



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.