Course Number: CAEL-0098  
OHLAP Credit: No  
OCAS Code: None  
Course Length: 30 Hours  
Career Cluster: Hospitality & Tourism  
Career Pathway: Restaurant Food & Beverage Services  
Career Major(s): Food Service Management Assistant

Pre-requisite(s):

Course Description: This course introduces the student to the fundamental concepts and principles of nutrients by exploring current nutritional issues, their impact on daily life and applying those concepts and principles to develop menus and meal plans.


Course Objectives: A. Students will demonstrate the ability to:

1. Identify the six categories of nutrients, vitamins and minerals  
2. Describe the impact of the six categories on the daily diet  
3. Create a healthy meal plan  
4. Prepare the meal plan in a kitchen  
5. Identify the foods in which nutrients, vitamins and minerals are found  
6. Plan and prepare a 1500 calorie low-fat diet  
7. Plan and prepare an 1800 calorie diet  
8. Prepare a child's menu plan using the new USDA food pyramid.  
9. Plan a seven day menu containing 1800 calories per day in a permanent residential environment

*ODCTE objectives

Teaching Methods: The class will primarily be taught by the lecture and demonstration method and supported by various media materials to address various learning styles. There will be question and answer sessions over material covered in lecture and media presentations. Supervised lab time is provided for students to complete required projects.

Grading Procedures: 1. Students are graded on theory and shop practice and performance.  
2. Each course must be passed with seventy percent (70%) or better.  
3. Grading scale: A=90-100%, B=80-89%, C=70-79%, D=60-69%, F=50-59%.
### Description of Classroom, Laboratories, and Equipment:

Tulsa Technology Center campuses are owned and operated by Tulsa Technology Center School District No. 18. All programs provide students the opportunity to work with professionally certified instructors in modern, well-equipped facilities.

### Available Certifications/College Credit

The student may be eligible to take state, national or industry exam after completion of the program. College credit may be issued from Oklahoma State University-Okmulgee or Tulsa Community College. See program counselor for additional information.

### College Credit Eligibility:

The student must maintain a grade point average of 2.0 or better.