

SOUTHEAST COMMUNITY COLLEGE
COURSE SYLLABUS
Community Services and Extended Learning
Revision Date: 08-23-23

I. CATALOG DESCRIPTION

Course Number: FSDT2226
Course Title: Culinary Nutrition
Pre-requisite(s): FSDT1350 and one of the following: FSDT1040 or FSDT2030

Catalog Description: The marriage of gourmet cooking and nutrition. Adopting recipes to meet nutritional modifications. Preparing and evaluating menu items in lab.

Credit Hours: 1.0
Class Hours: 10
Lab Hours: 18
Total Contact Hours: 28

II. COURSE OBJECTIVES: *Course will:*

- A. Demonstrate that upscale food can be healthy, visually appealing and delicious.
- B. Recognize how recipe modification can enhance nutrient content of foods.
- C. Develop menu items that are appropriate for specific dietary needs and food preferences.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:

- A. Student Learning Outcomes: *Student will be able to:*
 - 1. Identify the nutrients, functions and sources.
 - 2. Know calorie levels of energy yielding nutrients.
 - 3. Review the basics of vitamins and minerals.
 - 4. Identify the recommendation of MyPlate.
 - 5. Discuss the elements of flavor.
 - 6. Review the nutritional benefits of fruits, vegetables, grains, legumes and how to include in the diet.
 - 7. Discuss the nutrition and health benefits of cooking with less fat, sodium and sugar and how to adapt recipes and menus.
 - 8. Review healthy beverages to include in the diet.
 - 9. Discuss and practice healthy cooking techniques.
 - 10. Practice modifying recipes and menus to make them healthier.
 - 11. Analyze the nutrient content of recipe and discuss FDA guidelines for chain restaurants.
 - 12. Discuss staff training and customer communication in relation to healthier menus and specialty diets.
 - 13. Create, present and evaluate a breakfast, lunch and dinner menu that meet recommended parameters and dietary preferences.
- B. General Education Learning Outcomes (GELOs)
 - 1. GELO #3: Critical Thinking & Problem Solving
Outcome 1: Evaluate the validity of arguments, alternatives, data, outcomes, and/or impacts of actions.

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

- A. Healthy Eating Patterns and Ingredients
- B. Healthy Cooking Techniques
- C. Developing Healthy Recipes and Menus
- D. Healthy Soups, Salad and Appetizers
- E. Healthy Main Dishes & Sides

- F. Healthy Breakfasts, Beverages & Desserts
- G. Specialty Diets

V. INSTRUCTIONAL MATERIALS

- A. Required Text(s): Powers, Catherine and Abbott Hess, Mary. *Essentials of Nutrition for Chefs*, Third Edition, Culinary Nutrition Publishing, Current Edition.
- B. Other Resources:
 - 1. Online websites/audiovisuals
 - 2. Class presentations
 - 3. Computer with internet access

VI. METHODS OF PRESENTATION/INSTRUCTION

- A. Methods of presentation typically include a combination of the following:
 - 1. Lecture, Lab work
 - 2. Power Point, Handouts
 - 3. Videos
 - 4. Class Discussion/Presentations/Small Group Work

VII. METHODS OF EVALUATION

- A. Methods of evaluation typically include a combination of the following:
 - 1. Discussion
 - 2. Quizzes
 - 3. Assignments
 - 4. Exams
 - 5. Lab Performance
- B. SCC STANDARD GRADING SCALE POLICY:

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

VIII. SPECIFIC COURSE REQUIREMENTS:

- A. Successful completion of all exams, projects and additional assignments.