

# HRI 119

## Applied Nutrition for Food Service

### COURSE OUTLINE

**Prerequisites: None**

None

### Course Description:

Studies food composition, nutrition science, and application of nutrition principles by the food service professional. Provides the student with a basic understanding of human nutrition and application of nutrition in the service of commercially prepared meals.

**Semester Credits: 3 Lecture Hours: 3 Lab/Recitation Hours: Select Hours**

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### Course Outcomes

**At the completion of this course, the student should be able to:**

1. Understand the elements of food, such as protein, fat and carbohydrates
2. Understand the latest food guide pyramid and utilize it within the food service industry.
3. Understand the cultural aspects/restrictions of food.
4. Understand healthy menus and healthy cooking

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5. Understand the relationship between nutrition and disease
6. Have working knowledge of weight management as it relates to nutrition.
7. Understand and exemplify professionalism
8. Identify governmental nutritional guidelines
9. Identify the principles of cooking and storage techniques for maximum retention of nutrients.
10. Demonstrate a positive work ethic
11. Demonstrate conflict resolution skills
12. Demonstrate integrity
13. Demonstrate team work skills
14. Demonstrate diversity awareness
15. Demonstrate effective speaking and listening skills
16. Demonstrate critical thinking and problem solving Skills.
17. Demonstrate healthy behaviors and safety skills
18. Demonstrate time, task and resource management skills

### **HRI 119 Applied Nutrition for Food Service**

#### **Required Materials:**

1. Notebook, pens, calculator
2. 2 (preferred) full uniforms, consisting of: chef jacket with school logo and name embroidered, black & white chef check pants, neckerchief, slide, white apron, white chef hat, black closed-heel, closed toe, non-skid shoes.

#### **Textbook:**

3. Nutrition for Foodservice and Culinary Professionals by Karen Eich Drummond and Lisa M. Brefere. 8<sup>th</sup> edition or current. ISBN #9781118429730
- 4.

The following supplementary materials are available:

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- 1.
- 2.
- 3.

## **HRI 119**

# **Applied Nutrition for Food Service**

Topical Description: (Outline chapters and sections to be covered in the book – may include timeline)

### Chapter 1 Introduction to Nutrition

- Factors influencing food selection
- Basic nutrition concepts
- Characteristics of a nutritious diet
- Nutrient recommendations

### Chapter 2 Using Dietary Recommendations, Food Guides, and Food Labels to Plan Menus

- Dietary guidelines and food guides
- Food labels
- Portion size comparisons

### Chapter 3 Carbohydrates

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- Functions of Carbohydrates
- Simple Carbohydrates (sugars)
- Complex carbohydrates (starches and fiber)
- Digestion, Absorption, and metabolism of carbohydrates
- Dietary recommendations for carbohydrates

#### Chapter 4 Lipids, Fats and Oils

- Functions of Lipids
- Triglycerides
- Essential fatty acids
- Cholesterol
- Lipids and health
- Dietary recommendations

#### Chapter 5 Protein

- Structure of protein
- Functions of protein
- Digestion, absorption, and metabolism
- Protein in food
- Health effects of protein
- Dietary recommendations for protein

#### Chapter 6 Vitamins

- Characteristics of vitamins
- Fat soluble vitamins
- Water soluble vitamins

#### Chapter 7 Water and Minerals

- Water
- Major Minerals
- Trace minerals

#### Chapter 8 Balanced Cooking Methods and Techniques

- Flavor
- Balanced methods and techniques for a healthy eating style

#### Chapter 9 Recipe Makeovers

##### -Appetizers

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- Entrees
- Sauces and Dressings
- Desserts

#### Chapter 10 Balanced Menus

- Recipe modification
- Appetizers
- Soups
- Salads & dressings
- Entrees
- Side dishes
- Balanced Sauces
- Desserts
- Morning and afternoon breaks
- Presentation
- Recipes

#### Chapter 11 Handling Customer Special Nutrition Requests

- Low kilocalorie
- Low fat and cholesterol
- Low sugar
- Low sodium
- Food allergies
- Gluten free
- Low lactose
- Vegetarian and Vegan

#### Chapter 12 Weight Management and Exercise

- "How much should I weigh?"
- How Obesity effects your health
- How to lose weight

#### Chapter 13 Nutrition for all ages

- Nutrition and menu planning for children
- Nutrition and menu planning for adolescents
- Nutrition over the lifespan: older adults
- Eating disorders



Nutrition for the athlete

## **HRI 119 Applied Nutrition for Food Service**

Notes to Instructors

(List information about optional topics, departmental exams, etc)

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Revised: Fall 2016

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