

**J. Sargeant Reynolds Community College
Course Content Summary**

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