

Date Prepared: July 25, 2000

## COURSE OUTLINE

New       Revised

Effective Date: August 21, 2000

1. **COURSE PREFIX NUMBER:** HRI 119      **CREDIT HOURS:** 3
2. **COURSE TITLE:** Applied Nutrition for Food Service
3. **PREREQUISITES:** None
4. **COURSE DESCRIPTION:** Studies food composition, nutrition science, and application of nutrition principles by the foodservice professional. Provides the student with a basic understanding of human nutrition and application of nutrition in the service of commercially prepared meals. Lecture 3 hours per week.
5. **CONTENT:** (Major Headings)
  - a. This course consists of the study of food composition, nutrition science, and application of nutrition principles by the foodservice professional.

6. **GENERAL COURSE OBJECTIVES:**

Upon successful completion of the course, the student will be able to

- a. Relate fundamental concepts of food, fuel and fitness.
- b. Relate consumer concerns to nutritional adequacy.
- c. Comprehend the importance of water in nutritional adequacy.
- d. Comprehend the applied science of carbohydrates.
- e. Comprehend the applied science of lipids.
- f. Comprehend the applied science of proteins
- g. Comprehend the applied science of vitamins.
- h. Comprehend the applied science of minerals.
- i. Comprehend how the human body is energized.
- j. Comprehend the importance of exercise.
- k. Comprehend the importance of weight control.
- l. Comprehend the impact of nutrition throughout the life cycle.
- m. Survey future concerns of nutrition science.
- n. Demonstrate nutrition management skills in planning and evaluating modified menus.