South Central College

CULN 1205  Hospitality Nutrition

Course Outcome Summary

Course Information

Description
This course covers the basic information to understand food trends, digestion and utilization processes, menu development for normal and special diets, and the preparation of nutritionally balanced meals. (Prerequisite: CULN 1100)

Total Credits 2
Total Hours 32

Types of Instruction

Instruction Type Credits/Hours
Lecture 2/32

Pre/Corequisites

CULN 1100

Institutional Core Competencies

Civic Engagement and Social Responsibility - Students will be able to demonstrate the ability to engage in the social responsibilities expected of a community member.

Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Cultural Competence - Students will be able to demonstrate an attitude of personal curiosity, a rising knowledge of cultures, and an evolving range of skills for living and working among others with other worldviews and ways of life.

Course Competencies

1. Identify food trends
   Learning Objectives
   Examine factors affecting trends
   List food fallacies and myths

2. Explain nutrient functions
Learning Objectives
Identify carbohydrate functions
Identify fat nutrient functions
Identify protein functions

3. Describe food pyramid
   Learning Objectives
   Define a balanced diet
   Analyze personal three day diet using nutritional recommendations

4. Describe food composition
   Learning Objectives
   Define food utilization
   Identify basic digestion processes
   List malnutrition causes
   Cite water use

5. Identify menu planning food groups
   Learning Objectives
   Define food exchange system
   Define food exchange menus

6. Critique nutrient retention preparation methods
   Learning Objectives
   Compare nutrition retention of different cooking methods
   Identify food preparation methods

SCC Accessibility Statement
South Central College strives to make all learning experiences as accessible as possible. If you have a
disability and need accommodations for access to this class, contact the Academic Support Center to request
and discuss accommodations. North Mankato: Room B-132, (507) 389-7222; Faribault: Room A-116, (507)
332-7222.

Additional information and forms can be found at: www.southcentral.edu/disability

This material can be made available in alternative formats by contacting the Academic Support Center at 507-
389-7222.