

Northwest Arkansas Community College
(Food Studies Division)

Discipline Code

FDST

Course Number

1103

Course Title

Culinary Nutrition

Catalog Description

This course will examine the basic principles of nutrition, including their application to food preparation, menu planning and a healthy lifestyle. Attention is given to providing nutritionally-balanced and attractive meals. Menu planning using sound nutritional guidelines is stressed. The concept of creating menus while focusing on food allergies, intolerances, preferences and restrictions is also introduced. This course provides students with the knowledge base of diet, lifestyle, nutrition and how they relate to well-being and disease. Material is covered from the food-first perspective with an eye toward the practical aspects of what customers and patients face day-to-day when trying to make substantive improvements in their diet- and thereby, their health.

Prerequisites

FDST 1013 and FDST 1023, or approval by the instructor

Credit Hours

3 credit hours

Contact hours

75 lab contact hours

Load hours

3.75 load hours

Semesters Offered

Fall, Spring

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

Students completing this course will be able to:

- Define nutrient groups

- Compare dietary guideline recommendations from various credible institutions
- Execute preparation and/or cooking techniques for maximum nutrient retention
- Integrate nutrition concepts with practical application in the food service setting
- Explain contemporary nutritional issues and needs (allergies, intolerances, plant-based eating, food insecurity, childhood nutrition, etc.)
- Give examples of nutritional impact of growing method and processing on food
- Describe the beneficial compounds found in food that are healthful in disease prevention
- Plan and prepare healthy and attractive menus

General Education Outcomes Supported

- Students develop higher order thinking skills.
- Students demonstrate information literacy.

Standard Practices

Topics list

- Food as medicine
 - Food recommendations for blood sugar control, heart health, gut health, and other chronic conditions
 - Culinary wellness
- Food Insecurity
 - Eating well on a budget
 - Low cost proteins with large health benefits
- Nutrient groups
 - Carbohydrates debunked
 - Focus on fats
 - Plant-based proteins
- Nutrient density
 - Vitamins and minerals defined
 - Better beverages
 - Growing highly nutritious food with regenerative agriculture
- Behavior economics
Building healthy habits

Learning activities

- Daily lecture
- Class discussions
- Online up to date academic readings
- Oral presentation: vitamin and mineral research
- Food journal assignment
- In-class documentary and video based learning
- In-class interactive activities
- In-lab recipe preparation
- Final project

Assessments

- Lab competency based learning activities including daily participation
- Oral presentation on vitamin and mineral research project
- Assignments including online quizzes and exams
- In-class worksheet

- Final lab practical including ingredient ordering, recipe writing, sensory evaluation, nutrient analysis, recipe execution, and paper highlighting nutritional aspects of the recipe

Grading Guidelines

Grading Scale/Course Evaluation Methods – A=90-100, B=80-89, C=70-79.9, D=60-69.9, F=0-59.9