

Washtenaw Community College Comprehensive Report

CUL 118 Culinary Nutrition Effective Term: Fall 2018

Course Cover

Division: Business and Computer Technologies
Department: Culinary and Hospitality Management
Discipline: Culinary Arts
Course Number: 118
Org Number: 13510
Full Course Title: Culinary Nutrition
Transcript Title: Culinary Nutrition
Is Consultation with other department(s) required: No
Publish in the Following: College Catalog , Time Schedule , Web Page
Reason for Submission: Course Change
Change Information:
 Course title
 Course description
 Pre-requisite, co-requisite, or enrollment restrictions
 Outcomes/Assessment
 Objectives/Evaluation

Rationale: Curriculum update to corresponding Culinary Arts programs based on consultant recommendations.

Proposed Start Semester: Fall 2018

Course Description: In this course, students are introduced to the basic principles of nutrition and health, and their relationship to foodservice. Students study nutrients including functions, digestion, absorption, food sources, and metabolism. Menu development focuses on the use of nutritious foods following current USDA guidelines. Health, disease, food trends, and sustainable food systems are discussed in relationship to a healthy lifestyle. The title of this course was previously Principles of Nutrition.

Course Credit Hours

Variable hours: No

Credits: 3

Lecture Hours: Instructor: 45 Student: 45

Lab: Instructor: 0 Student: 0

Clinical: Instructor: 0 Student: 0

Total Contact Hours: Instructor: 45 Student: 45

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

College-level Reading & Writing

College-Level Math

Level 2

Requisites

Prerequisite

Academic Math Level 2 or MTH 067 or higher; may enroll concurrently

General Education

Request Course Transfer

Proposed For:

Eastern Michigan University

Other : Cleary University

Student Learning Outcomes

1. List and describe the basic functions, chemical classification, structure and food sources of human nutritional requirements.

Assessment 1

Assessment Tool: Exam

Assessment Date: Fall 2019

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key and departmentally-developed rubric

Standard of success to be used for this assessment: 70% of the students will score an average of 70% or higher

Who will score and analyze the data: Department faculty

2. List and describe the basic metabolism, nutrients, and energy-yielding pathways.

Assessment 1

Assessment Tool: Exam

Assessment Date: Fall 2019

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key and departmentally-developed rubric

Standard of success to be used for this assessment: 70% of the students will score an average of 70% or higher

Who will score and analyze the data: Department faculty

3. List, describe and evaluate the four basic ways to develop healthy recipes and menus using dietary guidelines and food labels.

Assessment 1

Assessment Tool: Exam

Assessment Date: Fall 2019

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key and departmentally-developed rubric

Standard of success to be used for this assessment: 70% of the students will score an average of 70% or higher

Who will score and analyze the data: Department faculty

- Describe and discuss the role of nutrition in health promotion and disease prevention, particularly chronic diseases.

Assessment 1

Assessment Tool: Exam

Assessment Date: Fall 2019

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key and departmentally-developed rubric

Standard of success to be used for this assessment: 70% of the students will score an average of 70% or higher

Who will score and analyze the data: Department faculty

Course Objectives

- Identify the number of calories provided by carbohydrates, lipids, proteins, and alcohol.
- Calculate the energy needs for a sedentary individual.
- Differentiate between food sources of sugar, starch, and fiber.
- List and describe four basic ways to develop healthy recipes.
- Formulate and prepare an individualized menu that meets the recommended daily allowance (RDA) for protein in the appropriate age and gender category for the students themselves.
- List the major nutrients contributed by each of the food groups found in the USDA MyPlate and/or other current guide.
- Recognize five of the seven dietary guidelines for Americans and differentiate between a nutrient claim and a health claim utilizing food labels in class.
- Differentiate between different kinds of vegetarian eating styles and their special concerns to nutrients.
- Identify three foods that are common allergens for adults and children with food intolerance and food allergies.
- List and identify the three methods of cooking that reduce nutrients in the food.
- Identify one reference standard appropriate for defining obesity.
- Identify five components of a successful weight management program.
- Recognize trends in healthy agriculture and the sustainable foods movement.

New Resources for Course

Course Textbooks/Resources

Textbooks

Drummond, Karen E.; Brefere, Lisa M. . *Nutrition for Foodservice and Culinary Professionals, 9th Edition*, 9th ed. Wiley, 2011, ISBN: 9781119148494.

Manuals

Periodicals

Software

Equipment/Facilities

Level III classroom

Reviewer

Action

Date

Faculty Preparer:

Derek Anders Jr

Faculty Preparer

Jan 04, 2018

Department Chair/Area Director:

Derek Anders Jr

Recommend Approval

Jan 04, 2018

Dean:

<i>Eva Samulski</i>	<i>Recommend Approval</i>	<i>Jan 05, 2018</i>
Curriculum Committee Chair:		
<i>David Wooten</i>	<i>Recommend Approval</i>	<i>Feb 05, 2018</i>
Assessment Committee Chair:		
<i>Michelle Garey</i>	<i>Recommend Approval</i>	<i>Feb 05, 2018</i>
Vice President for Instruction:		
<i>Kimberly Hurns</i>	<i>Approve</i>	<i>Feb 06, 2018</i>