

Virginia Western Community College

CUL 119

Applied Nutrition for Food Service

Prerequisites

Corequisite: CUL 122 lab

VCCS 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.

VWCC Discipline Specific Course Description

[Add VWCC Discipline Specific Course Description Here]

Semester Credits: 2

Lecture Hours: 2

Required Materials

1. 2 full uniforms, consisting of: chef jacket with school logo and name embroidered, black & white chef check pants, white apron, white Baker's Cap, closed-heel, closed toe, non-skid shoes. 2. Knife kit – only the kit sold at the VWCC bookstore is acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand. 3. Pen, pencil, calculator. 4. Bi-metallic stemmed thermometer, dial or digital, Black Sharpie Marker 5. A 3-D knife cut model kit, sold in the VWCC bookstore is highly recommended.

Textbook

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

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

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, white apron, white Baker's Cap, black closed-heel, closed toe, non-skid shoes.

VCCS 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

Note to Instructors

- There is a project assigned in this class.

VWCC AND DISCIPLINE SPECIFIC OUTCOMES

- See above

VCCS TOPICAL DESCRIPTIONS

- N/A

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS

Nutrition Fundamentals and Medical Nutrition Therapy

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| 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.

[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)

