

**Course:** CULA 156 Nutrition and Food Trends

**Department:** Culinary Arts

**Course Description:** Nutrition and Food Trends

This course is designed to acquaint students with basic nutritional concepts and their relationships to promotion of good health, consumer food choices, and appropriate means to ensure pleasurable and healthful dining experiences. The student are involved in the preparation of foods utilizing current nutritional trends and dietary practices. Two lecture and two laboratory hours per week. Co/Prerequisite: CULA 140 Culinary Concepts

COURSE OUTCOMES	OUTCOMES ACTIVITIES	ASSESSMENT TOOLS
Upon successful completion of this course student should:	To achieve these outcomes students may engage in the following activities:	Student learning may be assessed by:
<p>1. Be competent in following areas:</p> <p>To Introduce the Fundamentals of Nutrition and Foods (WC, QL, OC, IL, CCT, CE, GL)</p> <p>Develop and Market Healthy Recipes and Menus (WC, QL, OC, IL, CCT, CE, GL)</p> <p>Learn Nutrition’s Relationship to Health and Life Span (WC, QL, OC, IL, CCT, CE, GL)</p> <p>Alter Recipes to Produce Healthy Outcomes (WC, QL, OC, IL, CCT, CE, GL)</p>	<p>Each week, the following activities will be applied in to each of the classes.</p> <p>Reading assignment will be due for specific segments of Nutrition. for specific areas of nutrition.</p> <p>Student will prepare assigned recipes for daily production.</p> <p>Student will become aware of seasonal and varietal ingredients along with healthy alternative foods.</p>	<p>Students will be tested weekly on specific area of nutrition.</p> <p>Weekly tests will be proctored for specific areas of nutrition.</p> <p>Instructor will evaluate daily food production that is presented by the individual that has prepared it.</p> <p>Student will be critiqued in the following areas: Exams and Homework Attendance Lab Production Final Exam</p>

This course includes the following core competencies: [Written Communication – WC](#); [Quantitative Literacy - QL](#); [Oral Communication – OC](#); [Information Literacy – IL](#); [Critical and Creative Thinking – CCT](#); [Civic Engagement – CE](#); [Integrative Learning – IG](#); [Global Learning – GL](#)