

# Nutrition

CHEF2520 251

## Instructor Information

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## Course Description

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In this course, students will learn about basic nutrients, food labeling, current issues in nutrition, and the application of nutritional principles to menu development. In this course, students learn about basic nutrients, food labeling, current issues in nutrition, and the application of nutritional principles to menu development.

Semester: Fall & Spring

## Course Student Learning Outcomes

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- Describe the characteristics, functions, and food sources of the major nutrients and how to maximize nutrient retention in food preparation and storage.
- Identify current USDA My Pyramid principles and food groups.
- Discuss the nine areas where dietary guidelines make recommendations.
- Recognize the significance of weight management, exercise and nutrition over the life cycle on customer choices.

- Develop recipes and menus using dietary guide-line recommendations, food guides and food labels.
- Apply emerging technologies (computerization) for nutrient analysis (i.e. Internet, recipe analysis software).
- Explain how nutrition principles are dynamic and change as scientists learn more about food and metabolism.
- Characterize and confer over diets related to ethnic/cultural, religious, and philosophical positions.
- Distinguish between organic, certified organic, natural, local, and conventional produce.
- Formally debate genetically modified and bioengineered food products.
- Apply the principles of nutrient needs throughout the life cycle to menu planning and food preparation.
- Evaluate recipes and menus using dietary guideline recommendations, food guides and food labels.
- Develop marketing of healthy menu options.
- Discern people making food choices through nonscientific methods such as learned behavior, or because of psychological and social needs.
- Require a project to demonstrate cooking techniques and storage principles and portion sizes for maximum retention of nutrients and effective weight management.
- Request that students review the education/training requirements of persons in hospitality professions.
- Participate in home meal replacements.

## Communication Plan

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- In this course I will be posting interactive announcements which will offer specific opportunities for class questions and extra credit every other week.
- Additionally, I will be participating in the discussion forums with you to share my perspective within the discipline and to offer some nuances of interpretation that may not be present in your textbook.
- Lastly, we'll be holding small group Q & A sessions, where we can learn from our peers (and faculty) on some of the more difficult units within the course.

## Required Text or Materials

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**Title:** ManageFirst Nutrition, Second Edition

**Publisher:** Mange First

**Edition:** 2nd

For more information on textbook accessibility, contact Accessibility & Disability Services at [ads@slcc.edu](mailto:ads@slcc.edu).

## Brief Description of Assignments/Exams

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### Culture and Food Habits Oral Presentations

At the end of the semester, each student will give an oral presentation about the culture and food habits of an ethnic, religious, or cultural group outside the United States.

1. The presentation should be approximately 5 minutes long.
2. Provide information on dietary patterns and practices, including family roles, staple foods, typical meal patterns, spices and seasonings, cooking techniques, food acquisition and production, eating practices, medicinal uses of food, nutritional status of the population, and holiday and religious practices related to food.
1. Include the number of McDonald's in the Country and the impact fast food has on the overall general health of the population.
4. Plan and prepare a cultural dish, such as an entrée, dessert, appetizer, or bread, and serve enough for each class member.

## Nutritional Analysis of Diet in Cronometer

Directions: This assignment involves five steps:

1. Keep two 24-hour logs of your food intake.
2. Keep two 24-hour logs of your activities. These should be the same two days on which you record your food intake.
3. Generate an eating plan and analyze your food intake and physical activity on Cronometer /<https://cronometer.com/>
4. Go to Cronometer /<https://cronometer.com/> or download the app.
5. Select Free Trial.
6. Create a profile.
7. Provide the requested information and print out your food intake and physical activity logs along with your personalized plan.
8. Using your results, evaluate the quality of your food intake and activity level.

Detailed Directions:

1. On the diet logs, record everything you eat in two 24-hour periods, carefully noting amounts. Remember to keep track of beverages and condiments as well. The more accurate you are in recording amounts, the more accurate your analysis will be.
2. On the activity log, write down every activity you do starting at 7 a.m. one day and ending at 7 a.m. the following day.
3. Analyze your two days of food and physical activity.
4. Write a one page paper and include your evaluation of your typical eating and exercise patterns. Consider your nutrient intake, calorie intake, and energy expenditure (energy balance). Note at least one positive aspect of your eating and exercise habits and one suggestion for improvement.
5. Be sure to include all computer-generated printouts.

## Assignment Schedule

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<b>Due Date</b>	<b>Assignment Name</b>	<b>Assignment Type</b>	<b>Points</b>
	<a href="#">Introduce Yourself</a>	Discussion	0
9/3	<a href="#">Quiz Chapter 1</a>	Quiz	12
9/3	<a href="#">Chapter 2: Digestion Work Sheet</a>	Assignment	10
9/3	<a href="#">Super Size Me Assignment</a>	Assignment	10
9/17	<a href="#">Quiz Chapter 2</a>	Quiz	17
9/17	<a href="#">My Plate: In Class Assignment</a>	Assignment	0
9/17	<a href="#">Fed Up</a>	Assignment	10
9/24	<a href="#">Quiz Chapter 3</a>	Quiz	18
10/1	<a href="#">In Class Assignment- Protein Assessment</a>	Assignment	10
10/8	<a href="#">Salad Bar Assignment</a>	Assignment	10
10/16	<a href="#">Quiz Chapter 4</a>	Quiz	23
10/16	<a href="#">Quiz Chapter 5</a>	Quiz	15
10/29	<a href="#">Midterm Fall 2024</a>	Quiz	94
11/12	<a href="#">Forks over Knives</a>	Assignment	25
11/19	<a href="#">Culture and Food Presentations</a>	Assignment	100
12/3	<a href="#">Nutrition Analysis of Diet</a>	Assignment	100

## Grading Scale

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Grade	Percentage	Grade	Percentage	Grade	Percentage
A	93-100%	B-	80-82.9%	D+	67-69.9%
A-	90-92.9%	C+	77-79.9%	D	63-66.9%
B+	87-89.9%	C	73-76.9%	D-	60-62.9%
B	83-86.9%	C-	70-72.9%	E	59.9% or less

## How to Navigate to Canvas

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## Institutional Policies

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As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

You can access the document by clicking on the following link:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>

## Learning Support and Tutoring Services

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We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, please visit the Institutional Syllabus under the Tutoring and Learning Support tab:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

## Advising and Counseling Support Services

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At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, please visit the Institutional Syllabus under the Advising and Counseling Support Services tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

## Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)