

# CUL 210 - NUTRITION FOR CULINARY ARTS

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## Course Description

This course is designed for students who wish to pursue a career in culinary arts. Healthy eating is attracting more attention as Americans struggle with the problems of obesity and disease prevention. In this atmosphere it is essential for prospective chefs to be aware of the needs of their customers. This course presents the principles of nutrition within the context of professional food preparation. Various ingredients and their role in good nutrition, planning healthy menus and alternative eating styles are discussed. Group 2 course.

## Credit Hours

2

## Contact Hours

2

## Lecture Hours

2

## Required Prerequisites

ENG 99/108 or higher and MTH 100 or higher; can be taken concurrently.

## General Education Outcomes supported by this course

Communications - Direct, Quantitative Reasoning

## Course Learning Outcomes

### Knowledge:

- Identify the six basic types of nutrients.
- Define the functions of carbohydrates, proteins, lipids, vitamins, minerals and water.
- Describe the digestion, absorption and transport of nutrients through the digestive system.

### Application:

- Create a nutrient dense and energy dense foods list.
- Use Dietary Reference Intakes, Dietary Guidelines for Americans 2015-2020, ChooseMyPlate, daily values and food labels to assess diets and menu choices.

### Integration:

- Develop a list of alternative menu choices reflecting the main food allergies and diseases.
- Develop a menu that outlines and supports the nutritional needs of a varied customer base.

### Human Dimension:

- Evaluate the various types of (vegetarian) diets and characterize diets related to ethnic/cultural, religious and philosophical positions.
- Describe how nutrition is related to both disease development and treatment.

### Caring - Civic Learning:

- Describe how and why making food nutritious is important.
- Describe the major issues relating to food and food production in today's world.
- Describe the needs of various populations throughout the life cycle.

### Learning How to Learn:

- Revise a recipe to reflect better nutrition and/or food allergies.