

PELLISSIPPI STATE COMMUNITY COLLEGE  
MASTER SYLLABUS

**NUTRITION FOR THE CULINARY ARTS  
HSP 1420**

**Class Hours: 3.0**

**Credit Hours: 3.0**

**Laboratory Hours: 0.0**

**Date Revised: Fall 2015**

**Catalog Course Description:**

This is an introduction to the basic nutritional principles and guidelines. Topics include nutrients, carbohydrates, lipids, proteins, minerals and vitamins. Students plan meals and menus based on the above principles using nutritional guidelines as the primary basis.

**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:**

Drummond, Karen E. Nutrition for Food Service and Culinary Professionals, 8<sup>st</sup>. Ed., Wiley  
New York, (2013). ISBN 978-1-118-54760-1

**I. Week/Unit/Topic Basis:**

<b>Week</b>	<b>Chapter</b>	<b>Topic</b>
1	1	Introducing Nutrition
2, 3	2	Using Dietary Recommendations, Food Guides
4	3	Carbohydrates
5	4	Lipids: Fats and Oils
6	5	Proteins
7	6	Vitamins
8	7	Water and Minerals
9	8	Balanced Cooking Methods and Techniques
10	9	Recipe Makeovers
11	10	Balanced Menus

12	11	Marketing Balanced Menu Items
13	12	Handling customer's Special Nutrition Requests
14	13	Weight Management
15		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 student 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.

## **III. Expected Student Learning Outcomes\*:**

Students will be able to:

1. Describe the current United States Department of Agriculture Food Guide Pyramid and the accompanying dietary guidelines. (A,D,G)
2. Explain the recommended dietary allowances, the functions of and best sources of major nutrients. (D,E)
3. Identify the major food allergies, symptoms and responsibilities of food service professionals. (D,E,F,G)
4. Discuss the basic menu planning principles, layout and design.(C,D,F,H)
5. Create a menu using the principles of sound nutritional practices.(C,D,E)
6. Explain the health benefits of utilizing nouvelle cuisine. (B,C)
7. Discuss nutrition-related professional career opportunities. (A,G)

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

#### **IV. Evaluation:**

##### A. Testing Procedures: 80%

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: 10%

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

##### D. Other Evaluation Methods: 10%

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:

92 – 100	A
89 - 91	B+
82 - 88	B
79 - 81	C+
72 - 78	C
65 – 71	D
Below 65	F

#### **V. Policies:**

##### 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.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

#### C. Accommodations for disabilities:

Students that 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 Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to [disabilityservices@pstcc.edu](mailto:disabilityservices@pstcc.edu), or by visiting Alexander 130. More information is available at <http://www.pstcc.edu/sswd/>.

#### D. Other Policies:

##### Computer Usage Guidelines:

College-owned or -operated computing resources are provided for use by students of Pellissippi State Community College. All students are responsible for the use of computing resources in an effective, efficient, ethical and lawful manner.