

CART 012: CULINARY NUTRITION FUNDAMENTALS

Originator

kstruwe

Justification / Rationale

Restructure the culinary curriculum to better prepare our students for culinary employment.
Update DE checklist
Update course content

Effective Term

Fall 2022

Credit Status

Credit - Degree Applicable

Subject

CART - Culinary Arts

Course Number

012

Full Course Title

Culinary Nutrition Fundamentals

Short Title

CULINARY NUTRITION

Discipline**Disciplines List**

Culinary Arts/Food Technology (Food service, meat cutting, baking, waiter/waitressing, bartending)

Modality

Face-to-Face
100% Online
Hybrid

Catalog Description

This course studies sound nutrition principles and healthy preparation techniques to create nutrient-dense foods, beverages, and menus.

Schedule Description

This is a study of food choices, nutrition, protein structure, carbohydrates, the role of lipids and water, nutritious menu planning, and preparing nutritious foods.

Lecture Units

3

Lecture Semester Hours

54

Lab Units

0

In-class Hours

54

Out-of-class Hours

108

Total Course Units

3

Total Semester Hours

162

Required Text and Other Instructional Materials**Resource Type**

Book (Recommended)

Open Educational Resource

No

Author

Linda J. Trakselis, Eric M. Stein

Title

Culinary Nutrition Principles and Applications

Edition

2

Publisher

ATP

Year

2019

Class Size Maximum

20

Course Content

1. Food Choices
2. Nutrition
3. Functions and sources of nutrients
4. Scientific principals to analyze and evaluate nutrition
5. Dietary guidelines and current recommendations
6. Digestion, absorption, and metabolism of nutrients
7. Health, fitness, and disease
8. Protein structure
9. Proteins on the menu
10. The role of lipids
11. The role of water
12. Nutritious menu planning
13. Preparing nutritious beverages
14. Proteins on the menu
15. Vegetables on the menu
16. Fruits, nuts, and seeds on the menu
17. Pastas, grains, and breads on the menu
18. Desserts on the menu

Course Objectives

	Objectives
Objective 1	Recognize healthy and/or healthier ingredients
Objective 2	Demonstrate how to prepare healthy dishes and menus

Objective 3 Describe and present healthy dishes and menus

Objective 4 Summarize food nutrition

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1 Demonstrate an understanding of nutritious foods and menus

Outcome 2 Describe and present nutritious foods and menus

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Lecture	Presentation of topic in context
Discussion	Evaluate nutritious foods and menus
Collaborative/Team	Create culinary projects as a team where multiple players are necessary to make the project come together at the same time.
Participation	Participate individually and as a member of a team in creating assigned culinary project.
Supplemental/External Activity	Participation in group culinary events as offered.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Presentations/student demonstration observations	Students create final projects for evaluation by peers and instructor.	In Class Only
Behavior assessment	Students participate safely in all projects, both individually and as a member of a team.	In Class Only
Self-paced testing	Research recipes and cooking methods from recommended reliable resources, and analyze with class. (36 hours)	Out of Class Only
Oral and practical examination	Final presentation is evaluated.	In Class Only

Assignments

Other In-class Assignments

1. Special reports by students singly or in groups on ethnic differences.
2. Attendance at lectures by instructor.

Other Out-of-class Assignments

1. Readings in the recommended book list
2. Examinations of various types including essay, multiple choice.
3. Web research for recipes and procedures.

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

100

What will you be doing in the face-to-face sections of your course that necessitates a hybrid delivery vs a fully online delivery?

Face-to-face meetings are an opportunity to expand the lesson by identifying, preparing, cooking, and shopping for nutrient-dense ingredients.

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

Nutrition research, monitoring, and nutrient calculation websites may be used.

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

Websites that breakdown ingredient nutrition assist to develop recipes and menu's.

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Discussion forums with substantive instructor participation
Online quizzes and examinations
Private messages
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Weekly announcements

For hybrid courses:

Field trips
Library workshops
Orientation, study, and/or review sessions
Scheduled Face-to-Face group or individual meetings
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

Regular effective contact hours are maintained through: virtual office hours, email, weekly announcements, grading and feedback, discussions, and face-to-face meetings.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

Student learning can be enhanced by meeting face-to-face to develop nutrient-dense recipes and cook the product. Field trips may be used to introduce nutrient-dense ingredients.

Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

There is no lab component

Comparable Transfer Course Information

University System

CSU

Course Number

NUTR 11

Rationale

C-ID transfer course

MIS Course Data

CIP Code

12.0500 - Cooking and Related Culinary Arts, General.

TOP Code

130630 - Culinary Arts

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to CSU only

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

04/05/2022

Academic Senate Approval Date

04/28/2022

Board of Trustees Approval Date

06/16/2022

Chancellor's Office Approval Date

06/18/2022

Course Control Number

CCC000632403