

Bossier Parish Community College

Syllabus

Course Prefix and Number: CULA 110

Credit Hours: 3

Course Title: Nutrition

Course Prerequisites:

Textbook: Nutrition, 2nd Edition, by National Restaurant Association, 2013.

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:

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:

1. Students are required to use BPCC's My Culinary Lab and are encouraged to use BPCC Library to research culinary topics and employment opportunities.
2. Complete course assignments as outlined by instructor.

Course Grading:

- A. Letter grades will be assigned based on the ten point grading scale:
- 90- 100 = A
 - 80- 89 = B
 - 70- 79 = C
 - 60- 69 = D
 - 0- 59 = F
- B. Instructors will give at least four major tests. The last test will be a comprehensive final examination.
- C. Instructors may give unannounced quizzes and/or grade homework assignments.

Attendance Policy: The college attendance policy is available at <http://www.bpcc.edu/catalog/current/academicpolicies.html>

Course Fees: This course is accompanied with an additional fee for supplemental materials.

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

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Equity/Compliance Coordinator

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