

**SOUTHEAST COMMUNITY COLLEGE**  
**HEALTH SCIENCES DIVISION**  
**HEALTHCARE SERVICES**  
**Revision Date: 2/2019**  
[Syllabus Statements](#)

**I. CATALOG DESCRIPTION**

**Course Number:** HLTH1350  
**Course Title:** Nutrition Aide  
**Prerequisite(s):** None

**Catalog Description:** This course teaches basic nutrition principles as they relate to menu planning, safe food handling and preparation, and fundamental culinary and baking skills such as knife skills, basic food preparation and service, food safety and sanitation, HACCP, and menu planning. Nutrition aides may work in long-term care facilities, hospitals, home health care, or assisted living facilities.

**Credit Hours:** 3.5  
**Class Hours:** 38  
**Lab Hours:** 45  
**Total Contact Hours:** 83

**II. COURSE OBJECTIVES:** *Course will:*

1. Define the fundamentals of healthy, well-balanced meal planning
2. Compare and contrast modified and therapeutic diets
3. Describe safe food handling and methods to prevent foodborne illness
4. Explain principles of sanitation and safety to work areas and equipment
5. Illustrate how to follow recipes, accurately weighing and measuring as directed.
6. Describe proper cooking and baking techniques
7. Demonstrate knife skills

**Note:** Unit objectives are located in the learning management system within each unit of study.

**III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:**

**A. STUDENT LEARNING OUTCOMES:** *The student will be able to:*

1. Plan basic menus incorporating the principles of a healthy diet
2. Choose appropriate menu substitutions
3. Prepare modified diets
4. Demonstrate and utilize correct cooking and baking techniques
5. Demonstrate proper knife skills
6. Describe how to keep food safe through purchasing, receiving, storage and preparation
7. Obtain a Food Handler Permit

**B. GENERAL EDUCATION LEARNING OUTCOMES**

1. **GELO 6: Career and Life Skills**

Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.

**IV. CONTENT/TOPICAL OUTLINE (course outline may provide more detailed information)**

**A. UNITS**

1. Principles of a Healthy Diet
2. Menus and recipes
3. Creating menus, modified and therapeutic diets
4. Food Safety
5. HACCP
6. Kitchen equipment identification
7. Knife skills
8. Cooking principles and techniques
9. Baking terms and ingredients
10. Baking principles and techniques
11. Modified texture diets

**V. INSTRUCTIONAL MATERIALS REQUIRED**

**A. Required Text(s):**

None

**VI. METHODS OF PRESENTATION/INSTRUCTION**

**A. Methods of presentation typically include a combination of the following:**

1. Lecture
2. Demonstration
3. Handout Materials
4. Class Participation/Presentations
5. Case Studies and Group Work
6. Guest Presenters
7. Websites
8. Power Point slides and videos
9. Pretests and worksheets
10. Interactive, educational games may be used to augment some of the units

**VII. METHODS OF EVALUATION**

A. Methods of evaluation typically include a combination of assignments, quizzes, exams, projects, etc. For grading expectations please see the course information document.

**SCC STANDARD GRADING SCALE POLICY:**

<b>A+ 95-100</b>	<b>C+ 75-79</b>
<b>A 90-94</b>	<b>C 70-74</b>
<b>B+ 85-89</b>	<b>D+ 65-69</b>
<b>B 80-84</b>	<b>D 60-64</b>
	<b>F Below 60</b>

**VIII. SPECIFIC COURSE REQUIREMENTS**

**A. ATTENDANCE**

Attendance is crucial to the success of this course. Any class missed could mean valuable missed information, which is difficult to obtain. Please notify the instructor of any pending absences or if you will be late. Absences in excess of four hours may result in failing the course.

**B.** Must pass all program courses with a C+ to progress to the next term. Please see course information document for course policies related to grading, expectations, assignments, assessments, and participation.