

Degree Applicable X
Non-Degree Applicable

Glendale Community College
February 1990

COURSE OUTLINE
Culinary Arts 142

I. Catalog Statement

Culinary Arts 142 - Nutrition Controversies 2 units

Prerequisite: None.

Culinary Arts 142 is a presentation of current nutrition and dietary controversies. Emphasis is placed on dietary planning for optimum health and disease prevention as it relates to menu planning in the food service industry.

Lecture 2 hours

II. Course Objectives

Given Lectures, demonstration, films, simulations, written and other assignments, students will demonstrate their knowledge by:

1. discussing current nutrition and dietary controversies for optimum health and disease prevention.

III. Text

Nutrition Concepts and Controversy, Hamilton and Whitney, West Publishing, Revision 1985.

The New American Diet, Sonia Lee (R.D.) and William E. Connor (M.D.) Simon and Shuster, 1986.

IV. Course Outline

- A. Nutrition and the available food market and preparation 4 hours
1. "Fast foods"
 2. "Health" foods
 3. Organic and natural foods
 4. Quacks and nutrition quackery
 5. Methods of preservation
 6. Use of pesticides
 7. Food additives

- 8. Natural toxicants in foods
- 9. Processing - Nutrient losses
- B. The American diet 2 hours
 - 1. Typical
 - 2. Ideal
 - 3. Goals and Guidelines
- C. Vitamin megadoses - possible toxicities 3 hours
 - 1. Vitamin A
 - 2. Vitamin D
 - 3. Vitamin E
 - 4. Vitamin K
 - 5. B-complex vitamins
 - 6. Vitamin C
- D. Minerals 3 hours
 - 1. Calcium and osteoporosis
 - 2. Iron deficiency
 - 3. Sodium and hypertension
- E. Carbohydrates
 - 1. Sugar controversies
 - 2. Hypoglycemia and hyperglycemia (diabetes)
 - 3. Dietary fiber - role in disease prevention
- F. Protein 4 hours
 - 1. How much do we really need?
 - 2. Supplements justified?
 - 3. Vegetarian diet
 - 4. Complementary proteins
- G. Eating Disorders and Energy Balance 6 hours
 - 1. Pica
 - 2. Bulimia
 - 3. Anorexia Nervosa
 - 4. Obesity
 - 5. Fad diets
 - 6. Nutrition for the Athlete
- H. Coronary heart disease and nutrition 2 hours
 - 1. Dietary risk factors
 - 2. Prevention
 - 3. The cholesterol controversy
 - 4. P:S ratio
- I. Nutrition and Cancer 1 hour
 - 1. Possible factors
 - 2. Possible prevention
- J. Nutrition modifications for the and old
 - 1. Diet in pregnancy
 - 2. Breast vs. bottle
 - 3. Diet in childhood

- 4. Adolescence
- 5. Teen-age pregnancy
- 6. Acne
- 7. The older American
- 8. Diet and hyperactivity
- K. Drugs and Nutrition 2 hours
 - 1. Influence on nutrition
 - 2. Interactions
 - 3. Caffeine
 - 4. Birth control pills
 - 5. Aspirin
- L. Alcohol and Nutrition 1 hour
 - 1. Influence on nutritional status
 - 2. Alcoholism and possible deficiencies
 - 3. Fetal alcohol syndrome

V. Examination/Evaluation Procedures

Four to five quizzes and final (two and one-half hours, written)

VI. Special Features

- A. Films on selected topics
- B. Guest lecturers on young n selected topics 4 hours
- C. Project - special diet menu planning