# 5/27/2021

# brcc keystone logo

Baton Rouge Community College

*Academic Affairs Master Syllabus*

Date Approved: 12 August 2021

Term and Year of Implementation: Fall 2022

**Course Title:** Culinary Nutrition

**BRCC Course Rubric:** CULN 1153

**Previous Course Rubric**: CULN 1223

**Lecture Hours per week-Lab Hours per week-Credit Hours**: 3-0-3

**Per semester: Lecture Hours-Lab Hours-Instructional Contact Hours**: 45-0-45

**Louisiana Common Course Number:**

**CIP Code:** 12.0503

**Course Description:** Introduces the Dietary Guidelines for Americans and essential nutrients and emphasizes the importance of meeting nutritional needs throughout the life cycle.

**Prerequisites:**  None

**Co-requisites:** CULN 1113, CULN 1123, CULN 1133, CULN 1143

**Suggested Enrollment Cap:** 32

**Learning Outcomes.** *Upon successful completion of this course, the students will be able to:*

1. Describe the Dietary Guidelines for Americans and their recommendations.

2. Identify the six food groups and the nutrient content in each.

3. Describe the digestive process and nutrient metabolism, and their relation to health through the life cycle.

4. Demonstrate knowledge of establishing nutrition programs for a variety of foodservice settings.

**Assessment Measures.** Assessment of all learning outcomes will be measured using the following methods:

1. Assessment measures may include, but are not limited to, homework, quizzes, demonstrations, presentations, in-class activities, reports, and exams.

**Information to be included on the Instructor’s Course Syllabi:**

* ***Disability Statement*:** Baton Rouge Community College seeks to meet the needs of its students in many ways. See the Office of Disability Services to receive suggestions for disability statements that should be included in each syllabus.
* ***Grading:*** The College grading policy should be included in the course syllabus. Any special practices should also go here. This should include the instructor’s and/or the department’s policy for make-up work. For example in a speech course, “Speeches not given on due date will receive no grade higher than a sixty” or “Make-up work will not be accepted after the last day of class”.
* ***Attendance Policy*:** Include the overall attendance policy of the college. Instructors may want to add additional information in individual syllabi to meet the needs of their courses.
* ***General Policies*:** Instructors’ policy on the use of things such as beepers and cell phones and/or hand held programmable calculators should be covered in this section.
* ***Cheating and Plagiarism*:** This must be included in all syllabi and should include the penalties for incidents in a given class. Students should have a clear idea of what constitutes cheating in a given course.
* ***Safety Concerns:*** In some courses, this may be a major issue. For example, “No student will be allowed in the lab without safety glasses”. General statements such as, “Items that may be harmful to one’s self or others should not be brought to class”.
* ***Library/ Learning Resources:*** Since the development of the total person is part of our mission, assignments in the library and/or the Learning Resources Center should be included to assist students in enhancing skills and in using resources. Students should be encouraged to use the library for reading enjoyment as part of lifelong learning.

**Expanded Course Outline:**

I. Nutrition

A. Current dietary guidelines issued by the US Department of Health and Human Services (HHS) Office of Disease Prevention and Health Promotion and their recommendations

B. Food groups and their nutrient content

C. Food guides and food labels

D. Recipes and menus and the dietary guidelines

E. Characteristics, functions and best sources of the major nutrients

F. Vitamins, minerals, and water: primary characteristics, functions and sources

G. Overview of the human digestive process

H. Estimating energy needs: basal metabolic rate and exercise expenditure

I. Cooking techniques, storage principles, and portion sizes for retention of nutrients and effective weight management

J. Exchange groups

K. Common food allergies and appropriate substitutions

L. Contemporary nutritional issues

M. Emerging technologies (computerization) for nutrient analysis (i.e., Internet, recipe analysis software)

N. Marketing of healthy menu options

O. Weight management, exercise, and nutrition over the life cycle

II. Menu Planning

A. Principles of basic menu planning

B. Menu item descriptions and established truth-in-menu guidelines

C. Applying principles of nutrition to menu development

D. Availability of food and seasonal menus