

Week 1: Safety and Sanitation Modules, Kitchen Orientation, Basic Knife Skills

- **Learning Objectives**
 - Recognize and explain the current market need for nutritious menu options
 - Define nutrient and nutrition
 - Identify health issues caused by poor nutrition
 - Explain factors that influence food choices
- **Lecture / Discussion**
Nutritional Menu Design
- **Competency-Based Applied Learning Activity (Individual)**
-The students will learn how to adjust a familiar recipe, such as spaghetti with meat sauce, to increase the nutritional value.
Spaghetti Four Ways from Goldring Curriculum
- **Reading / Homework Assignment**
Review lectured materials and make sure students have the Second Edition Nutrition book by the National Restaurant Association.
- **Assessment**
Competency-based applied learning activity

Week 2: Mediterranean Diet, Introduction to Cooking and Reading Recipes, Key Concepts in Nutrition

- **Learning Objectives**
 - Identify the six basic types of nutrients found in food and describe their characteristics
 - Define calorie (kilocalories), nutrient density, and empty-calorie food and explain why consumption of empty-calorie foods may impact health.
 - Describe the major functions of carbohydrates, proteins, lipids, vitamins, minerals, and water in the body.
 - Identify the carbohydrate sources, the protein sources, and the lipids sources of the recipes made in the lab.
- **Lecture / Discussion**
Nutrients, calories, carbs
- **Competency-Based Applied Learning Activity (individual)**
-Students will cook a balanced meal that contains a mix of carbohydrate, protein, and lipids.
Roasted Fall Vegetable Quinoa with Toasted Almonds and Braised Chicken Thighs
Herbed zucchini
Jicama Salad
- **Reading / Homework Assignment**
None
- **Assessment**
Competency-based applied learning activity
Quiz #1

Week 3: Macronutrients, Mediterranean Diet: Dairy, Breakfast and Understanding Nutrition Labels

- **Learning Objectives**

- Identify recommended estimate of calorie needs and daily fluid intakes. Explain body mass index
- Define Recommended Dietary Allowance, Adequate Intake, and Tolerable Upper Intake Levels
- Determine the amounts of carbohydrate, protein, and fat recommended for health diets
- List current recommendations for daily intake of fiber
- Explain different healthy eating models and guidelines

- **Lecture / Discussion**

Caloric intake, recommended dietary allowance and eating models

- **Competency-Based Applied Learning Activity (group)**

-View the salt, sugar, and fat models in class and discuss implication this information has on creating nutritious meals in a food services setting.

-Cook and sample the recipes above and discuss how recipes fit into healthy eating models and guidelines.

Peanut Butter Banana Smoothie

Curried Lentils with Sweet Potato and Kale

Fish Tacos with mango and red cabbage

Green Pea Pasta with pecans, basil, and Greek yogurt

One Pot Bean Chili

Soba Noodles with Tofu and Broccoli

Spiced Red Lentil Soup

Halloween Hummus with Spiced Pita Chips

- **Reading / Homework Assignment**

Chapters 1 & 2: pages 1-64

- **Assessment**

Competency-based applied learning activity

Week 4: Understanding Nutrition Standards / Guidelines, Mid-Term Discussion: Food Log

- **Learning Objectives**

- Identify the Macronutrient distribution range of carbohydrates
- Identify types of carbohydrates, their food sources, and their importance in the diet
- Identify the types of dietary fiber, their food sources, and their importance to health
- Explain diabetes and dietary guidelines for people with this disease state

- **Lecture / Discussion**

Micronutrients, carbs, fiber and diabetes

- **Competency-Based Applied Learning Activity (individual)**

-Identify how many carbohydrate servings are in the recipes made above

-Identify sources of fiber and which types in the recipes made

Stuffed Peppers with Chicken, Rice, and Beans

Tabouli Lettuce Wraps with Spicy Peanut Sauce

- **Reading / Homework Assignment**

Chapter 3 and Chapter 4: pages 65-76

- **Assessment**

Journal Log part 1 due. In this project students will become more familiar with what their daily eating habits entail, Quiz #2 over lecture materials, Competency-based applied learning activity

Week 5: Mediterranean Diet: Legumes, Good Shopping Habits and Delectable Dinners

- **Learning Objectives**

- Describe the types and characteristics of lipids and their importance to health
- Describe disease states that might correlate with high intake of particular types of lipids

- **Lecture / Discussion**

Lipids and diseases related to types of lipids

- **Competency-Based Applied Learning Activity (individual)**

-Find alternative to high fat items when making familiar recipes such as alfredo, Mac & cheese, and pudding.

Butternut Squash Alfredo

Cauliflower Mac & Cheese

Avocado Banana Chocolate Pudding

- **Reading / Homework Assignment**

Chapter 4: pages 83-93

- **Assessment**

Return food journals to students for part 2 of the Food Log Project. Students will be required to make a 2 day balanced menu based off of their normal eating patterns, Competency-based applied learning activity

Week 6: The Energy Nutrients: Carbs, Protein and Lipid

- **Learning Objectives**

- Identify the dietary sources and function of protein, and explain what essential amino acids and incomplete, complete, and complementary proteins are
- Explain a variety of plant proteins that could be used to supplement or replace animal proteins on the plate
- Explain the research that supports plant based proteins as a nutritious choice

- **Lecture / Discussion**

Protein sources and ways to make meals out of plant proteins

- **Competency-Based Applied Learning Activity (group)**

-Student will cook a variety of recipes utilizing plant based proteins and discuss the benefits and challenges to each one.

Tofu Scramble

Asian Peanut Tofu with Noodles

Beet and Carrot Burgers

Marinated Cauliflower Steak

Vegan White Bean Mac and Cheese

Edamame Hummus

Veggie Burgers/Sliders

- **Reading / Homework Assignment**

Chapter 4: pages 76-82

- **Assessment**

Quiz #3 on the lectured materials and lessons learned during lab, Food Log Menu due, Competency-based applied learning activity

Week 7: Protein, Mediterranean Diet: Vegetables, Portion Sizes and Lunch

- **Learning Objectives**

- Distinguish between water-soluble and fat-soluble vitamins.
- Describe the function, sources, and recommended intake amount of vitamins and minerals in the body
- Identify causes and implication of nutritional deficiencies
- Identify ways to retain the vitamin and mineral content of foods when cooking
- Identify the recommend sodium intake and the implication of high-sodium diets

- **Lecture / Discussion**

Vitamins and minerals and health

- **Competency-Based Applied Learning Activity (individual)**

-Students will cook recipes with a variety of vitamin and mineral. Students will also be expected to make reduced sodium seasoning.

Black Eye Pea Crostini, Tomato Salad, and pickled red onion

Spinach, Berry, and Parm Salad

Salt-free creole seasoning

Popcorn

- **Reading / Homework Assignment**

Chapter 5

- **Assessment**

Competency-based applied learning activity

Week 8: Vitamins, Minerals and Water

- **Learning Objectives**

- Identify the big eight allergens and their relationships to protein
- Describe the causes and symptoms of allergic reactions
- Describe the cause and symptoms of celiac disease and other foods intolerances
- Explain how to handles requests from customers with food allergies, sensitivities, and intolerances
- Describe how to substitute alternative ingredients

- **Lecture / Discussion**

Will describe food allergies, food intolerances, and celiac disease. Talk about developing policies and procedures for communicating about allergies.

- **Competency-Based Applied Learning Activity (group)**

-Students will cook recipes that are appropriate for a variety of people with food intolerances or allergies.

Whipped Yogurt Cream and Berries

Eggless Chocolate Cake

Vegan Meringue

Apple Cranberry Crisp

Zucchini Muffins

- **Reading / Homework Assignment**

Chapter 9

- **Assessment**

Quiz #4 over lecture material and lessons learned in the lab, Competency-based applied learning activity

Week 9: Carbohydrates, Mediterranean Diet: Fruits / Nuts, Snacking / Desserts, Sweeteners / Rethink Your Drink

- **Learning Objectives**
 - Distinguish among organic, certified organic, and conventional production of food
 - Define genetically modified organisms
 - Explain food additives, food irradiation, freeze-drying, and sous vide
 - Identify the characteristics of enriched food and fortified food, and explain their role in nutrition
- **Lecture / Discussion**

Describe how nutrients are affected by growing techniques, handling procedures, and processing methods. Possible guest speaker with USDA background.
- **Competency-Based Applied Learning Activity (individual)**

-Students will cook several recipes using high quality ingredients and lower quality ingredients and discuss the difference in flavor and expected nutrient content.

Ratatouille
Green Bean Salad with Almonds
Sweet and Savory Roasted carrots
- **Reading / Homework Assignment**

Chapter 7
- **Assessment**

Competency-based applied learning activity

Week 10: Field Trip: Grocery Store

- **Learning Objectives**
 - Explain how cooking and cooking methods affect nutrition
 - Explain the difference between the center-of-the-plate concept and MyPlate model
 - Explain the importance of adapting recipes to dietary recommendations and explain the importance of adopting standardized recipes
- **Lecture / Discussion**

Cover trick and tips for making recipes more nutrient dense
- **Competency-Based Applied Learning Activity (individual)**

-Students will cook a variety of dishes with the nutrient packed cauliflower and discuss the outcomes.

Crunchy Cauliflower Bites with Buffalo Sauce
Cauliflower Pizza Crust
Cauliflower Mash
- **Reading / Homework Assignment**

Chapter 8
- **Assessment**

Quiz #5 over lecture material and lessons learned in lab, Competency-based applied learning activity

Week 11: Cooking for Health

- **Learning Objectives**
 - Identify and recognize the importance of nutritious trends and providing nutritious meals
 - Describe the responsibility of front-of-the-house and back-of-the-house staff in implement a nutrition program
- **Lecture / Discussion**

Discuss ways to market nutritious foods to the public
- **Competency-Based Applied Learning Activity (individual)**

Students will cook recipes that maximize flavor while also utilizing nutrient dense foods.
Pulled Chicken Nachos with Cabbage Slaw, Pickled Red Onion, and Avocado Crème
Quick Pickled Vegetables
Balsamic Marinated Mushrooms

- **Reading / Homework Assignment**
Optional, Chapters 6 and 11
- **Assessment**
Competency-based applied learning activity

Week 12: Mediterranean Diet: Fats and Cholesterol

- **Learning Objectives**
 - Explain how real world food service operations use the nutrition concepts discussed in this course
- **Lecture / Discussion**
Field trip
- **Competency-Based Applied Learning Activity**
None
- **Reading / Homework Assignment**
Study for the final written exam and prepare for final practical exam.
- **Assessment**
None

Week 13: Field Trip: Springdale School Cafeterias

- **Learning Objectives**
 - Prepare for final practical exam where students are asked to modify a recipe to make it more nutritionally dense and present it to the instructors and class members
- **Lecture / Discussion**
None
- **Competency-Based Applied Learning Activity**
Work with students to develop healthier recipes for school food service or hospital setting. Students will apply the knowledge gained in the course to alter a recipe.
- **Reading / Homework Assignment**
1 page written report describing how they changed their recipe and how it changed the nutritional profile of the item.
- **Assessment**

Week 14: Final Project, ManageFirst Certification Test

- **Assessment**
Final exam and student presentations

Week 15: Project Presentations

- **Assessment**
Student presentations