



## BIO 140: Culinary Nutrition

From a culinary perspective, this course explores nutrition principles and the health-related roles of carbohydrates, fats, proteins, vitamins, and minerals. The course also covers energy metabolism, food-product labeling, and nutritional requirements throughout the lifespan. Various eating behaviors, recommended dietary intakes, and diet and menu planning tools are explored. Class projects will include students keeping a record of their food intake, then analyzing it for nutritional adequacy and using nutrition analysis software to adjust recipes to make them more healthful.

## Course Student Learning Outcomes

Student Learning Outcomes: 1. Determine the validity of presented information in media articles related to Nutrition using the scientific method. 2. Research foods and their effect on health. 3. Analyze nutritional value from food journals. 4. Revise standardized recipes to meet nutritional criteria. 5. Compare the taste, texture, and desirability of revised recipes based on nutritional values. 6. Explain how nutritional requirements change throughout the human life cycle. 7. Discuss nutritional concepts of Basal Energy Expenditure and Body Mass Index.

**Credits:** 3

**Program:** Biology