

Central Texas College
IFWA 1318
Nutrition for the Foodservice Professional

Semester Hours: 3

INSTRUCTOR: _____

OFFICE HOURS: _____

I. Course Description

An introduction to nutrition including nutrients, digestion and metabolism, menu planning, recipe modification, dietary guidelines and restrictions, diet and disease, and healthy cooking techniques. Upon completion of the course students may take the National Restaurant Association (NRA) Management First certification Exam. Student must attain a score of 70% or higher on certification test to receive National Certification.

IFWA 1318, Nutrition for the Foodservice Professional, is a required course for Certificates of Completion in Restaurant Skills, Restaurant Operations, Institutional Food Service Operations.

A. Prerequisites: None.

II. Learning Outcomes

Upon successful completion of this course, Nutrition for the Food Service Professional, the student will be able to:

- A. Define the six classes of nutrients and their functions in the body.
- B. Trace the digestion of the various foods through the digestive tract, outlining the changes of food composition that takes place at each stage of digestion.
- C. Define metabolism.
- D. Describe the dietary considerations for underweight and overweight persons.
- E. Prepare a diet applicable to persons of various ages and weight that will meet dietary needs.
- F. Discuss the effect of alcohol and drugs on the body system.
- G. Able to make healthy menus and recipes.

- H. Understand vegetarian eating.
- I. Understand dietary modification for various diseases.

III. INSTRUCTIONAL MATERIALS

- A. The instructional materials identified for this course are viewable through www.ctcd.edu/books.
- B. Additional references may be required that are available in the Central Texas College Library

IV. COURSE REQUIREMENTS

- A. Reading Assignments: Read text assignments prior to class and be prepared to discuss the text material, answering instructor questions orally with well-organized thoughts and ideas.
- B. Class Attendance: You are expected to attend each class period, be on time and stay the full class period or be counted absent. You are responsible for all course material missed due to absence. The instructor does not provide class notes for classes missed. Refer to the CTC Catalog for a detailed policy.

V. Examinations

- A. There will be two examinations;
Exam 1 (Mid-Term)
Exam 2 (Final)
- B. A student must be present for all examinations. No makeup examinations will be given. Students who know in advance they will be absent from an examination due to valid reasons must arrange to take an early examination. Unexpected absences due to illness or extenuating circumstances will require the student to see the instructor about individual makeup work in lieu of the missed examination.
- C. Students without excused absences will be given a zero for the examination missed.
- D. Examination Schedule: The instructor will publish specific examination dates.

VI. Grade Computation

Vocabulary	180 points
Quizzes (9)	220 points
Assignments	200 Points
Hourly Reports	200 points
Mid Term Exam	100 points
Final Exam	<u>100 points</u>
Total Possible Points	1000 points

VII. NOTES AND ADDITIONAL INSTRUCTIONS FROM COURSE INSTRUCTOR

- A. Course Withdrawal: It is the student’s responsibility to officially withdraw from a class if circumstances prevent attendance. Any student who desires to, or must, officially withdraw from a course after the first scheduled class meeting must file a Central Texas College Application for Withdrawal (CTC Form 59). The withdrawal form must be signed by the student.

CTC Form 59 will be accepted at any time prior to Friday, the 12th week of classes during the 16-week fall and spring semesters. The deadline for sessions of other lengths is:

10-week session	Friday of the 8 th week
8-week session	Friday of the 6 th week
5-week session	Friday of the 4 th week

The equivalent date (75% of the semester) will be used for sessions of other lengths. The specific last day to withdraw is published each semester in the Schedule Bulletin.

A student who officially withdraws will be awarded the grade of “W,” provided the student’s attendance and academic performance are satisfactory at the time of official withdrawal. Students must file a withdrawal application with the College before they may be considered for withdrawal.

A student may not withdraw from a class for which the instructor has previously issued the student a grade of “F” or “FN” for nonattendance.

- B. Administrative Withdrawal: An administrative withdrawal may be initiated when the student fails to meet College attendance requirements. The instructor will assign the appropriate grade on CTC Form 59 for submission to the registrar.
- C. Incomplete Grade: The College catalog states, “An incomplete grade may be given in those cases where the student has completed the majority of the course work but, because of personal illness, death in the immediate family, or military orders, the student is unable to complete requirements for a course.” Prior approval from the instructor is required before the grade of “I” is recorded. A student who merely fails the final examination will receive a zero for the final and an “F” for the course.
- D. Cellular Phones and Electronic Devices: Cellular phones and electronic devices will be turned off while the student is in the classroom or laboratory.
- E. Americans with Disabilities Act (ADA): Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Review the website at

www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

- F. Instructor Discretion: The instructor reserves the right of final decision in course requirements.
- G. Civility: Individuals are expected to be cognizant of what a constructive educational experience is and respectful of those participating in a learning environment. Failure to do so can result in disciplinary action up to and including expulsion.
- H. Honesty and Integrity: All students are required and expected to maintain the highest standards of scholastic honesty in the preparation of all course work and during examinations. The following will be considered examples of scholastic dishonesty:
 - 1. *Plagiarism*: The taking of passages from writing of others without giving proper credit to the sources.
 - 2. *Collusion*: Using another's work as one's own; or working together with another person in the preparation of work, unless joint preparation is specifically approved in advance by the instructor.
 - 3. *Cheating*: Giving or receiving information on examinations.

Students guilty of scholastic dishonesty will be administratively dropped from the course with a grade of "F" and will be subject to disciplinary action.

I. **FEEDBACK**

- i. *INSTRUCTOR*: As your instructor I will organize and present the course material in a manner designed to facilitate the learning process. I will evaluate your progress periodically via writing assignments and exams and provide feedback on your performance via exam scores, exam critiques, and critique of your writing assignments, etc. I am also available before and after each class period and during office hours to discuss your performance and answer questions.
- ii. *STUDENT*: **As the student you are ultimately responsible for your success in this course.** It is your responsibility to attend class regularly, prepare for class by reading assigned text material, participate in class discussions, ask questions when required to improve your understanding, prepare for and complete exams, and complete all other assignments.

VIII. COURSE OUTLINE

- A. **Unit One**: Chapter 1: Introduction to Nutrition;
Chapter 2: Using Dietary Recommendations, Food Guides, and Food Labels to Plan Menus;
Chapter 3: Carbohydrates;
Chapter 4: Lipids, Fats and Oils;

Chapter 5: Protein;
Chapter 6: Vitamins;
Chapter 7: Water and Minerals.

1) Unit Objectives: Upon successful completion of this unit, the student will be able to:

- a) Identify factors that influence food selection.
- b) Define nutrition, kilocalorie, nutrient, and nutrient density.
- c) Identify the classes of nutrients and their characteristics.
- d) Describe four characteristics of a nutritious diet.
- e) Define Dietary Reference Intakes and explain their function.
- f) Compare the EAR, RDA, AI, and UL.
- g) Describe the processes of digestion, absorption, and metabolism.
- h) Explain how the digestive system works.
- i) Distinguish between whole, processed, and organic foods.
- j) Compare how a meat-based or a plant-based diet impacts the environment.
- k) Discuss the Dietary Guidelines.
- l) Recommend ways to implement each Dietary Guideline.
- m) Describe each food group in MyPyramid.
- n) Explain the concept of discretionary k-calories.
- o) Gives examples of portion sizes from each food group.
- p) Describe how MyPyramid illustrates variety, proportionality, and moderation.
- q) Plan menus using MyPyramid.
- r) List the information required on a food label.
- s) Read and interpret information from the Nutrition Facts label.
- t) Distinguish between a nutrient claim and a health claim.
- u) Identify the function of carbohydrates.
- v) List important mono-saccharides and disaccharides.
- w) Identify foods high in natural sugars, added sugar, and fiber.
- x) List the potential health risks of consuming too much added sugar.
- y) Identify food sources of starch and list the uses of starch in cooking.
- z) Distinguish between the two types of dietary fiber and list examples of food containing each one.
- aa) Describe the health benefits of a high-fiber diet.
- bb) Describe how carbohydrates are digested, absorbed, and metabolized.
- cc) State the dietary commendations for carbohydrates.
- dd) Identify foods as being made from whole grains or refined grains.
- ee) Discuss the nutritional value and use of grains and legumes on a menu.
- ff) Examine the usefulness of the glycemic index.
- gg) Recognize alternatives to sugar in foods.
- hh) Describe lipids and list their functions in foods and in the body.
- ii) Describe the relationship between triglycerides and fatty acids.
- jj) Define saturated, monounsaturated, and polyunsaturated fats.
- kk) Describe trans fatty acids and give examples.
- ll) Identify the two essential fatty acids, and list their functions in the body.
- mm) Define cholesterol and lecithin, and list their functions in the body.

- nn) Define rancidity.
- oo) Describe how fats are digested, absorbed, and metabolized.
- pp) Discuss the relationship between lipids and health conditions such as heart disease.
- qq) State recommendations for dietary intake of fat.
- rr) Distinguish between the percentage of fat by weight and the percentage of k calories from fat.
- ss) Calculate the percentage of k calories from fat for a food item.
- tt) Discuss the nutrition and uses of milk, dairy products, and eggs on the menu.
- uu) Identify and describe the building blocks of protein.
- vv) List the functions of protein in the body.
- ww) Explain how protein is digested, absorbed, and metabolized.
- xx) Distinguish between complete protein and incomplete protein.
- yy) Explain the potential consequences of eating too much or too little protein.
- zz) State the dietary recommendations for protein.
- aaa) Discuss the nutrition and uses of meat, poultry, and fish.
- bbb) Describe soy products and their health benefits.
- ccc) Discuss the advantages and disadvantages of irradiation.
- ddd) State the general characteristics of vitamins.
- eee) Identify the functions and food sources of each of the 13 vitamins.
- fff) Identify which vitamins are most likely to be deficient in the American diet.
- ggg) List two health benefits of eating a diet rich in fruits and vegetables.
- hhh) Discuss the use of fruits and vegetables on the menu.
- iii) Describe ways to conserve vitamins when handling and cooking fruits and vegetables.
- jjj) Give examples of functional foods and discuss their role in the diet.
- kkk) Define phytochemicals and give examples of foods in which they are found.
- lll) State the general characteristics of minerals.
- mmm) Identify the percentage of body weight made up of water.
- nnn) List the functions of water in the body.
- ooo) Identify the functions and food sources of the major minerals and trace minerals.
- ppp) Identify which mineral are most likely to be deficient in the American diet.
- qqq) Discuss the nutrition of nuts and seeds and how to use them on the menu.
- rrr) Distinguish between different types of bottled waters.
- sss) Explain how dietary supplements are regulated and labeled.
- ttt) Identify instances when supplements may be necessary.

2) Learning Activities:

- 1) Classroom lecture/discussion.
- 2) Online Instruction.

- 3) Homework and other assignments designated by the instructor.

B. Unit Two: Chapter 8: Foundations of Healthy Cooking;
Chapter 9: Healthy Menus and Recipes;
Chapter 10: Marketing to Health- Conscious Guests.

- 1) **Unit Objectives:** Upon successful completion of this unit, the student will be able to:
 - a) Define seasoning, flavoring, herbs, and spices.
 - b) Suggest ingredients and methods to develop flavor.
 - c) Identify and suggest healthy cooking methods and techniques.
 - d) Provide your clients with healthy selections in each section of the menu.
 - e) List the elements to consider when presenting foods at their best.
 - f) Select and prepare appropriate garnishes.
 - g) Describe two methods a foodservice operator can use to gauge customers' needs and wants.
 - h) Give three examples of ways to draw attention to healthy menu options.
 - i) Discuss effective ways to communicate and promote healthy menu options.
 - j) Explain the importance and extent of staff training needed to implement balanced menu options.
 - k) Describe two ways to evaluate healthy menu options.
 - l) Respond with menu ideas for special requests from guests.
 - m) Discuss how nutrition labeling laws regulate nutrient content or health claims on restaurant menus.

2) **Learning Activities:**

- 1) Classroom lecture/discussion.
- 2) Online Instruction.
- 3) Homework and other assignments designated by the instructor.

C. Unit Three: Chapter 11: Nutrition and Health;
Chapter 12: Weight Management and Exercise;
Chapter 13: Nutrition over the Life Cycle

- 1) **Unit Objectives:** Upon successful completion of this unit, the student will be able to:
 - a) List and describe three common forms of cardiovascular disease.
 - b) Explain what atherosclerosis is and how it is related to heart disease.
 - c) List five risk factors for coronary heart disease.
 - d) Distinguish between angina and a heart attack.
 - e) Explain how a person's risk for coronary heart disease is assessed.
 - f) Explain the two main ways to lower blood cholesterol level.
 - g) Explain how strokes occur.
 - h) List five lifestyle modifications for hypertension control.
 - i) List five menu-planning guidelines to lower cardiovascular risk.

- j) Define cancer.
- k) Distinguish between type 1 and type 2 diabetes.
- l) Define osteoporosis and how to prevent/treat it.
- m) Discuss how to safely use botanicals including herbs.
- n) Define obesity.
- o) List one advantage and one disadvantage of each of the three methods of measuring obesity.
- p) List the health implication of obesity.
- q) Explain possible causes of obesity.
- r) List five benefits of exercise.
- s) Explain how behavior and attitude modification can be used to help a person lose weight.
- t) Explain when drugs and surgery may be used to treat obesity.
- u) Give an advantage and a disadvantage of using drugs to lose weight.
- v) Identify strategies that support weight maintenance.
- w) Evaluate diet book.
- x) Identify nutrient needs for athletes and plan menus for athletes.
- y) Identify the benefits of good nutrition for mother and baby during pregnancy.
- z) Identify nutrients of special concern during pregnancy and their food sources.
- aa) Explain the possible effects of alcohol, fish, caffeine, and artificial sweeteners during pregnancy.
- bb) Plan menus for women during pregnancy and lactation.
- cc) Describe what an infant should be fed during the first year.
- dd) Give five reasons why breastfeeding is preferable to bottle feeding.
- ee) Describe how to ensure enjoyable mealtimes with young children.
- ff) Plan menus for preschool and school-age children.
- gg) Identify the nutrients that children and adolescents are most likely to be lacking.
- hh) Describe influences on children's and adolescents' eating habits.
- ii) Distinguish among anorexia nervosa, bulimia nervosa, binge eating disorder, and female athlete triad.
- jj) Describe factors that influence the nutrition status of older adults.
- kk) Identify nutrients of concern for older adults.
- ll) Plan menus for healthy older adults.
- mm) Describe ways to prevent the development of obesity during childhood.

2) Learning Activities:

- 1) Classroom lecture/discussion.
- 2) Online Instruction.
- 3) Homework and other assignments designated by the instructor.