

# CLNU 100: INTRODUCTION TO CULINARY NUTRITION

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2022
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Strongly Recommended:	ENGL 101.
District General Education:	C2. Humanities, E2. Fitness/Health Science
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course will enable the student to apply basic nutrition principles in developing nutritious menu items. The student will focus on proper diet and disease prevention. The student will explore nutrition's role in a healthy diet, from identifying basic nutrition needs to finding alternatives for those with food allergies, food intolerance and food-intake related diseases. 54 lecture hours.

## Course Objectives

- complete a nutritional assessment for a simulated client or anonymous peer profile.
- develop a diet for a client with a prevalent disease.

## Major Course Content

### 1. CULINARY NUTRITION BASICS

--Explaining the proportionality of food that fuels the body and the impact of all lifestyle choices, including media literacy, and its effect on dietary health. In addition, exploring how "body types" and tools of health advisement carry coded historical messages of what a "health body" and how being in "good health" mean from an intracultural versus intercultural framework.

- Food guidance and lifestyle choices
- Health media literacy
- Sex, cultural, and ethnicity-based indicators of health
- Body types

### 2. FUNDAMENTALS OF NUTRITION

--Introducing to the role of macro and micronutrients their function within a diet and their utility in the human body to maintain health either through direct action at a chemical level or physical interaction with the GI Tract.

- GI Tract organs and function
- AMDR and USDA dietary advisement
- S.A.D. compared to global eating patterns
- Meal planning guidelines

### 3. WHOLE FOOD & PLANT-BASED DIETARY EATING STRATEGIES

--Investigating the benefit of diets that are purported to improve health through the elimination of processed and/or animal products.

- Federal dietary guidelines versus global advisement
- GMO, organic, and conventional food
- Farm-to-Table impact on diet

### 4. NON-TRADITIONAL HEALING DIETS

--Discovering practices outside of biomedical assessments of dietary efficacy using global models of traditional health, i.e. TCM (traditional Chinese medicine) Ayurveda, and Western herbalism to drawn on complementary health practices that use both diagnostic and holistic approaches that can be paired with the western biomedical model used in the United States.

- Symptom-based health model
- Holistic-based health model
- C.A.M practices
- Modern diet history

### 5. FUNCTIONAL NUTRITION

--Discovering food as medicine and its application across many health outcomes is fundamental to health incorporation of new foods into any dietary strategy. Considering food outside of its dietary role as calories, food can be assigned roles to

replace protein sources, increase bioavailable phytonutrients, or nutrients from seasonal sources.

- Chronic and acute conditions
- Biomedical, ayurveda, and western herbalism approaches

#### 6. RAW FOOD FUNDAMENTALS

--Exploring the process of safely creating trendy, raw foods that, through their specific processes, may decrease spoilage, improve nutrient availability, or augment gut flora to protect overall health.

- Historical and cultural use
- Preparation methods
- Dietary uses
- Safety considerations

#### 7. LIQUID NUTRITION

--Exploring liquid diet substrates (animal, plant, and cultured) and discussing their utility for promotion strategies as well as their contraindications across common health conditions. The historical usefulness and modern utility are central to this discussion.

- Historical use
- Preparation methods
- Dietary uses

#### 8. SUGAR

--Engaging in a discussion of whether sugar is a pro or con across all diets through an exploration of how naturally-occurring, added, and manmade/artificial sugars in a diet are metabolized.

- Types of dietary sugar
- Sources of sugar and sweeteners
- Dietary impact of caloric/nutrient overconsumption

#### 9. THERAPEUTIC FOODS & TRENDS

--Exploring the veracity of trendy foods with nutraceutical purposes in the modern diet. Superfoods, functional foods, and appropriation of cultural foods are commonly added for weight loss, hair growth, skin health, but without any guidance on the appropriateness of their use.

- Nutraceuticals and phytonutrients
- Superfoods and functional foods
- Impact of modern diets on indigenous food staples and practices

#### 10. CULINARY NUTRITION HOME AND BODY CARE

--Analyzing which foods in a diet may be ingested and used externally for additional benefits from the use of discarded citrus peels and their volatile oils as aromatherapy through using common staple liquids such as eggs, beer or yogurt for skin alleviating beauty treatments.

- Common foods for home body care
- Zero food waste practices

## Suggested Reading Other Than Required Textbook

Internet Resources

## Examples of Required Writing Assignments

Research Paper Website Group Papers

## Examples of Outside Assignments

Dietary Condition and Nutrition Plan (5-6 pages in length) Food Prep based on Food Logs, Intake Interviews, and Simulated Client

## Instruction Type(s)

Lecture, Online Education Lecture

## IGETC Area 3: Arts and Humanities

3B. Humanities

## IGETC Area 4: Social and Behavioral Sciences

4. Social and Behavioral Sciences