Catalog Course Description:

This course deals with nutrition within the culinary industry. The course provides a working knowledge of the components of nutritional well being as well as how to coordinate a working menu.

Entry Level Standards:

Students must be able to read, write, speak, and reason at the college level.

Prerequisites:

HSP 1400

Co-requisites:

None

Textbook(s) and Other Course Materials:


I. Week/Unit/Topic Basis:

<table>
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<tr>
<th>Week</th>
<th>Chapter</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>Introducing Nutrition</td>
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<td>Thinking Nutrition</td>
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<td>The First and Last Anatomy Lesson</td>
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<td>5</td>
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<td>Fats</td>
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<td>8</td>
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<td>Vitamins, Minerals, and Water</td>
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<td>9</td>
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<td>Nutrition and Activity</td>
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<td>10</td>
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<td>Food Safety</td>
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<tr>
<td>11, 12</td>
<td>10</td>
<td>Ethnic Cuisine</td>
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</tbody>
</table>
Putting It All Together:

Healthy Menu Planning

Final Exam

II. Course Goals*:

The course will:

A. Guide students toward a general understanding of nutrition. (I, II, VI)

B. Enhance student knowledge so they can understand how foods are broken down nutritionally. (I, VI, VII, VIII)

C. Extend student knowledge to provide an understanding of the different nutritional components found in foods. (I, II, III, VII)

D. Guide students to be able to produce a list of foods that are high in fats, carbohydrates, proteins and vitamins and minerals. (I, II, III, VII)

E. Expand student knowledge so they can demonstrate the relationship that exists with nutrition and activity. (II, VI, VIII)

F. Guide students to be cognizant of food safety and how it affects nutritional values. (I, II, III, VI)

G. Expand student knowledge so they can demonstrate a working knowledge of nutritional values inherent to ethnic cuisines. (I, II, VII)

H. Guide students to be able to demonstrate the ability to design a menu for specific nutritional requirements (I, II, III)

*Roman numerals after course objectives reference goals of the Hospitality program (Career Program Goals and General Education Goals are listed [here](http://www.pstcc.edu/departments/curriculum_and_instruction/syllabi/))

III. Expected Student Learning Outcomes*:

Students will be able to:

1. Explain the importance of nutritional knowledge. (A,G)

2. Differentiate between various dietary needs. (B, C, F)

3. Explain the role of the chef and the nutritionist. (B, A, E)

4. Identify the food industry companies with their nutritional accomplishments. (A, F)

5. Differentiate between the needs of a low fat dietary customer and a low carbohydrate dietary customer (A, B, G)

6. Discuss the impact of nutrition to the various segments of the food and beverage industry. (C, F)

7. Explain the impact of governmental regulation on the property owner/operator concerning nutritional labeling laws. (A, B, D, E)
8. Identify logical customer expectations based on the type of hospitality facility that serves nouveau cuisine. (B,C)

9. Discuss nutrition-related professional career opportunities. (A,G)

10. Explain the significance of cultural diversity on the hospitality industry with respect to nutritional menu choices. (C,E)

11. Identify approaches for dealing with health/disease related dietary plans. (D,E)

12. Explain the value of ethical behavior with concern to nutritional offerings in hospitality management. (D,E,G)

* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

IV. Evaluation:

A. Testing Procedures:

Students are evaluated primarily on the basis of tests. A minimum of three exams must be given.

B. Laboratory Expectations: N/A

C. Field Work:

Students will be responsible for two written reports based on information from hospitality professional trade journals.

D. Other Evaluation Methods:

Class participation, group work, and homework will also comprise the final grade for the course. Full details will be provided the first week of class via a syllabus supplement.

E. Grading Scale:

V. Policies: Policies (e.g., attendance, academic and classroom misconduct) should be consistent with policies stated in the current College catalog.

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed
to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one’s own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at [http://www.pstecc.edu/sswd/](http://www.pstecc.edu/sswd/).

D. Other Policies: