

# COURSE OUTLINE

## OXNARD COLLEGE

I. Course Identification and Justification:

A. Proposed course id: CRM R106  
Banner title: Nutrition in Food Service  
Full title: Nutrition in Food Service

Previous course id: CRM R106  
Banner title: Nutrition in Food Service  
Full title: Nutrition in Food Service

B. Reason(s) course is offered:

The course fulfills certificate and degree requirements for Culinary Arts and is transferable to the CSU. Students will obtain knowledge of food service nutrition and how to apply it in menu planning for various types of food service establishments. The course will also provide students with knowledge of nutrients, vitamins, and minerals in different foods. The course also includes providing recipe menus for a variety of diets. Students will also obtain knowledge regarding future trends in the food industry. Evaluation of course goals are carried out in a lecture environment with a certification exam.

C. Reason(s) for current outline revision:  
5-year update

D. C-ID:  
1. C-ID Descriptor:  
2. C-ID Status: Not Applicable

E. Co-listed as:  
*Current:* None  
*Previous:*

II. Catalog Information:

A. Units:  
*Current:* 3.00  
*Previous:* 3.00

B. Course Hours:

1. Weekly Meeting Hours:  
*Current:* Lecture: 3.00 Lab: Other:  
*Previous:* Lecture: 3.00 Lab: Other:

2. Total Contact Hours:  
*Current:* 48.00 to 54.00  
*Previous:* 54.00

C. Prerequisites, Corequisites, Advisories, and Limitations on Enrollment:

1. Prerequisites  
*Current:*  
*Previous:*
2. Corequisites  
*Current:*  
*Previous:*
3. Advisories:  
*Current:*  
*Previous:*
4. Limitations on Enrollment:  
*Current:*  
*Previous:*

D. Catalog description:

*Current:*

This course focuses on nutrition as it relates to personal health, foods and food preparation. Students will learn menu planning and recipe modification, and marketing of food products for use in hotels, restaurants, and institutions. Students will also complete the nutrition competencies required by the National Restaurant Association Educational Foundation.

*Previous, if different:*

This course focuses on nutrition as it relates to personal health, foods and food preparation. Students will learn menu planning and recipe modification, and marketing of food products for use in hotels, restaurants, and institutions. Students will also complete the nutrition competencies required by the National Restaurant Association Educational Foundation.

E. Fees:

*Current:* \$ None

*Previous, if different:* \$

F. Field trips:

*Current:*

Will be required: [ ]

May be required: [X]

Will not be required: [ ]

*Previous, if different:*

Will be required: [ ]

May be required: [ ]

Will not be required: [ ]

G. Repeatability:

*Current:*

A - Not designed as repeatable

*Previous:*

1 -

H. Credit basis:

*Current:*

Letter graded only [ ]

Pass/no pass [ ]  
Student option [X]

*Previous, if different:*  
Letter graded only [ ]  
Pass/no pass [ ]  
Student option [ ]

- I. Credit by exam:  
*Current:*  
Petitions may be granted: [X]  
Petitions will not be granted: [ ]

*Previous, if different:*  
Petitions may be granted: [ ]  
Petitions will not be granted: [ ]

III. Course Objectives:

Upon successful completion of this course, the student should be able to:

- A. Identify and apply basic nutrition concepts
- B. Evaluate and modify menus and recipes for commercial or institutional use
- C. Identify dietary guidelines for Americans based on the "My Pyramid" concept
- D. Develop menus to meet special dietary needs

IV. Student Learning Outcomes:

- A. Upon successful completion of this course, the students will be able to correctly identify the dietary guidelines set forth by the new USDA "my pyramid".
- B. Upon successful completion of this course, the students will be able to identify and apply basic nutrition concepts.
- C. Upon successful completion of this course, the students will be able to evaluate and modify menus and recipes for commercial or institutional use.
- D. Upon successful completion of this course, the students will be able to develop menus to meet special dietary needs.

V. Course Content:

Topics to be covered include, but are not limited to:

- A. Nutritional Cooking
- B. Basic Nutrients
- C. Nutritional Standards
- D. Carbohydrates
- E. Proteins
- F. Fats and Other Lipids
- G. Vitamins, Minerals, and Water
- H. Food with Nutritional Appeal
- I. Healthful Cooking and Eating

VI. Lab Content:  
None

VII. Methods of Instruction:

Methods may include, but are not limited to:

- A. Instructor will guide students in the analysis of course content, from related text, about food service nutrition.
- B. Video presentation, e.g., Healthy Cooking, Vegetarian Diets C. Presentation of principles to evaluate recipes for special needs, e.g., population with heart disease, low-sodium foods

VIII. Methods of Evaluation and Assignments:

A. Methods of evaluation for degree-applicable courses:

Essays [X]

Problem-solving assignments (Examples: Math-like problems, diagnosis & repair) [X]

Physical skills demonstrations (Examples: Performing arts, equipment operation) [ ]

For any course, if "Essays" above is not checked, explain why.

B. Typical graded assignments (methods of evaluation):

- 1. Projects on menu development for various types of food establishments with nutrition being a main consideration.
- 2. Students may be asked to complete various chapter quizzes to demonstrate knowledge of correct nutritional principles.
- 3. Students will be asked to complete various chapter assignments on basic nutritional concepts.
- 4. Students will be asked to take a final exam on food service nutrition covering concepts, principles, modified menus, dietary needs of Americans and special diets.
- 5. Students will be required to analyze, develop and write a detailed nutrition plan for a given institution.

C. Typical outside of classroom assignments:

- 1. Reading
  - a. Reading text chapter assignments, journals, *Culinary Review*, *Sauté*, nutritional trends of the industry
- 2. Writing
  - a. Answering chapter questions and defining terms at the end of each chapter
  - b. Term project, i.e. menu development using correct nutritional principles
  - c. Written, detailed nutritional assessment/ analysis of a specific institution including development of a menu.
- 3. Other
  - a. Evaluation of current "nutritional quackery" publications

IX. Textbooks and Instructional Materials:

A. Textbooks/Resources:

- 1. National Restaurant Association (2016). *Nutrition Competency Guide (3rd/e)*. Columbus, OH Pearson.

B. Other instructional materials:

X. Minimum Qualifications and Additional Certifications:

A. Minimum qualifications:

1. Culinary Arts/Food Technology
2. Restaurant Management

B. Additional certifications:

1. Description of certification requirement:
2. Name of statute, regulation, or licensing/certification organization requiring this certification:

XI. Approval Dates

Curriculum Committee Approval Date: 10/11/2017

Board of Trustees Approval Date: 10/11/2017

State Approval Date: 12/15/2017

Catalog Start Date: Fall 2018

XII. Distance Learning Appendix

A. Methods of Instruction

Methods may include, but are not limited to:

1. The instructor's online classroom would be used to achieve regularly scheduled contact hours, orientation, discussion sessions and testing sessions, and virtual office would be utilized. The required attendance of specifically scheduled participation in asynchronous discussion, objective exams and/or completion of online writing assignments would be comparable to the traditional classroom contract. Additional contact methods may include online discussion groups using a chat room to review and reinforce course material. This course may employ Internet resources, publisher's animations CD, short video clips, PowerPoint presentations, instructor's course content, e-mail and chat room.

B. Information Transfer

Methods may include, but are not limited to:

1. Chat/IM
2. Collaborative projects: group blogs, wikis
3. Course announcements
4. Discussion boards
5. E-Mail
6. Instructor-provided online materials
7. Lectures (recorded/streaming)
8. Messaging via the LMS
9. Modules on the LMS
10. Personalized feedback
11. Phone/voicemail
12. Podcasts/webinars/screencasts
13. Textbooks
14. Videoconferencing/CCCConfer/Skype