



# Wayne County Community College District

## COURSE SYLLABUS

### FSM 118 Nutrition

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**CREDIT HOURS:** 3.00

**CONTACT HOURS:** 45.00

**COURSE DESCRIPTION:** This is a continuum course that presents an overview of the foodservice menus and nutrition and begins the core knowledge and skills required for further study in this area. The course is taught in two parts. Part One discusses the understanding of nutrition and Part Two discussed how to establish a Nutrition Program. Discussions continue with an overview of the various segments of nutrition in the foodservice industry. Topics include the functional components of foodservice systems and nutrition.

**PREREQUISITES:** None

#### **EXPECTED COMPETENCIES:**

*Upon completion of this course, the student will be familiar with:*

- Understand the concept of menu planning and nutrition
- Understand nutrition basics
- Understand key concepts in nutrition
- Understand nutritional standards and guidelines
- Understand market and menu assessment
- Understand food allergens and special dietary requests
- Understand Cooking for Health: Culinary Skills in Action
- Understand staff development and responsibilities
- Understand marketing and evaluating nutrition programs
- Understand menu labeling

#### **ASSESSMENT METHODS:**

Student performance may be assessed by examination, quizzes, case studies, oral conversation, group discussion, oral presentations. The instructor reserves the option to employ one or more of these assessment methods during the course.

#### **GRADING SCALE:**

90%-100% = A  
80%-89.9% = B  
70%-79.9% = C  
60%-69.9% = D  
<60% = E