

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix Number : CUL 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. Lecture 2 hours per week. Total 2 hours per week. 2 credits

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

- d. Exercise and weight control
- e. Nutrition throughout the life cycle
- f. Menu planning based on nutrition management
- g. Modification of recipes

Effective Date/Updated: January 14, 2019