

Virginia Western Community College
HRI 119
Applied Nutrition for Food Service

Prerequisites

Corequisite: HRI 122 lab

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. Lecture 3 hours per week.

Semester Credits: 2 Lecture Hours: 0 Lab/Clinical/Internship Hours: 0

Required Materials**Textbook:**

Techniques of Healthy Cooking 4th Edition. By The Culinary Institute of America ISBN#: 978047063543-8

Other Required Materials:

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

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
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

Topical Description

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

- 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
- 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

Notes to Instructors

- There is a project assigned in this class.