# MOHAWK VALLEY COMMUNITY COLLEGE UTICA AND ROME, NEW YORK

**Course Name: FS152 Culinary Nutrition Course Credit Hours: C - 2, P - 0, ILS - 0 CR - 2 Course Prerequisites/Corequisites:** None

### Catalog Description

In this course, students study the needs of the human body and how nutrients and vitamins affect it. They research how food choices influence physical health and mood and how these choices in the food service and related industries can be used to promote a healthy lifestyle. Students learn information about nutrients (proteins, carbohydrates, fat, vitamins, water, and minerals) and their role in various diseases such as heart disease, diabetes, cancer, and osteoporosis.

1. ***Student Learning Outcomes:*** 
   * Explain what nutrition is and why it should be important to you on a personal level and as a culinary/food service professional.
   * Identify food sources of carbohydrates and distinguish between simple and complex carbohydrates.
   * Identify foods high and low in fat, and define saturated, monounsaturated, and polyunsaturated fats and list foods in which each one is found
   * Identify sugars on an ingredient label, foods high in added sugars, and the number of teaspoons of sugar in a food using a food label
   * Utilize basic nutrition knowledge and the dietary guidelines for making food choices that will promote optimal health

### Major Topics:

* Introduction to Class
* What is Nutrition?
* The basics of digestion
* Carbohydrates. Sugars, Starches, and Fiber
* Fats, Oils, and Other Lipids
* Proteins and Amino Acids
* Vitamins
* Minerals and Water
* Alcohol
* Weight Management and Energy Balance
* Cooking for Special Dietary Needs
* Meal Planning
* Calculating Nutrition in Foods

Rev 3.7.23