

# Course Syllabus

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**NOTE:** This syllabus is subject to change during the semester . Please check this syllabus on a regular basis for any updates.

**Department** : Culinary Arts  
**Course Title** : Special Topics: Nutrition  
**Section Name** : CHEF\_1391\_15016  
**Start Date** : 01/19/2010  
**End Date** : 05/14/2010  
**Modality** : FACE-TO-FACE  
**Credits** :

## Instructor Information

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**Name** : Paul Porras  
**OC Email** : pporras@odessa.edu  
**OC Phone #** : (432) 335-6320

## Course Description

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Introduces the concepts and principles of normal nutrition with emphasis on the importance of nutrients and their roles and functions within the body and throughout one's life. The student will be able to understand and interpret nutritional concepts and issues and estimate the nutritional value of specific food groups within ones diet.

## Prerequisites/Corequisites

Prerequisite: None.

## [Scans](#)

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(Scans1, 2, 3, 4, 6, 9).

## Course Objectives

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At the conclusion of this course the student will be able to:

1. Identify the factors which make nutrition a science.
2. Measure how much and what types of food are required by the body.
3. Identify and discuss the nutrient category known as carbohydrates.
4. Identify the various types of lipids consumed into the body and analyze their roles and functions.
5. Point out the importance of proteins for the maintenance of life.
6. Summarize the importance of vitamins as they relate to the maintenance of life.
7. Identify the importance of minerals as they pertain to bodily functions.
8. Summarize the importance of oxygen, water and other fluids in maintaining the bodys energy, water balance and transport functions.
9. Explain the importance of the bodys energy requirements and energy balance needs.
10. Identify and discuss the problems of obesity, eating disorders and famines.
11. Justifies the importance of a well balanced, nutritious diet during pregnancy and lactation.
12. Point out the importance of a well balanced and nutritious diet from infancy through adolescence.
13. Explain the importance of nutrition as a health maintenance vehicle during young, middle-aged and elderly adulthood.
14. Summarize the importance of lifestyles, the contradictions in lifestyles and their significant impact on an individuals well being and nutritional choices.

Students are required to come to class in their uniform (chef jacket, pant, and hat). Also **cursing** in class will not be tolerated, students caught cursing will be given a **warning**, if they persist they will be **sent home**. All students are also required to attend all classes and are only allowed **3 absences** in the program, after the 3<sup>rd</sup> absence they will have to retake the class.

## Required Readings/Materials

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a) you must purchase the following reading material: **Nutrition for Foodservice and Culinary Professionals, 7th Edition**  
[Karen E. Drummond](#) (Drexel University ), [Lisa M. Brefere](#)

**Course Requirements (Lectures, Assignments and Assessments) Lecture will be given each day**

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Lectures will be given every class meeting, the student is expected to take notes.

## Course Requirements (Lectures, Assignments and Assessments)

### *Week 1*

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#### Summary of Week 1 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 1	reading /discussion	basic nutrition concepts	TBA

### Week 2

#### Summary of Week 2 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 1 cont.	reading/discussion	characteristics of a nutritious diet	TBA

#### Summary of Week 3 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 2	reading/discussion	Using dietary recommendations	TBA

#### Summary of Week 4 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 3	reading/discussion	Carbohydrates	TBA

#### Summary of Week 5 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 4	reading/discussion	Lipids, Fats & Oils	TBA

#### Summary of Week 6 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 5	reading/discussion	Protiens	TBA

### Summary of Week 7 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 6	reading/discussion	Vitamins	TBA

### Summary of Week 8 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 7	reading/discussion	Water & Minerals	TBA

### Summary of Week 9 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 7 Cont.	reading/discussion	Water & Minerals	TBA

### Summary of Week 10 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 8	reading/discussion	Foundation of healthy cooking	TBA

### Summary of Week 11 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 9	reading /discussion	Healthy Menus& Recipes	TBA

### Summary of Week 12 Assignments & Activities

<b>Item</b>	<b>type</b>	<b>description</b>	<b>due</b>
Chapter 10	reading/discussion	Marketing to health-conscious guest	TBA

### Summary of Week 13 Assignments & Activities

<u>Item</u>	<u>type</u>	<u>description</u>	<u>due</u>
Chapter 11	reading/discussion	Nutrition and Health	TBA

### Summary of Week 14 Assignments & Activities

<u>Item</u>	<u>type</u>	<u>description</u>	<u>due</u>
Chapter 12	reading/discussion	Wiegth Management & Excerise	TBA

### Summary of Week 15 Assignments & Activities

<u>Item</u>	<u>type</u>	<u>description</u>	<u>due</u>
Chapter 13	reading/discussion	Nutrition over the life cycle/ Final Study Sheet	TBA

### Summary of Week 16 Assignments & Activities

<u>Item</u>	<u>type</u>	<u>description</u>	<u>due</u>
Final Exam	test	over all chapters	May 12, Thursday 1:00pm – 3:30pm

## Grading Policy

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Each week, I will provide grades or scores and comments on assignments within 6 days of when they were submitted. After I send feedback each week, I will post a notification in the **Main** forum.

Late assignments receive a 10% deduction for each day they are late if assignments are not posted by 11:59 p.m. central on the day they are due. Assignments more than 5 days late will not be accepted. Technological issues will not be considered as valid grounds for late assignment submission. In the event of a server outage, students should submit assignments to the instructor.

Percentage %	Grade
95+	A
90-94	A-
87-89	B+
84-86	B
80-83	B-
77-79	C+
74-76	C
70-73	C-
67-69	D+
64-66	D
60-63	D-
<59	F

**METHOD OF EVALUATION  
GRADING CRITERIA:**

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|------------------------------|-----|
| 1. Laboratory activities     | 20% |
| 2. Comprehensive examination | 30% |
| 3. Attendance & Work ethics  | 30% |
| 4. Production evaluation     | 20% |