

NUTR118 : Dietary Health Care

General Information

Author:	• Sona Donayan
Course Code (CB01) :	NUTR118
Course Title (CB02) :	Dietary Health Care
Department:	NUTR
Proposal Start:	Winter 2025
TOP Code (CB03) :	(1306.20) Dietetic Services and Management
CIP Code:	(19.0505) Foodservice Systems Administration/Management.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000584268
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 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.
Justification:	Mandatory Revision
Academic Career:	• Credit
Author:	• Sona Donayan

Academic Senate Discipline

Primary Discipline:	• Nutritional Science/ Dietetics
Alternate Discipline:	• Dietetic Technician
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)	Course Special Class Status (CB13)	Grading Basis
Course is not a basic skills course.	Course is not a special class.	• Grade with Pass / No-Pass Option

Allow Students to Gain Credit by Exam/Challenge

Pre-Collegiate Level (CB21)

Not applicable.

Course Support Course Status (CB26)

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07)	4
Maximum Credit Units (CB06)	4
Total Course In-Class (Contact) Hours	72
Total Course Out-of-Class Hours	144
Total Student Learning Hours	216

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	4	8
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	72
Laboratory	0
Studio	0
Total	72
Course Out-of-Class Hours	
Lecture	144

Laboratory	0
Studio	0
Total	144

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

Co-Requisite

NUTR114 - Nutrition And Menu Planning (in-development)

(May be taken concurrently)

OR

Prerequisite

NUTR114 - Nutrition And Menu Planning (in-development)

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.

AND

Advisory

CULIN111 - Fundamentals of Professional Cooking 1 (in-development)

Objectives

- Analyze how different cooking processes affect food ingredients.
- Achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators.
- Assess prepared recipes using sensory evaluation.
- Follow and modify standard recipes using recommended measuring and preparation methods.
- Describe cooking procedures used to conserve nutritional value and quality of foods.

OR

Advisory

CULIN112 - Fundamentals of Professional Cooking 2 (in-development)

Objectives

- Utilize specialized equipment (sous vide thermalizer, cryovac machine, etc.) to prepare menu items.
- Prepare menu category selections based on molecular gastronomy techniques.
- Analyze how different cooking processes affect food ingredients.

- Achieve common goals and/or objectives as a team by following work standards consistent with professional, commercial foodservice operators.
- Follow and modify recipes of notable chefs to achieve desired results.
- Describe cooking procedures used to conserve nutritional value and quality of foods.
- Use culinary techniques to add visual appeal to plated foods.

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
Methods of Instruction	Presentations

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

Methods of Evaluation	Rationale
Project/Portfolio	Individual projects (e.g. menu critique)
Exam/Quiz/Test	Midterm examination
Exam/Quiz/Test	Final examination

Textbook Rationale

No Value

Textbooks				
Author	Title	Publisher	Date	ISBN
Zikmund, J.	Nutrition Fundamentals and Medical Nutrition Therapy	Association of Nutrition and Foodservice Professionals	2020	978-0-578-78016-0

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

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Describe the Nutrition Care Process (NCP) and the roles of the various health care team members in its implementation.

Identify the federal, state, and local regulatory agencies and their guidelines governing food service operations in health care settings.

Recognize the organizational hierarchies and develop/update policies and procedures of dietary departments in health care facilities.

Describe the skill set, roles, duties and practice limitations of the Dietary Services Supervisor (DSS) and the Certified Dietary Manager (CDM).

Describe the scope of practice of the Certified Dietary Manager (CDM).

SLOs

Summarize key nutrients and their functions in disease management.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.
	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.

Discuss the Nutrition Care Process and the role of the DSS, CDM, and other health care team members in its implementation.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.
	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.

Assist in the planning of menus for therapeutic diets in health care facilities, and monitor their nutritional adequacy and proper service.

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.

Course Content

Lecture Content

Overview of the Six Classes of Nutrients (9 hours)

- Nutrient functions in health and disease
- Nutritive value of foods
- Dietary guidelines

Nutrition Related Diseases and Dietary Interventions (18 hours)

- Gastro-intestinal diseases
- Cardiovascular disease
- Diabetes
- Kidney disease
- Cancer
- Pressure ulcers
- Poor intake/Weight loss

Food/Drug/Supplement interactions (3 hours)

State and Federal Regulations for dietary services in various levels of Health Care (6 hours)

- (CA Title 22, Business and Professions Code, CA Health and Safety Code, CMS regulations, FDA and CA Food Codes)

Policies and Procedures of Dietary Departments in Health Care (2 hours)

The New Dining Practice Standards: Patient/resident rights (3 hours)

The Nutrition Care Process (6 hours)

- 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

Patient Data Collection, Record Keeping and Reporting (5 hours)

- The medical record
- Resident Assessment Instrument (RAI) Minimum Data Set (MDS)

Menu Management and Record Keeping (8 hours)

- 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

Food Service Monitoring (3 hours)

- Tray accuracy: diet order, condiments, substitutions, temperatures
- Food appearance
- Food from outside sources

Quality Assessment and Assurance (QAA)/Performance Improvement (QAPI) (6 hours)

- Ongoing, data driven programs and tools
- Patient/resident/client acceptance: satisfaction surveys, food council meetings

Survey Preparedness: pre-survey checklists (2 hours)

Industry Trends and Dining Culture Changes (1 hours)

Total hours: 72

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