Course Prefix and Number: CULA 110
Credit Hours: 3

Course Title: Nutrition

Prerequisites: none


Course Description:
This course is an introduction to the fundamentals of nutrition and the analysis of the relationship between nutrient intake and health throughout the life cycle. Students explore the role of nutrients in the human body. Students develop an in-depth personal nutrient analysis.

Learning Outcomes:
At the end of this course, the student will:

A. Apply nutritional standards and guidelines to culinary arts.
B. Contrast the characteristics, functions and food sources of nutrients.
C. Use nutritional cooking concepts.

To achieve the learning outcomes, the student will

1. identify the need to combine nutrition science and culinary arts (A),
2. discuss the Dietary Guidelines for Americans (A),
3. identify the USDA’s MyPyramid and food groups (A),
4. list the nutritional contributions of each food group (A),
5. develop recipes and menus using the Dietary Guidelines, food guides and food labels (A),
6. evaluate recipes and menus using the Dietary Guidelines, food guides and food labels (A),
7. describe the process of human digestion (B),
8. determine energy needs based upon basal metabolic rate and exercise expenditure (B),
9. discuss characteristics, functions and best sources of each of the macronutrients: carbohydrate, protein and lipids (B),
10. list the primary characteristics, functions and sources of vitamins, minerals and water (B),
11. discuss food exchange groups and portion size control (C),
12. discuss purchasing, storage and cooking techniques for maximum retention of nutrients and effective weight management (C),
13. discuss marketing healthy menu options (C),
14. discuss contemporary nutritional issues, i.e. heart healthy menus, vegetarianism, and religious dietary laws (C),
15. discuss fad diets, weight management and exercise and nutrition over the life cycle (C),
16. identify common food allergens and determine appropriate substitutions (C), and
17. apply emerging technologies (computerization) for nutrient analysis (i.e. Internet, recipe analysis software) (C).

Course Requirements:

- Minimum average score of 60% on unit tests and comprehensive final test
- Satisfactory completion of personal nutritional analysis

Grading Scale:

A  90% or more of total possible points and minimum of 60% average score on tests and final exam combined and a satisfactory personal nutritional analysis

B  80% or more of total possible points and minimum of 60% average score on tests and final exam combined and a satisfactory personal nutritional analysis

C  70% or more of total possible points and minimum of 60% average score on tests and final exam combined and a satisfactory personal nutritional analysis

D  60% or more of total possible points and minimum of 60% average score on tests and final exam combined and a satisfactory personal nutritional analysis

F  less than 60% or more of total possible points and/or less than 60% average score on tests and final exam combined and/or unsatisfactory personal nutritional analysis

Revised Spring 2008/ P. Rhoades