COURSE SYLLABUS

FSM 130  Menu Planning and Nutrition

COURSE DESCRIPTION:
This introductory course teaches the skills and concepts necessary to plan menus for various customers in for-profit and not-for-profit markets. Techniques presented encourage students to take a systems approach to menu planning. Balancing nutrition with taste and presentation is emphasized. Students review current USDA guidelines.

Menu planning practice skills require meeting the nutrition requirements of pre-school, school age, adolescent and adult consumers. This course also includes a summary of the essential nutrients and their functions in the body. Students complete computerized menu projects as they learn the concepts. Students are required to attend 2 seminars.

- Option 1 Schools – seminar topics to include the federal Child Nutrition Program guidelines, Offer vs. Serve foodservice, and innovative use of commodities.
- Option 2 Institutional – seminar topics to include modified diets, Healthy American guidelines, American Heart Association guidelines, and American Cancer Society guidelines.
- Option 3 Hospitality - seminar topics include menu styles, menu service, and other topics.

PREREQUISITES:  NONE

EXPECTED COMPETENCIES:
Upon successful completion of this course, the student will:
1. Demonstrate knowledge of basic concepts of nutrition as outlined by MyPyramid: Steps To a Healthier You
2. Identify food and nutrient requirements.
3. Identify the role and functions of food in the body
4. Apply basic concepts of nutrition to concepts of menu planning.
5. Use standard menu formats.
6. Discuss the interrelationship of the menu with the other components of the Foodservice system.
7. Design menus applicable to for-profit and institutional settings.
8. Demonstrate knowledge of basic concepts of nutrition by applying those concepts to menu planning.
9. Consider labor, equipment and cost control in menu planning.
10. Use current technologies.
11. Recognize appropriate resources for nutrition information.
12. Utilize acceptable written communication skills.

ASSESSMENT METHODS:
Student performance may be assessed by examination, quizzes, case studies, oral conversation, group discussion, oral presentations. The instructor reserves the option to employ one or more of these assessment methods during the course.

GRADING SCALE:
90%-100% = A  
80%-89.9% = B  
70%-79.9% = C  
60%-69.9% = D  
<60% = E