

## NUTR114 : Nutrition And Menu Planning

### General Information

Author:	<ul style="list-style-type: none"><li>Sona Donayan</li></ul>
Course Code (CB01) :	NUTR114
Course Title (CB02) :	Nutrition And Menu Planning
Department:	NUTR
Proposal Start:	Spring 2025
TOP Code (CB03) :	(1306.00) Nutrition, Foods, and Culinary Arts
CIP Code:	(19.0501) Foods, Nutrition, and Wellness Studies, General.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000584007
Curriculum Committee Approval Date:	03/27/2024
Board of Trustees Approval Date:	06/18/2024
Last Cyclical Review Date:	03/27/2024
Course Description and Course Note:	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 healthcare facilities. Topics include alternative ingredients and food preparation techniques to preserve or increase the nutritive value and acceptance of foods.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>
Author:	<ul style="list-style-type: none"><li>Sona Donayan</li></ul>

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Cullnary Art/Food Technology (Food service, meat cutting, baking, waiter/waitressing, bartending)</li></ul>
Alternate Discipline:	<ul style="list-style-type: none"><li>Nutritional Science/ Dietetics</li></ul>
Alternate Discipline:	<ul style="list-style-type: none"><li>Dietetic Technician</li></ul>

## Course Development

### Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

### Course Special Class Status (CB13)

Course is not a special class.

### Pre-Collegiate Level (CB21)

Not applicable.

### Grading Basis

- Grade with Pass / No-Pass Option

### Course Support Course Status (CB26)

Course is not a support course

## Transferability & Gen. Ed. Options

### General Education Status (CB25)

Not Applicable

### Transferability

Not transferable

### Transferability Status

Not transferable

## Units and Hours

### Summary

**Minimum Credit Units (CB07)** 3

**Maximum Credit Units (CB06)** 3

**Total Course In-Class (Contact) Hours** 54

**Total Course Out-of-Class Hours** 108

**Total Student Learning Hours** 162

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Credit Course.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0
Studio Hours	0	0

### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	0
<b>Course In-Class (Contact) Hours</b>	
Lecture	54
Laboratory	0
Studio	0

**Total** 54

**Course Out-of-Class Hours**

Lecture	108
Laboratory	0
Studio	0
<b>Total</b>	<b>108</b>

**Time Commitment Notes for Students**

No value

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Pre-requisites, Co-requisites, Anti-requisites and Advisories**

**Advisory**

NUTR125 - Elements Of Nutrition (in-development)

Objectives

- Recognize the role of food, dietary patterns, and nutrients in health maintenance and disease prevention;
- Analyze and critique a dietary intake for nutrient and energy adequacy, deficiency, or excess.
- Discuss current popular dietary trends and their possible consequences.
- Recognize and critique food and nutrition controversies.
- Demonstrate basic knowledge of nutrient digestion, absorption, and metabolism.

**AND**

**Advisory**

ENGL101 - Introduction to College Reading and Composition

Objectives

- Read, analyze, and evaluate a variety of primarily non-fiction readings for content, context, and rhetorical merit with consideration of tone, audience, and purpose.
- Apply a variety of rhetorical strategies in writing unified, well-organized essays directed by a well-reasoned thesis statement with persuasive support.
- Develop varied and flexible strategies for generating, drafting, and revising essays.
- Analyze stylistic choices in their own writing and the writing of others.
- Write timed, in-class essays exhibiting acceptable college-level control of mechanics, organization, development, and coherence.
- Integrate the ideas of others through paraphrasing, summarizing, and quoting without plagiarism.
- Find, evaluate, analyze, and interpret primary and secondary sources, incorporating them into written essays using appropriate documentation format.
- Proofread and edit essays for presentation so they exhibit no disruptive errors in English grammar, usage, or punctuation.

**OR**

**Advisory**

ESL151 - Reading And Composition V

Objectives

- Read and critically analyze various academic readings.

- Summarize readings.
- Organize fully-developed essays in both expository and argumentative modes.
- 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.
- Revise writing to eliminate errors in syntax, and grammatical constructions.
- Employ basic library research techniques.
- Compose one research paper (1,000 words) or two short research papers (500-700 words each) with citations.

## Entry Standards

Entry Standards

## Course Limitations

Cross Listed or Equivalent Course

## Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Methods of Instruction

Collaborative Learning

Methods of Instruction

Demonstrations

Methods of Instruction

Field Activities (Trips)

Methods of Instruction

Guest Speakers

**Out of Class Assignments**

- Summary of observations and learning experiences from a field trip
- Summary of key points of a guest speaker's nutrition talk
- Review of observations and findings from a visit to a food or health care industry convention/expo
- Argumentative essay (e.g. critique of existing menus for compliance with current nutrition guidelines)

**Methods of Evaluation****Rationale**

Exam/Quiz/Test	Individual projects (e.g. re-write an existing recipe into a more nutritious version highlighting the changes made and present modifications to class)
Exam/Quiz/Test	Midterm examination
Exam/Quiz/Test	Final examination
Writing Assignment	Self-reflection journals
Other	Peer discussions

**Textbook Rationale**

No Value

**Textbooks**

Author	Title	Publisher	Date	ISBN
Drummond, Karen and Lisa Brefere	Nutrition for Foodservice and Culinary Professionals	Wiley	2021	978-1119777199

**Other Instructional Materials (i.e. OER, handouts)**

No Value

**Materials Fee**

No value

**Learning Outcomes and Objectives****Course Objectives**

Identify the functions, food sources, and allowances of nutrients.

Present an overview of dietary guidelines.

Apply dietary guidelines to quantity food preparation.

Outline the functions of ingredients and preparation methods to produce more nutritious recipes.

Describe limitations of policy and regulatory requirements in menu development.

Formulate recipe and menu substitutions to meet the needs and demands of the population served.

Outline methods of improving the sensory appeal of foods with a balance of colors, shapes, sizes, textures and flavors.

## SLOs

**Modify recipe ingredients and preparation methods to produce healthier foods.**

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>NUTR</i> Dietetic Services Supervisor	Demonstrate cooking techniques commonly found in professional food service establishments
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	Evaluate patients' nutritional needs and formulate appropriate diets.
	Evaluate patients' nutritional needs and formulate appropriate diets.

**Interpret how quantity menus fit the institutional mandates, and/or demographic profiles, special dietary needs, and demands of the population served.**

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>NUTR</i> Dietetic Services Supervisor	Evaluate patients' nutritional needs and formulate appropriate diets.
	Evaluate patients' nutritional needs and formulate appropriate diets.

**Select proper food presentation techniques in serving healthier foods to increase consumer satisfaction.**

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>NUTR</i> Dietetic Services Supervisor	Evaluate patients' nutritional needs and formulate appropriate diets.
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## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

## Course Content

### Lecture Content

#### Factors Influencing Food Selection (3 hours)

- Demographics
- Culture and religion
- Social and economic status
- Industry and media
- Health concerns
- Environmental and ethical concerns

#### Basic Nutrition Concepts: Characteristics of a Nutritious Diet (3 hours)

- Nutrients
- Balance, variety, portion and calorie control, and nutrient density

#### Dietary Recommendations (6 hours)

- USDA Dietary Guidelines for Americans
- Food labels

#### The Six Classes of Nutrients: Food Sources, Functions in Health and Disease (14 hours)

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water

#### Foundations of Healthy Cooking (6 Hours)

- Ingredients
- Preparation and cooking techniques
- Proper presentation

#### Developing Healthy Recipes and Menus (10 hours)

- Breakfast
- Appetizers
- Soups
- Salads and dressings
- Entrees
- Side dishes
- Desserts
- Snacks

#### Marketing Healthy Menus (4 hours)

- Gauging consumers' needs and wants
- Menu promotion
- Staff training
- Program evaluation

#### Meeting Special Consumer Needs and/or Requests (8 hours)

- 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

**Total hours: 54**

## Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No

### GCC Major Requirements

No Value

### GCC General Education Graduation Requirements

No Value

### Repeatability

Not Repeatable

### Justification (if repeatable was chosen above)

No Value

## Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value