



30- Hour Nutrition

This course is a 30-hour, self-paced introduction to culinary nutrition. You will gain a basic understanding of nutrition principles as they relate to the food and culinary industry. You will progress by reading through a series of six content modules, you will do activities as you progress, and will be quizzed on the content at the conclusion of each module. There will be a final exam at the end of the course.

Course Objectives

At the end of this course you will be able to:

- Discuss the importance of nutrition in the food and culinary industry
- Identify food sources of nutrients and discuss the most healthful foods in each food group
- Plan menus based on current nutrition guidelines
- Identify appropriate food choices for various food restrictions
- Interpret food labels and claims

Modules

1. Introduction to Culinary Nutrition

- Discuss the benefits of a healthy diet
- Explain how people make food choices
- List the six categories of nutrients
- Identify the nutrients that provide energy
- Describe factors that influence daily energy needs
- Explain nutrient density and give examples of high nutrient density foods

2. Nutrients: Carbohydrates, Fats and Lipids, Proteins, Vitamins, Minerals, and Water

- Explain how the body uses carbohydrates, fats, proteins, and water
- Identify food sources of sugars, starches, and fiber and the health effects of each
- Identify food sources of saturated, monounsaturated, polyunsaturated, and trans fatty acids and the health effects of each
- Differentiate between cholesterol in food and blood cholesterol
- Identify food sources of protein and explain the differences between plant and animal protein sources
- Describe the general functions and food sources of vitamins and minerals



3. Nutrition Guidelines and Food Labels

- Discuss the recommendations of the The Dietary Guidelines for Americans
- List the major nutrients provided by the five MyPlate food groups
- Compare nutrient values on food labels
- Discuss guidelines for nutrient content, health claims and structure function claims on food labels

4. Healthy Cooking and Meal Planning

- Identify nutrient-dense foods and ways to include them on menus
- Explain how portion sizes and the proportions of foods on a plate impacts nutrition
- Plan menus to emphasize high nutrient-density foods and ingredients
- Discuss ways to reduce sodium and increase potassium on menus
- Discuss how various cooking techniques impact nutrient retention

5. Accommodating Guests with Dietary Restrictions

- Distinguish between food allergies, intolerances and aversions
- Identify the eight (8) most common food allergens
- Identify grains that contain gluten and those that do not
- Distinguish between different types of vegetarian diets
- Discuss menu planning for high blood pressure, heart disease and type 2 diabetes

6. The Future of Culinary Nutrition

- Discuss the benefits and challenges of nutrition labeling on menus
- Discuss current and emerging food and nutrition trends that impact the food service industry

Price

Members: \$125

Non-Members: \$175