



Western Technical College

10317164 Basic Nutrition

Course Outcome Summary

Course Information

Description	This course provides an introduction to the science of nutrition. Basic concepts related to digestion and metabolism are presented. Major nutrients, including carbohydrates, lipids and proteins will be discussed and the role they play in health promotion and disease prevention in the human lifecycle.
Career Cluster	Hospitality and Tourism
Instructional Level	Associate Degree Courses
Total Credits	2
Total Hours	36

Textbooks

Nutrition for Foodservice and Culinary Professionals. 9th Edition. Copyright 2017. Drummond, Karen E. Publisher: John Wiley & Sons, Inc. **ISBN-13:** 978-1-119-14849-4. Required.

Program Outcomes

1. Apply principles of nutrition.
2. Plan menus.

Course Competencies

1. **Examine the relationship between nutrition and healthy functioning of the human body.**

Assessment Strategies

- 1.1. Written Product
- 1.2. Written Objective Test

Criteria

You will know you are successful when

- 1.1. you participate in classroom discussions regarding the science of nutrition.
- 1.2. you list attributes of a healthy diet.
- 1.3. you identify body organs and their function in the digestive process.

- 1.4. you identify roles of specific nutrients in maintaining good health.
- 1.5. you break down estimated calorie needs per day to maintain healthy eating habits.
- 1.6. you meet criteria for written product.
- 1.7. you obtain a passing score of 73% on the test.

Learning Objectives

- 1.a. Examine the definition of nutrition.
- 1.b. Investigate the digestive process and the organs involved.
- 1.c. Explore components of a healthy diet.

2. Investigate the six classes of nutrients and their functions within the human body.

Assessment Strategies

- 2.1. Written Product
- 2.2. Written Objective Test

Criteria

You will know you are successful when

- 2.1. you participate in classroom discussions regarding the six essential nutrients.
- 2.2. you identify food sources of the six essential nutrients.
- 2.3. you summarize functions of dietary carbohydrates, fats, and proteins.
- 2.4. you summarize functions of dietary vitamins and minerals.
- 2.5. you summarize crucial roles of water as an essential nutrient.
- 2.6. you calculate estimated calorie needs per day to maintain a healthy lifestyle.
- 2.7. you meet criteria for written product.
- 2.8. you obtain a passing score of 73% on the test.

Learning Objectives

- 2.a. Classify food items that provide the six essential nutrients.
- 2.b. Examine the role of carbohydrates and fiber.
- 2.c. Examine the role of proteins.
- 2.d. Examine the role of lipids/fats and cholesterol.
- 2.e. Examine the role of fat and water soluble vitamins.
- 2.f. Examine the role of minerals.
- 2.g. Examine the role of water and fluid balance.

3. Explore the Dietary Guidelines for Americans.

Assessment Strategies

- 3.1. Written Product
- 3.2. Written Objective Test

Criteria

You will know you are successful when

- 3.1. you participate in classroom discussions regarding the Dietary Guidelines for Americans.
- 3.2. you list the five dietary guidelines.
- 3.3. you identify lifestyle modifications that need to be made to adhere to the Dietary Guidelines.
- 3.4. you explain which guideline has meaning for you as an individual and why.
- 3.5. you examine eating strategies that promote optimal health, according to the Dietary Guidelines.
- 3.6. you meet criteria for written product.
- 3.7. you obtain a passing score of 73% on the test.

Learning Objectives

- 3.a. Identify the Dietary Guidelines for Americans.
- 3.b. Identify lifestyle modifications to meet dietary guidelines.
- 3.c. Identify lifestyle modifications to reduce risk of chronic disease.
- 3.d. Select a personal lifestyle change necessary to meet a dietary guideline.

4. Apply the principles of "My Plate" to personal balanced food choices.

Assessment Strategies

- 4.1. Project (MyPlate)
- 4.2. Drawing/Illustration

4.3. Written Objective Test

Criteria

You will know you are successful when

- 4.1. you participate in classroom discussions regarding appropriate intake and comparison to MyPlate guidelines.
- 4.2. you complete a food intake recall.
- 4.3. you apply principles of MyPlate to personal food choices and menus as part of the MyPlate project.
- 4.4. you complete the drawing of MyPlate as part of the MyPlate project.
- 4.5. you classify foods according to the MyPlate drawing.
- 4.6. you determine portion sizes according to the MyPlate drawing.
- 4.7. you meet criteria for written product.
- 4.8. you obtain a passing score of 73% on the test.

Learning Objectives

- 4.a. Explore the MyPlate website.
- 4.b. Draw a diagram of MyPlate, with foods into food groups.
- 4.c. Compute nutritional value of personal intake according to MyPlate standards.
- 4.d. Apply MyPlate recommendations to written menus.

5. Identify nutritional needs throughout the life cycle.

Assessment Strategies

- 5.1. Project (Nutrition throughout the Life Cycle)
- 5.2. Oral Presentation
- 5.3. Written Objective Test

Criteria

You will know you are successful when

- 5.1. you participate in classroom discussions regarding nutritional needs and changes throughout the life cycle.
- 5.2. you identify nutrition needs during infancy, childhood, adolescence, pregnancy, lactation, and maturity.
- 5.3. you compare physiological changes to different stages in the human life cycle.
- 5.4. you describe nutritional choices that are related to promoting longevity.
- 5.5. you present main points regarding the changes in nutrition-based issues in a clear and concise manner to the audience.
- 5.6. you obtain a passing score of 73% on the test.

Learning Objectives

- 5.a. Examine nutritional needs during infancy, childhood, adolescence, adulthood, pregnancy, lactation, and maturity.
- 5.b. Determine nutrient needs for growth.
- 5.c. Identify physiological, psychological, and sociological barriers to good nutrition at each stage of life.
- 5.d. Summarize physical changes in the elderly and resulting nutritional needs.

6. Relate the role of nutrition in disease prevention.

Assessment Strategies

- 6.1. Project (Disease Prevention)
- 6.2. Written Product
- 6.3. Written Objective Test

Criteria

You will know you are successful when

- 6.1. you participate in classroom discussions regarding the impact of nutrition in disease prevention.
- 6.2. you describe health risks associated with both excess or inadequate amounts of specific nutrients.
- 6.3. you identify risk factors for disease prevention for cardiovascular disease.
- 6.4. you identify risk factors for disease prevention for diabetes.
- 6.5. you examine the value of exercise in disease prevention.
- 6.6. you evaluate weight reduction programs for efficacy, safety, and nutritional balance as part of the disease prevention project.

- 6.7. you classify preparation and cooking methods that improve nutritional balance.
- 6.8. you meet criteria for written product.
- 6.9. you obtain a passing score of 73% on the test.

Learning Objectives

- 6.a. Compare lifestyle modifications to reduce the risk of chronic disease.
- 6.b. Identify risk factors for heart disease.
- 6.c. Identify risk factors for diabetes.
- 6.d. Identify healthy food preparation methods to promote optimum health and reduce risk of disease.
- 6.e. Explore the role of exercise in disease prevention.
- 6.f. Investigate selected weight loss programs.

7. Analyze food label information.

Assessment Strategies

- 7.1. Written Product
- 7.2. Written Objective Test

Criteria

You will know you are successful when

- 7.1. you participate in classroom discussions and group activities regarding understanding the food label.
- 7.2. you explain components of the information on the food label.
- 7.3. you interpret food label information to judge nutritional attributes of selected foods.
- 7.4. you apply food label information to personal food choices.
- 7.5. you obtain a passing score of 73% on the test.

Learning Objectives

- 7.a. Identify labeling terms.
- 7.b. Explore the standard format of the food label.
- 7.c. Explore the standard components of the food label.
- 7.d. Calculate sugar, fat, fiber, and salt content of selected foods based on the food label.
- 7.e. Determine nutritional adequacy of food items using food label information.
- 7.f. Translate label information to a selection of healthier foods.

8. Modify menus and recipes according to nutritional standards.

Assessment Strategies

- 8.1. Project (Healthy Menus)
- 8.2. Written Objective Test

Criteria

You will know you are successful when

- 8.1. you participate in classroom discussions regarding nutritionally balanced menus.
- 8.2. you modify menus to include healthy and nutritionally balanced food choices.
- 8.3. you modify recipes to improve nutritional balance meeting required criteria as part of the healthy menu project.
- 8.4. you identify cooking methods to maintain best nutrition on the menu.
- 8.5. you obtain a passing score of 73% on the test.

Learning Objectives

- 8.a. Explain ingredient modifications that improve nutritional balance of recipes and menus.
- 8.b. Modify a traditional recipe to decrease fat and sugar while increasing nutritive value.
- 8.c. Calculate calories, protein, carbohydrates, and fats on selected menus to meet nutritional standards.
- 8.d. Complete a menu that offers nutrient dense food selections within a specific caloric level with appropriate fiber content.