NCP) and the roles of the various health care team members in its implementation;
- 2 identify the federal, state, and local regulatory agencies and their guidelines governing food service operations in health care settings;
- 3 recognize the organizational hierarchies and develop/update policies and procedures of dietary departments in health care facilities;
- 4 describe the skill set, roles, duties and practice limitations of the Dietary Services Supervisor (DSS).

STUDENT LEARNING OUTCOMES

- 1 summarize key nutrients and their functions in disease management
- 2 discuss the Nutrition Care Process and the role of the various health care team members in its implementation
- 3 assist in the planning of menus for therapeutic diets in health care facilities, and monitor their nutritional adequacy and proper service

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Overview of the Six Classes of Nutrients <ul style="list-style-type: none"> • Nutrient functions in health and disease • Nutritive value of foods • Dietary guidelines 	9	0	9
2	Nutrition Related Diseases and Dietary Interventions <ul style="list-style-type: none"> • Gastro-intestinal diseases • Cardiovascular disease • Diabetes Kidney disease • Cancer • Pressure ulcers • Poor intake/Weight loss 	18	0	18
3	Food/Drug/Supplement interactions	3	0	3
4	State and Federal Regulations for dietary services in various levels of Health Care <ul style="list-style-type: none"> • (CA Title 22, Business and Professions Code, CA Health and Safety Code, CMS regulations, FDA and CA Food Codes) 	6	0	6
5	Policies and Procedures of Dietary Departments in Health Care	2	0	2



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6	The New Dining Practice Standards: Patient/resident rights	3	0	3
7	The Nutrition Care Process: <ul style="list-style-type: none"> • Roles and Responsibilities of Various Health Care Team Members • Roles and Responsibilities of the Dietary Services Supervisor • Nutrition assessment, Nutrition diagnosis, Nutrition intervention, Nutrition monitoring and evaluation 	6	0	6
8	Patient Data Collection, Record Keeping and Reporting <ul style="list-style-type: none"> • The medical record • Resident Assessment Instrument (RAI) • Minimum Data Set (MDS) 	5	0	5
9	Menu Management and Record Keeping <ul style="list-style-type: none"> • Diet manual: meal patterns, therapeutic/modified diets, appropriate menu substitutions, and documentation of changes • Menu production records, space and equipment, standardized recipes, and disaster menus • Fulfilling individual and culturally diverse food preferences, or other special needs 	8	0	8
10	Food Service Monitoring <ul style="list-style-type: none"> • Tray accuracy: diet order, condiments, substitutions, temperatures • Food appearance • Food from outside sources 	3	0	3
11	Quality Assessment and Assurance (QAA)/Performance Improvement (QAPI) <ul style="list-style-type: none"> • Ongoing, data driven programs and tools • Patient/resident/client acceptance: satisfaction surveys, food council meetings 	6	0	6
12	Survey Preparedness: pre-survey checklists	2	0	2
13	Industry Trends and Dining Culture Changes	1	0	1
				72



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.

METHODS OF EVALUATION

- 1 individual projects (e.g. menu critique);
- 2 midterm examination;
- 3 final examination.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Nutrition Fundamentals and Medical Nutrition Therapy	Required	Association of Nutrition and Foodservice Professionals	7	print	Zikmund, J.	ISBN: 0-9825884- 4 -4	2015