

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

**Course Prefix Number:** CUL 119

**Credits:** 2

**Course Title:** Applied Nutrition for Food Service

**Course Description:**

Studies food composition, nutrition science, and application of nutrition principles by the food service professional. Provides the student with a basic understanding of human nutrition and application of nutrition in the service of commercially prepared meals. Lecture 2 hours per week. Total 2 hours per week. 2 credits

**General Course Purpose:**

This course will help students in hospitality management and culinary arts programs recognize the relationship between good nutrition and the health, well-being, and productivity of individuals throughout the life cycle; understand the nutrients required by the human body, their function, and the process of how our body digests and utilizes food; develop nutrition management skills in planning and evaluating modified menus; and analyze and revise recipes for food service.

**Course Prerequisites and Co-requisites**

None

**Student Learning Outcomes:**

Upon completing the course, the student will be able to

- Discuss fundamental concepts of food, fuel, and fitness;
- Explain consumer concerns regarding nutritional adequacy;
- Describe the importance of water in nutritional adequacy;
- Articulate the function and food sources for carbohydrates, lipids, proteins, vitamins, and minerals;
- Describe how the human body is energized;
- Outline the importance of exercise and weight control;
- Describe the impact of nutrition throughout the life cycle;
- Survey future concerns of nutrition science;
- Plan and evaluate modified menus based on the principles of nutrition management; and
- Review, revise, and analyze recipes for food service.

**Major Topics to Be Included**

- a. Concepts of food, fuel, and fitness
- b. Consumer concerns related to nutrition
- c. Essential nutrients for energy, growth, and the maintenance of life
  - Carbohydrates
  - Lipids
  - Proteins
  - Vitamins
  - Minerals
  - Water

- d. Exercise and weight control
- e. Nutrition throughout the life cycle
- f. Menu planning based on nutrition management
- g. Modification of recipes

**Effective Date/Updated:** January 14, 2019