

# FN A140: INTRODUCTION TO NUTRITION CONCEPTS

Item	Value
Curriculum Committee Approval Date	12/11/2013
Top Code	130600 - Nutrition, Foods and Culinary Arts
Units	2 Total Units
Hours	54 Total Hours (Lecture Hours 27; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> <li>OC Life Skills - Theory - AA (OE1)</li> </ul>
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> <li>CSU E1 Lifelong Understanding (E1)</li> </ul>

## Course Description

Practical approach to nutrition: includes basic nutrition, food product evaluation, menu modification, food and health issues, nutrition controversies, and food safety. Recommended for Culinary Arts and students wanting an overview of applied nutrition. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Use MyPlate to plan and evaluate a nutritionally adequate diet for themselves.

## Course Objectives

- 1. Describe influences on the formation of food habits, incentives for change and factors inhibiting change. (SCANS: Thinking)
- 2. Identify basic terms relating to the introductory study of nutrition. (SCANS: Information)
- 3. Identify major nutrients, their food sources, and their role in promoting good health (Carbohydrates, Proteins, Fat, Vitamins, Minerals, Water). (SCANS: Information)
- 4. Describe the various tools used to evaluate dietary patterns and apply these tools to the assessment of diets (MyPyramid, Dietary Guidelines, Goals, Nutrition Information on Labels). (SCANS: Information, Thinking)
- 5. Plan the selection of food, meals, and snacks to lessen the risk of disease (Cancer, diabetes, cardiovascular disease, dental disease, osteoporosis, anemia, etc). (SCANS: Thinking, Personal Qualities)
- 6. Identify sources of reliable nutrition information. (SCANS: Information)
- 7. Compare and contrast current nutrition trends with the text and class discussion (dieting fads, nutrition supplement use, nutrition misinformation). (SCANS: Information, Thinking)
- 8. Describe nutritional needs throughout the life cycle. (SCANS: Information)

- 9. Describe the effect of nutrient intake on physical performance. (SCANS: Information, Thinking)
- 10. Identify concepts concerning calorie intake and expenditure in relation to energy needs and weight management. (SCANS: Information, Thinking, Personal Qualities)
- 11. Identify nutrition programs which are assisting with food distribution to improve nutrition in specific population groups. (SCANS: Systems)
- 12. Discuss the issues related to food safety, food borne illness, pesticides, additives, biotechnology in the U.S. (SCANS: Information, Thinking)

## Lecture Content

The Power of Food, attitudes toward healthful eating, how diet have changed choosing healthful foods, energy and nutrient balance. Learning activities nutrition messages. Nutrition Standards and Tools: Nutrient recommendations, Dietary Guidelines for Americans, MyPyramid, food labels. Learning activities Carbohydrates: Functions of carbohydrates, requirements and recommendations, culinary application sugar and sugar substitutes. Fats and Oils: function of fats, science of fats, fats and health, fats used in cooking. Learning activity reducing the fat in recipes. Proteins: functions of protein, protein structure and types, protein needs, major sources of protein, learning activities vegetarian meals. Water and Beverages: How much water does the body needs bottled water, coffee, tea, alcohol, dairy and fruit drinks. Learning activities beverage evaluation. Vitamins, Minerals and Phytochemicals: Vitamins, minerals, photochemical, enrichment, bioavailability, nutrient retention. Learning activities cooking nutrient retention. Planning Healthful Menus: Menu trends, starters, soups, salad dressings, main courses, breads, desserts, portioning and plating, childrens menus, organic and function foods. Learning activities menu planning and preparation. The Flavor Factor: Physiology of taste, taste interactions, flavor, seasonings, ethnic, salt. Learning activities increasing flavor and reducing salt in food Healthful cooking techniques: Roasting and baking, oven crisped, broiling and grilling, poaching, simmering, steaming, braising, Learning activities adapting recipes for healthful cooking. Communicating nutrition messages: Nutrition on the menu and healthcare reform, community and professional involvement, nutrition claims, calculating nutrient data: Learning activities menu development and evaluation. Food for Healthful Living: Children, aging adults, athletes, weight management, vegetarians, religious consideration. Learning activities menu planning for special populations. Serving Guests with Special Health Needs: cardiovascular disease, hypertension, cancer, diabetes, digestive disorders, food allergies, gluten intolerance. Learning activities special meal preparation.

## Lab Content

See Course Content.

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Instructional Techniques

Lecture, small group discussion and problem-solving/cooperative learning Audiovisuals include transparencies, videotapes, films, slides, learning activities

## Out-of-class Assignments

Food product evaluation (Label reading/comparison) with short summary indicating most healthy product choices. (SCANS: Thinking) Evaluation of own diet using the MyPyramid with short evaluation of strengths and weaknesses. Evaluation of own energy needs and intake with evaluation of strengths and weaknesses. (SCANS: Information, Thinking, Personal Qualities) Summary of Current Nutrition Articles with evaluation based on specific text discussion. (SCANS: Basic, Information, Thinking) Written summary of one nutrition article (or presentation/debate) found in the media with personal evaluation citing text discussion of topic. (SCANS: Basic, Information, Thinking)

## Demonstration of Critical Thinking

Completion of 6 assignments Food product evaluation, Diet Evaluation, Menu Alternative Choices, Nutrition Article Review/evaluation, Evaluation of Nutrition Information in the Media, Energy Needs Assessment Five Tests, Final Exam

## Required Writing, Problem Solving, Skills Demonstration

Food product evaluation (Label reading/comparison) with short summary indicating most healthy product choices. (SCANS: Thinking) Evaluation of own diet using the MyPyramid with short evaluation of strengths and weaknesses. Evaluation of own energy needs and intake with evaluation of strengths and weaknesses. (SCANS: Information, Thinking, Personal Qualities) Summary of Current Nutrition Articles with evaluation based on specific text discussion. (SCANS: Basic, Information, Thinking) Written summary of one nutrition article (or presentation/debate) found in the media with personal evaluation citing text discussion of topic. (SCANS: Basic, Information, Thinking)

## Other Resources

1. Powers, Catherine and Mary Abbott Hess, Essentials of Nutrition for Chefs, Medina: Culinary Nutrition Publishing, Latest. \*(fax 773-458-3955; [www.nutritiontorchets.com](http://www.nutritiontorchets.com) email – [powers@culinarynutritionassociates.com](mailto:powers@culinarynutritionassociates.com); 773-348-4300.)