

Bossier Parish Community College
Master Syllabus

Course Prefix and Number: CULA 110

Credit Hours: 3-3-0

Course Title: Nutrition

Course Prerequisites: None

Textbook: Nutrition, 2nd Edition, by National Restaurant Association, 2013 (With Online Voucher Test)

Course Description: This course is an introduction to the fundamentals of nutrition and the analysis of the relationship between nutrient intake and health through-out the life cycle. Students explore the role of nutrients in the human body. Students develop an in-depth personal nutrient analysis.

Learning Outcomes:

At the end of this course, the student will:

- A. apply nutritional standards and guidelines to culinary arts.
- B. contrast the characteristics, functions and food sources of nutrients.
- C. use nutritional cooking concepts.

To achieve the learning outcomes, the student will:

(The letter designations at the end of each statement refer to the learning outcome(s).)

1. identify and discuss the Dietary Guidelines for Americans, USDA's MyPyramid food groups, the nutritional contributions of each food group, and the need to combine nutrition science and culinary arts, (A),
2. develop and evaluate recipes and menus using the Dietary Guidelines, food guides and food labels, and identify the nutritional contributions of each food group (A),
3. describe the process of human digestion and determine energy needs based upon basal metabolic rate and exercise expenditure (B),
4. discuss characteristics, functions and best sources of each of the macronutrients, food exchange groups and portion size control, purchasing, storage and cooking techniques for maximum retention of nutrients and effective weight management, carbohydrate, protein and lipids and list the primary characteristics, functions and sources of vitamins, minerals and water, marketing healthy menu options, contemporary nutritional issues, heart healthy menus, vegetarianism, and religious dietary laws, and fad diets, weight management and exercise and nutrition over the life cycle (C),
5. identify common food allergens and determine appropriate substitutions and apply emerging technologies (computerization) for nutrient analysis (C);

Course Requirements:

- To pass the course, student must achieve a course average of 70% or above.
- Students must have access to a computer (not mobile device), Microsoft Office, and the Internet to complete the assignments. Computer, software, and the Internet are available to students on campus during scheduled computer lab times and in the Learning

Commons located in the BPCC Library.

- Students are required to use BPCC's LMS and My Culinary Labs and are encouraged to use the BPCC Library to research topics and employment opportunities.

Course Grading Scale:

- A = 90 - 100
- B = 80 - 89
- C = 70 - 79
- D = 60 - 69
- F = 0 - 59

Attendance Policy:

Each student is expected to attend class regularly; excessive unexcused absences constitute grounds for suspension. Refer to the student handbook for [Attendance Policy](#).

Course Fees: This course is accompanied with an additional non-refundable fee for supplemental materials, laboratory supplies, software licenses, certification exams and/or clinical fees.

Nondiscrimination Statement: Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

Coordinator for SECTION 504 AND ADA

Angie Cao, Student and Disability Services Specialist

Disability Services, F-254

6220 East Texas Street

Bossier City, LA 71111

Phone: 318-678-6511

Email: acao@bpcc.edu

Hours: 8:00 a.m.-4:30 p.m. Monday - Friday, excluding holidays and weekends.

Equity/Compliance Coordinator

Teri Bashara, Director of Human Resources

Human Resources Office, A-105

6220 East Texas Street

Bossier City, LA 71111

Phone: 318-678-6056

Hours: 8:00 a.m.-4:30 p.m. Monday - Friday, excluding holidays and weekends.