

Spokane Community College

COURSE LEARNING OUTCOMES (CLO) AND OUTLINE

Course Title: Nutrition for Chefs and Restaurant Managers

Prefix and Course Number: HM 116

Version Date: 1/3/2022

Course Learning Outcomes:

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

- Identify healthy portions of complete proteins, complex carbohydrates, and healthy fats for a balanced diet
- Identify effects of highly processed foods on the human body
- Develop or adjust recipes following nutritional/medical guidelines
- Identify the characteristics, functions and sources for carbohydrates, proteins and fats
- Identify the functions and sources of vitamins and minerals
- Explain the basic digestive system from entry to exit
- Explain the different vegetarian diets
- Identify their own stress level and create a plan to manage stress

Course Outline:

- I. USDA governmental nutrition guidelines
 - a. Food labels
 - b. Processes foods
 - c. Artificial sweeteners
 - d. Develop healthy recipes and menus
- II. Characteristics, functions, and the sources of the major 6 nutrition's
 - a. Proteins
 - b. Fats
 - c. Carbohydrates
 - d. Minerals
 - e. Vitamins
 - f. Water
- III. Human digestive system
- IV. Recipe substitutions
 - a. Vegetarian
 - b. Gluten free
 - c. Lactose intolerance
 - d. Low sodium
 - e. Low fat
 - f. Low carbohydrate