



THE **CULINARY** INSTITUTE *of* MICHIGAN®  
A DIVISION OF BAKER COLLEGE

**BAKER COLLEGE**  
**STUDENT LEARNING OUTCOMES**  
**CUL 1410 Nutrition**  
**2 Semester Hours**

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**Student Learning Outcomes & 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 cooking 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 cooking 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, lactosefree).
- 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/are not approved for experiential credit.

**Effective: Fall 2017**