

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:**

Nutrition Fundamentals & Medical Nutrition Therapy 3rd edition, By Julie Zikmund MPH, RDN, LRD

ISBN#: 978-0-578-78016-0

Foodservice Management by Design 3rd edition By Dee Legvold and Kristi Salisbury

ISBN#: 978-0-578-78561-5

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

Nutrition Fundamentals and Medical Nutrition Therapy

- | | |
|-------------------|--|
| Chapter 1 | Translate Nutrition Science into Food intake |
| Chapter 2 | The Building Blocks of Nutrition |
| Chapter 3 | Digestion, Absorption and Utilization of Nutrients |
| Chapter 4 | Manage Food Allergies and complementary/Alternative medicine |
| Chapter 5 | Overview of Body Systems and Medical Nutrition Therapy Interventions |
| Chapter 6 | Fundamentals of Medical Nutrition Therapy for the CDM, CFPP |
| Chapter 7 | Obtain Routine Nutrition Screening Data |
| Chapter 8 | Interview clients for nutrition-Related information |
| Chapter 9 | Document Nutrition information in medical record |
| Chapter 10 | Identify nutrition problems and client rights |
| Chapter 11 | Modify diet plans |
| Chapter 12 | Implement physician's dietary orders |
| Chapter 13 | Apply standard nutrition care |
| Chapter 14 | Review effectiveness of nutrition care and manage professional communication |
| Chapter 15 | Manage selective menus, nourishments and supplemental feedings |
| Chapter 16 | Provide nutrition education |
| Chapter 17 | Participate in regulatory agency surveys. |

Foodservice Management by Design

- | | |
|------------------|--|
| Chapter 1 | The Foodservice Operation |
| Chapter 2 | Menus-The foundation of the department |
| Chapter 3 | Prepare standardized recipes for Food production |

- Chapter 4** Standards and Procedures for purchasing and preparing food
- Chapter 5** Food Production systems
- Chapter 6** Preparation and Delivery of between-meal snacks and supplements
- Chapter 7** Evaluate food acceptance and satisfaction
- Chapter 8** The Quality Process

Notes to Instructors

- There is a project assigned in this class.