

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

SUBJECT AREA AND COURSE NUMBER

FDNT 601

COURSE TITLE

NUTRITION BASICS

ALTERNATE TITLE(S):

NUTRITION ONE; INTRODUCTION TO  
NUTRITION

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

This course provides an introduction to nutrition, including the current Food Guide Pyramid, cholesterol, fats, sugar, sodium, vitamins and minerals. Emphasis will be placed on practical application of food selection and recipe modification to maximize the nutritional value of foods. (FT)

LECTURE/LABORATORY HOURS

72

ADVISORY

NONE

RECOMMENDED SKILL LEVEL

7<sup>th</sup> grade reading and math skills; ability to communicate effectively in the English language.

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility  
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication  
SDCE students demonstrate effective communication skills.
3. Critical Thinking  
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

## NUTRITION BASICS

PAGE 2

### INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

#### 4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

### COURSE GOALS

The goals of this course are to:

Introduce basic nutrition principles and information and how they apply to the diet; current nutrition controversies, recipe modification and preparation for employment in food-service occupations.

### COURSE OBJECTIVES

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

1. Discuss and demonstrate the Food Guide Pyramid as a method of creating a nutritionally balanced diet.
2. Define and discuss nutrients and their sources.
3. Demonstrate food selection and preparation techniques to minimize fat, sugar, sodium and cholesterol, while maximizing nutrient density.
4. Identify sources of reliable nutrition information.
5. Demonstrate the applications of nutrition principles in a food service environment.

## **SECTION II**

### COURSE CONTENT AND SCOPE

The following may be included in the framework of the course but are not intended as limits on content. The order of the presentation and relative emphasis may vary with each instructor.

1. Introduction to Nutrition
  - 1.1. Nutrition terminology
  - 1.2. Current food guide pyramid
  - 1.3. Nutrients and their food sources
    - 1.3.1. Fats
    - 1.3.2. Sugars
    - 1.3.3. Cholesterol
    - 1.3.4. Fiber
    - 1.3.5. Vitamins
    - 1.3.6. Minerals
    - 1.3.7. Water
  - 1.4. Food allergies and sensitivities

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.5. Food controversies
  - 1.5.1. Irradiation of food
  - 1.5.2. Genetically modified foods
  - 1.5.3. Supplements
  - 1.5.4. Current nutrition trends
- 1.6. Food additives
  - 1.6.1. Functions of food additives
    - 1.6.1.1. Preserving (spoilage control)
    - 1.6.1.2. Flavor, texture, aroma, appearance enhancement
- 1.7. Reliable sources of current nutrition information
  - 1.7.1. Books and periodicals
  - 1.7.2. Internet web sites
  - 1.7.3. Videos/DVDs
- 1.8. Techniques for selecting healthy foods from restaurant menus/dinner preparation operation/ convenience foods
2. Recipe Modification Methods
  - 2.1. Ingredients (substitutions)
  - 2.2. Alternate methods of preparation
3. Sanitation, Safe Food Handling and Storage
  - 3.1. Food-borne illnesses
    - 3.1.1. Micro-organisms in food
    - 3.1.2. Care and storage of food ingredients and equipment
    - 3.1.3. Current food safety and sanitation issues
  - 3.2. Care and storage of food ingredients and equipment
  - 3.3. Food preparation and storage techniques
  - 3.4. Household, kitchen and personal cleanliness
  - 3.5. Effect and control of insects and rodents
4. Methods of Nutritious Food Selection and Preparation
  - 4.1. Planning menus for maximum nutrient density
    - 4.1.1. Seniors' nutrient requirements
    - 4.1.2. Children's nutrient requirements
    - 4.1.3. Special requirements of diets for
      - 4.1.3.1. Diabetes patients
      - 4.1.3.2. Heart disease patients
      - 4.1.3.3. Cancer (immune-compromised) patients
5. Consumer Food Education
  - 5.1. Food advertising
  - 5.2. Label interpretation
    - 5.2.1. Daily values
  - 5.3. Convenience vs. nutrition
  - 5.4. Cost per serving
6. Resource Management
  - 6.1. Economical food purchasing skills (selection)
  - 6.2. Time-saving techniques in meal preparation
  - 6.3. Energy conservation techniques in meal preparation, storage
  - 6.4. Quantity cooking

## NUTRITION BASICS

PAGE 4

### COURSE CONTENT AND SCOPE (CONTINUED)

- 6.5. Prevention of food waste
- 6.6. Safety
  - 6.6.1. Equipment operation
  - 6.6.2. Fire safety

### APPROPRIATE READINGS

Reading assignments may include but are not limited to the following:

*American Dietetic Association's Complete Food and Nutrition Guide*, Revised, Roberta Larson Duyff, John Wiley & Sons, Inc., 2006

*Healthy Dining in San Diego*, Erica Bohm, M.S., Accents on Health, Inc., Sixth Edition, 2005

*Food...How Safe, How Altered*, National Geographic Magazine, May 2002

*Cooking Light Magazine*

*Diabetic Cooking Magazine*

*Gourmet Magazine*

*Bon Appetit Magazine*

*Cooks Illustrated*

*Everyday Food*

### WRITING ASSIGNMENTS

Writing assignments may include but are not limited to the following:

1. Writing a summary on current thinking on how nutrition is affected in genetically modified foods.
2. Writing an essay describing the importance of nutrition principles for chefs in restaurants and institutions (hospitals, care homes, schools, jails, etc.).
3. Prepare a written summary of foods and nutrition/ food preparation resources for food service professional in the health care field.

### OUTSIDE ASSIGNMENTS

The student will prepare a notebook containing current articles on nutrition.

### APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

The student will be able to select and evaluate menus based on special dietary requirements.

## NUTRITION BASICS

PAGE 5

### EVALUATION

Evaluation methods may include but are not limited to the following:

1. Attendance.
2. Class participation.
3. Lab projects and demonstrations.
4. Project papers.
5. Pre and post tests.

Upon successful completion of each individual course a Certificate of Course Completion will be issued. Upon successful completion of all courses included in the program a Certificate of Program Completion will be issued.

### METHOD OF INSTRUCTION

Methods of instruction may include but are not limited to the following:

1. Lectures.
2. Demonstrations.
3. Laboratory.
4. Field trips.
5. Guest speakers.
6. Audio visual presentations.
7. Textbooks.

### TEXTS AND SUPPLIES

*Instructor's Choice or*

*American Dietetic Association's Complete Food and Nutrition Guide*, Roberta Larson Duyff, John Wiley & Sons, Inc., 2006

*So What Can I Eat?!: How to Make Sense of the New Dietary Guidelines for Americans and Make Them Your Own* by Zied Winter, 2006

*Science, Physiology & Nutrition for the Non-Scientist*, Judi s. Morrill, Ph.D., Orange Grove Publishing, 2000

PREPARED BY: Judith Ewing DATE: 06/12/02

DATA REVISED BY: Donna Namdar DATE: February 21, 2007

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Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100  
California Community Colleges, Title 5, Section 55002  
Continuing Education Catalog