Course Prefix Number: HRI 119  
Credits: 2

Course Title: Applied Nutrition for Food Service

Course Description: Studies food composition, nutrition science, and application of nutrition principles by the food service professional. Provides the student with a basic understanding of human nutrition and application of nutrition in the service of commercially-prepared meals. Co-requisite: HRI 122. Lecture 2 hours per week.

General Course Purpose: This course will help students in hospitality management and culinary arts programs recognize the relationship between good nutrition and the health, well-being, and productivity of individuals throughout the life cycle; understand the nutrients required by the human body, their function, and the process of how our body digests and utilizes food; develop nutrition management skills in planning and evaluating modified menus; and analyze and revise recipes for food service.

Course Prerequisites and Co-requisites

Co-requisite: HRI 122

Course Objectives:

Upon completing the course, the student will be able to

a. Discuss fundamental concepts of food, fuel, and fitness;
b. Explain consumer concerns regarding nutritional adequacy;
c. Describe the importance of water in nutritional adequacy;
d. Articulate the function and food sources for carbohydrates, lipids, proteins, vitamins, and minerals;
e. Describe how the human body is energized;
f. Outline the importance of exercise and weight control;
g. Describe the impact of nutrition throughout the life cycle;
h. Survey future concerns of nutrition science;
i. Plan and evaluate modified menus based on the principles of nutrition management; and
j. Review, revise, and analyze recipes for food service.

Major Topics to Be Included

a. Concepts of food, fuel, and fitness
b. Consumer concerns related to nutrition
c. Essential nutrients for energy, growth, and the maintenance of life
   • Carbohydrates
   • Lipids
   • Proteins
   • Vitamins
   • Minerals
   • Water
d. Exercise and weight control
e. Nutrition throughout the life cycle
f. Menu planning based on nutrition management
g. Modification of recipes

Effective Date of Course Content Summary: August 6, 2014