



BAKER COLLEGE

STUDENT LEARNING OUTCOMES

BAK1210 Nutritional Baking
4 Semester Hours

Student Learning Outcomes and Enabling Objectives

1. Demonstrate safe and sanitary conditions in a lab environment.
 - a. Demonstrate proper sanitation, proper food handling procedures, and proper use and storage of common kitchen chemicals.
 - b. Demonstrate knife skills, hand tools, and equipment operation in a safe environment.
2. Demonstrate the ability to work as a professional as part of a team.
 - a. Demonstrate proper cleanup procedures.
 - i. Washing dishes
 - ii. Garbage removal
 - iii. Sweeping
 - iv. Sanitation
 - b. Demonstrate kitchen organization.
 - i. Getting product prepared
 - ii. Getting tools and equipment prepared
 - c. Demonstrate effective storage practices.
 - i. Proper storage
 - ii. Effective storage techniques
 - d. Demonstrate sustainable practices.
 - i. Recycling
 - ii. Conservation
3. Demonstrate baking techniques and develop recipes and menus using dietary guideline recommendations.
 - a. Identify current USDA Food Guideline principles and food groups.
 - b. Identify the nutrient contributions of each food group.
 - c. Discuss the nine areas where dietary guidelines make recommendations.
 - d. Evaluate recipes and menus using dietary guideline recommendations, food guides and food labels.
 - e. Discuss characteristics, functions and best sources of each major nutrient.
 - f. Discuss the primary characteristics, functions and sources of vitamins, water and minerals.
 - g. Describe the process of human digestion.
 - h. Determine energy needs based upon basal metabolic rate and exercise expenditure.
 - i. Discuss baking techniques and storage principles and portion sizes for maximum retention of nutrients and effective waste management.
 - j. Discuss exchange groups.

- k. Identify common food allergies and determine appropriate substitutions (i.e. Gluten, sugar, lactose-free, nuts).
 - l. Discuss contemporary nutritional issues (i.e. vegetarians, healthy heart menu, and religious dietary laws).
 - m. Apply emerging technologies (computerization) for nutrient analysis (i.e. Internet analysis recipe software).
 - n. Discuss marketing of healthy menu options.
 - o. Discuss weight management, exercise and nutrition over the life cycle.
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These SLOs are not approved for experiential credit.

Effective: Fall 2017