



## CLA 2520

**Division:** Career and Technical Education

**Department:** Culinary Arts

**Course:** CLA 2520

**Title:** Food Service Nutrition

**Catalog Description:**

This course provides an understanding of how and why the relationship between food and health has moved into sharp focus. This course will trace the change in dietary patterns that have been noted by the food service industry. This course has been designed to help meet the need of developing adequate healthful food programs. The student will learn how to identify whether a market exists for a healthful food program and how to plan and manage such a program. The course will also explore nutrients and their food sources; physiological and metabolic aspects of nutrient function; individual nutrition requirements; food choices and selection; prevention and treatment of common nutritional-related diseases; and contemporary and controversial issues in food preparation. This course prepares students to take a national competency test prepared by the National Restaurant Association (N.R.A.). To get credit for the course and receive an N.R.A. Certificate, students must pass the final with 75% or better. Points can also be earned toward American Culinary Federation Chef certification.

**General Education Requirements:** N/A

**Semesters Offered:** TBA

**Credit/Time Requirement:** Credit: 3; Lecture: 3; Lab: 0

**Clock/Hour Requirements:** 45

**Offered for Non-Credit:** No

**Prerequisites:** None

**Corequisites:** None

**Justification:**

This course is required for chef certification by the National Restaurant Association. It meets state and local health department requirements. This is an equivalent course to Salt Lake Community College CHEF 2520.

**Student Learning Outcomes:**

Upon successful completion of the course, students will be able to:

- understand the role of personal nutrition in food service and hospitality management
- explore other selected nutrition topics such as vegetarian eating.

**Content:**

Course objectives will be achieved by providing students with instructional and hands-on experiences in the following areas:

- how the food service industry can develop healthful food programs
- various ways of calculating the adequacy of a diet using a food value table, the basic four food plan method, and the food exchange method
- how the body uses carbohydrates, fats, proteins, water, vitamins, and minerals, and what functions they perform in the body
- discussion of terms: limiting, complete, incomplete, essential, nonessential, and nutrient density when applied to proteins
- the relationships of lipids to cardiovascular diseases and on lipids in nutrition
- vitamins and how they contribute to health, and the symptoms of vitamin deficiencies
- the importance of water in the diet and the body's use of it
- minerals and how they contribute to health, and the symptoms of mineral deficiencies
- the conditions of and factors associated with nutrient damage to ingredients and food products.

### **General Education Outcomes:**

### **Key Performance Indicators:**

#### **In class:**

- Student progress will be evaluated by unit quizzes and exams, graded assignments, class participation (70%), and the final exam (30%). To receive a N.R.A. Certificate of Completion, students must pass the final exam with 75% or better.

#### **Following class:**

- Students will demonstrate knowledge of good nutrition practices as they apply those principles in menu planning and food preparation in subsequent courses.

### **Representative Text and/or Supplies:**

- *Nutrition for the Foodservice Professional*, current edition, The Educational Foundation of the National Restaurant Association.

**Optimum Class Size:** 20

**Maximum Class Size:** 30

**Signatures:**

I hereby submit this course syllabus:

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Richard Harris, ,

I hereby find this course consistent with the goals and resources of the Culinary Arts Department:

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Richard Harris, , Chair

I hereby find this course consistent with the goals and resources of the Career and Technical Education Division:

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Michael P. Medley, MBA, Assistant Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)