



RENTON  
TECHNICAL  
COLLEGE

**RENTON TECHNICAL COLLEGE**  
**CULINARY ARTS**  
***COURSE SYLLABUS***  
**CUL 106 - NUTRITION**

**Course:**

**CUL 106 - Nutrition**

The nutritional needs of the general public in commercial food service are covered with emphasis placed on valid nutritional information from ManageFirst program. Emphasis is on the Food Guides and 2011 USDA "My Plate" as it relates to consumers' diets as well as the importance of roles of carbohydrates, proteins, lipids, and vitamins and minerals in the body. The study of healthy menu choices, marketing, good nutrition, and weight control are completed. Healthy cooking techniques are observed.

**Course length:**

3 Credits

**Course Information:**

Winter 2017, Monday – Friday, 7:00 am – 8:00 am, I-101

**No classes on January 16, February 15 and 20, and March 3**

**Instructor:**

Instructor Name: Tony Parker, CEC, AAC  
Email Address: tparker@RTC.edu  
Office Phone: 425-235-2352, ext. 2437  
Room Number: I-112

**Course Outcomes:**

Upon successful completion of this course, you will be able to:

1. Define the characteristics, functions and food sources of each of the major nutrients, vitamins and minerals.
2. Discuss the ability to correctly execute sound nutritional cooking techniques per industry standards.
3. Properly read and understand a food guide and product food label.
4. Identify sources of common food allergens.
5. Identify current USDA My Plate principles and food groups.

**Text(s), Tools and Materials:**

Professional Cooking, Eighth Edition, Wayne Gisslen, Wiley | Chapters 5 & 26

**Uniform Policy:**

Students will be required to be in full Culinary Uniform (see New Student Orientation Packet) to be accepted into class. Note that chef's hats and aprons do not need to be worn during related subjects or in lecture classroom.

**Canvas:**

- Canvas Student Orientation at [rtc.edu/tourcanvas](http://rtc.edu/tourcanvas).
- Expect to find grades, occasional updates, announcements, and quizzes via Canvas.



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**CONT.**

**Grading and Evaluation:**

**Grading Criteria and Point Values**

Category	Description	Value
Participation	Includes: - Hygiene policy adhered to - Uniform standards followed - Safety and Sanitation rules followed - Active member on the team - Lab participation	40%
Quizzes		30%
Written Test		30%

**Grading and Evaluation:**

**Final Grade:**

	4.0 – 3.5 EXCEPTIONALLY COMPETENT	3.4 – 2.5 HIGHLY COMPETENT	2.4 – 1.5 COMPETENT	1.4 – 0.7 LESS THAN COMPETENT	0.6 - 0 FAILED
<b><u>CLASS PARTICIPATION</u></b> <b>To Include:</b> <b>-Personal Hygiene</b> <b>-Dress Code</b> <b>-Sanitation</b> <b>40%</b>	Have no absences or tardies. Perfect attendance. Is active, shares information. Is a leader in class or in a group. Consistent adherence to dress code/personal hygiene standards on a daily basis.	Has one late time. Is active, shares information. Participates in class. Has one time not complied with dress code/personal hygiene standards.	Absent for one day or tardy several times, calls in. Is limited in discussions. Has two or more non-compliance with dress code/personal hygiene standard.	Absent for two days. Rarely interacts. Disrupts class at times. Consistently does not comply with dress code/personal hygiene standard.	Absent for three or more days. Sense of entitlement. Sarcastic and disrespectful. Disrupts class and outcomes Does not comply with dress code/personal hygiene standard.
<b><u>QUIZZES</u></b> <b>30%</b>					
<b><u>WRITTEN TEST</u></b> <b>30%</b>					
<b><u>EXTRA CREDIT Notebook</u></b> <b>5%</b>	Has all components required. Ease in finding information. Table of contents. Use of tabs to enhance TOC. Personal entries and copies of handouts. Professional presentation. <b>5 Points</b>	Has most of components required. Ease in finding information. Table of contents. Personal entries and copies of handouts. Professional presentation. <b>4 Points</b>	Has some of the components required. Moderately easy to find information. Table of contents. Personal entries and copies of handouts. Semi-Professional presentation. <b>3 Points</b>	Has a few of the components required. Hard to find information. Table of contents. Few personal entries and copies of handouts. Less than professional presentation. <b>2 Points</b>	Has none of components required. Hard to find information. Table of contents. Little or no personal entries and copies of handouts. Non-professional presentation. <b>0 Points</b>