

# Nutrition

CHEF - 2520 251

## Course Description

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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.

## Assignment Schedule

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Due Date	Assignment Name	Assignment Type	Points
	<a href="#">Culture and Food Presentations</a>	Assignment	100
	<a href="#">Introduce Yourself</a>	Discussion	0
	<a href="#">Introduce Yourself</a>	Discussion	0
	<a href="#">Super Size Me Assignment</a>	Assignment	10
9/2/25	<a href="#">Quiz Chapter 1</a>	Quiz	12

## Grading Scale

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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

## **EXTRA CREDIT**

This will be very limited. Therefore, to do well in the class it is important to keep up with assignments and turn them in on time, follow instructions, and attend class. However, there will be 2 ways to receive extra credit. Each quiz and exam will include extra credit questions.

In addition, students can earn up to 20 extra credit points during the semester.

### **Assignment: Ethnic Market Exploration and Recipe Creation**

Objective: Discover a new nutritious ingredient from an ethnic market or grocery store, learn about its cultural and nutritional significance, and incorporate it into a recipe.

Instructions:

1. Visit an Ethnic Market:

- Explore an ethnic market or grocery store in your area.
- Find a new ingredient you have never personally used before.

2. Research the Ingredient:

- Write a short synopsis (100-150 words) about the ingredient, including:
  - Its cultural origin.
  - Nutritional benefits.
  - How it is typically used in cuisine.

3. Incorporate the Ingredient:

- Use the ingredient in a recipe.
- Document the process with:

- A photo of you holding the raw ingredient.
- A photo of the completed dish.

3. Submit:

- Submit the synopsis, photos, and recipe in canvas.

## 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.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

## 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, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. 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

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, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. 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](#)

## Additional Policies

Nutrition is a night class, and many of us come straight from work or other classes in a rush. Nutrition is about whole-body health, including mental well-being. To help us get into the right mindset, we will begin each class with a 5-minute meditation session. Participation is optional, but if you choose not to participate, please be respectful and avoid disturbing others. If you arrive late, please enter quietly to minimize disruption.

During each class period with a lecture, we will go around the room, and each person will share something new they learned in class—something they didn't know before the class began.