

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: CUL 122 **Credits:** 1

Course Title: Applied Nutrition for Food Service Laboratory

Course Description:

Includes application of skill sets for understanding, reviewing, revising, scaling, and preparing existing recipes and the creation of new recipes with a focus on healthy cooking techniques, alternative products, and critical thinking. Laboratory 5 hours per week. Total 5 hours per week. 1 credit

General Course Purpose:

This laboratory course consists of a focused application of practical skill sets and assessment for preparing health conscious and dietary restricted foods for customers and includes best practices in the kitchen for prevention of cross contact. The course will apply knowledge and skill sets taught in the lecture course (CUL 119) and the transfer of knowledge to prepare healthy food applying these new concepts. Students will practice the review, calculation, and reduction of caloric counts and other ingredients in food, along with calculation and analysis of the costs and sources for products.

Course Prerequisites/Corequisites:

Prerequisite: CUL 106 or equivalent

Course Objectives:

Upon completing the course, the student will be able to:

- Identify and apply healthy cooking techniques;
- Recognize the differences among healthy, dietary, and cultural eating habits and prepare food that meets known restrictions and requirements;
- Construct and apply best practices for kitchen and product safety and restrictions;
- Calculate nutritional information for recipes and revise based on specifications;
- Create and design modern recipes from classic dishes that correlate with current demands;
- Revise recipes to meet specified dietary demands;
- Calculate the costs of ingredients for healthier cooking;
- Identify sources for dietary food preparations; and
- Prepare healthy recipes and apply assessment of final products.

Major Topics to be Included:

- Healthy cooking techniques
- Cultural eating habits
- Food safety and nutritional restrictions
- Nutritional calculations for recipes
- Converting recipes based on dietary specifications
- SWOT analysis of ingredient substitution
- Vendor identification

- Preparation of healthy recipes

Effective Date/Updated: August 1, 2024