

Course Objectives/Course Outline
Spokane Community College

Course Title: Food Sanitation

Prefix and Course Number: CUL 115

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Understand the characteristics, functions and food sources of major nutrients and how to maximize nutrient retention in food preparation and storage.

Course Outline

- I. Food Preparation and Storage
 - A. Theory and practical applications
 - B. Digestion
 - C. Energy needs
 - D. Recommended daily allowances
 - E. Dietary guidelines