

Syllabus

Nutrition



**ASSIGN
BUSTER**

SCHOOL OF INTERNATIONAL HOSPITALITY AND TOURISM MANAGEMENT
CHEMISTRY DEPARTMENT COURSE SYLLABUS S. Y. 2012-2013 I. COURSE
NUMBER: HBSNUT1/HBSNUL1 II. COURSE TITLE: Basic Nutrition (for HRM
Students) (3 units: 2 unit Lecture [2 hours a week or 40 hours a semester]
and 1 unit Laboratory [3 hours a week or 60 hours per semester] III. COURSE
DESCRIPTION: The course deals with the study of nutrition as a science. It
also deals on the composition and characteristics of nutrients. Moreover,
their functions and utilization in the body, requirements and deficiencies
related to each nutrient are included. In the laboratory, the students are
provided with exercises that will develop analytical skills in nutrition. IV.
COURSE PRE-REQUISITE: HACCP 1 V. PLACEMENT: Second Year, First
Semester VI. INSTITUTIONAL VISION, MISSION AND OBJECTIVES: VISION In
pursuit of perfection, the University of Baguio is committed to provide
balanced quality education by nurturing academic excellence, relevant social
skills and ethical values in a funlearning environment. MISSION The
University of Baguio educates individuals to be empowered professionals in a
global community. INSTITUTIONAL OBJECTIVES The University of Baguio aims
to produce a graduate who: 1. exemplifies a higher standard of learning; 2.
manifests the mastery of relevant skills; 3. upholds a conduct that is rightful
and just; 4. undertakes scientific and significant researchers; 5. advocates
sustainable programs for the community and the environment; and 6. leads
and demonstrates exemplary performance in the field of specialization . VII.
SCHOOL MISSION AND OBJECTIVES SCHOOL OF INTERNATIONAL HOSPITALITY
AND TOURISM MANAGEMENT MISSION The School of International Hospitality
and Tourism Management commits itself to train worldwide experts in the
industry. OBJECTIVES The School of International Hospitality and Tourism
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Management provides an enjoyable and interactive training experience to produce a graduate who: 1. possesses mastery in knowledge and skills in the industry operations at par with international standards; 2. manifests uprightness in the performance of duties and responsibilities; 3. delivers quality service driven by passion for excellence; and 4. upholds a deep sense of social responsibility and accountability in a multi-cultural setting. Prepared by: CHEMISTRY DEPARTMENT SNS-MMS-05282012 Noted by: DR. MARILOU M. SAONG Head-Chemistry Subject code HBSNUT1/L Descriptive title: Basic Nutrition (2u lecture & 1u laboratory) Effectivity: st 1 Semester, SY2012-2013 Date Revised 28 May 2012 VIII. DETAILED COURSE OUTLINE: LECTURE MEASUREMENT AND EVALUATION TIME ALLOTMENT (HRS) 1 LABORATORY EXPERIMENT NO. AND TITLE I. Basic Nutrition Information Sheet: An Assessment TIME ALLOTMENT (HRS) 3 UNIVERSITY OBJECTIVES SCHOOL OBJECTIVES SPECIFIC COURSE OBJECTIVES SUBJECT MATTER STRATEGIES 1. Orient students on what to expect from the teacher and the subject. I. ORIENTATION AND MOTIVATION A. Giving of requirements and classroom rules B. Giving of expectations II. INTRODUCTION Get to know activity; short activity 1. Define the common terms important in the study of nutrition. A. B. C. D. 2. Discuss the role of nutrition in the hospitality industry E. Definition of Terms History of Nutrition Basic Concepts of Nutrition Nutrition in the Hospitality Industry Classification, Composition and Functions of Foods Lecture — Discussion; Library Research; Overhead Projector; Library Research Quiz; Recitation 3 Subject code HBSNUT1/L Descriptive title: Basic Nutrition (2u lecture & 1u laboratory) Effectivity: st 1 Semester, SY2012-2013 Date Revised 28 May 2012 Prepared by: CHEMISTRY DEPARTMENT SNS-MMS-05282012 Noted by: DR. MARILOU M. SAONG Head-Chemistry <https://assignbuster.com/syllabus/>

Approved by: SIHTM-MRS-05282012 Page 2 of 10 MELANIE RULLA-SARO,
MBA Dean, SIHTM 1. Discuss the different tools used in the study of nutrition.

III. TOOLS IN THE STUDY OF NUTRITION A. B. C. Basic Food Guide/ Food
Group Food Composition Table (FCT) Food Exchange List (FEL)

Recommended Energy and Nutrient Intake (RENI) Filipino Food Pyramid Ten
(10) Nutritional Guidelines for Filipinos Lecture — Discussion; Library

Research; Overhead Projector; Actual Models Quizzes; Recitations;

Laboratory Activities 3 II. Tools in Basic Nutrition: Part I 3 2. Use skillfully the
different tools in the study of nutrition. D. III. Tools in Basic Nutrition: Part II 3

E. F. IV. Menu Planning and Meal Preparation V. Menu Preparation and

Presentation 3 3 Subject code HBSNUT1/L Descriptive title: Basic Nutrition
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SIHTM-MRS-05282012 Page 3 of 10 MELANIE RULLA-SARO, MBA Dean, SIHTM

1. Define carbohydrates. III. CARBOHYDRATES A. B. C. D. Definition Functions
Classifications Carbohydrates Malnutrition E. Dietary Modifications Related to

Carbohydrates Intake 2. Enumerate the potential sources of carbohydrates
that are locally available. Lecture — Discussion; Overhead Projector; Role

Play; Library Research Quizzes; Recitations; Recaps by students 3 VI.

Carbohydrates Content of Foods 3 3. Discuss some abnormalities related to
inadequate/excessive intake of the different nutrients. VII. Menu Planning

and Preparation of Low/High Carbohydrates Diet 3 4. Prepares diet

appropriate for certain institution/industry. IV. FIRST GRADING PERIOD

Lecture — Discussion; Overhead Projector; Role Play; Library Research

Examinations (Written/Practical) Quizzes; Recitations; Recaps by students 1.

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5 3 1. Define protein. V. PROTEINS A. Definition 3 VIII. Protein Content of Foods 3 2. Enumerate the potential sources of B. Functions Subject code HBSNUT1/L Descriptive title: Basic Nutrition (2u lecture & 1u laboratory) Effectivity: st 1 Semester, SY2012-2013 Date Revised 28 May 2012 Prepared by: CHEMISTRY DEPARTMENT SNS-MMS-05282012 Noted by: DR. MARILOU M. SAONG Head-Chemistry Approved by: SIHTM-MRS-05282012 Page 4 of 10 MELANIE RULLA-SARO, MBA Dean, SIHTM protein that are locally available. C. Classifications of: 1. Proteins 2. Amino Acids 3. Discuss some abnormalities related to inadequate/excessive intake of the different nutrients. D. Protein Malnutrition E. Dietary Modifications Related to Protein Intake F. Vegetarian Diets IX. Menu Preparation and Presentation of a Diet Low/High in Protein 3 4. Prepares diet appropriate for certain institution/industry. 1. Define lipids and fats. VI. LIPIDS A. B. C. D. Definition Classification Functions Fat and Lipids Modification Related to Lipid Intake Lecture — Discussion; Overhead Projector; Library Research Quizzes; Recitations; Recaps by students 3 X. Lipids Content of Foods 3 2. Enumerate the potential sources of lipids that are locally available. 3. Discuss some abnormalities related to inadequate/excessive intake of the different XI. Menu Preparation and Presentation of a Diet Low/High in Lipids 3 Subject code HBSNUT1/L Descriptive title: Basic Nutrition (2u lecture & 1u laboratory) Effectivity: st 1 Semester, SY2012-2013 Date Revised 28 May 2012 Prepared by: CHEMISTRY DEPARTMENT SNS-MMS-05282012 Noted by: DR. MARILOU M. SAONG Head-Chemistry Approved by: SIHTM-MRS-05282012 Page 5 of 10 MELANIE RULLA-SARO, MBA Dean, SIHTM nutrients. 4. Prepares diet appropriate for certain institution/industry. 1. Define terms related to VII. ENERGY AND ENERGY energy balance. BALANCE A. B. 2. Discuss the different factors affecting body <https://assignbuster.com/syllabus/>

needs. C. D. E. 3. Discuss some abnormalities related to inadequate/excessive intake of the different nutrients. 4. Prepares diet appropriate for certain institution/industry. Definition of Terms Factors Affecting Body Needs Energy Balance and Imbalance Exercise and Physical Fitness Dietary Modification Related to Calorie Intake Lecture — Discussion; Overhead Projector; Chalk and Board; Library Research Quizzes; Recitations; Recaps by students 3 XII. Determination of Desirable Body Weight and Total Energy Requirements of Adults 3 XIII. Calorie Content of Foods XIV. Menu Preparation and Presentation of a Diet Low/High in 3 Subject code HBSNUT1/L Descriptive title: Basic Nutrition (2u lecture & 1u laboratory) Effectivity: st 1 Semester, SY2012-2013 Date Revised 28 May 2012 Prepared by: CHEMISTRY DEPARTMENT SNS-MMS-05282012 Noted by: DR. MARILOU M. SAONG Head-Chemistry Approved by: SIHTM-MRS-05282012 Page 6 of 10 MELANIE RULLA-SARO, MBA Dean, SIHTM Calorie 3 1. Define water and electrolyte. 2. Enumerate the potential sources of water. VIII. WATER AND ELECTROLYTE BALANCE A. Definition and Functions of Electrolytes B. Water Balance C. Regulation of Fluid and Electrolyte Balance D. Maintenance of Acid — Base Balance E. Types/Kinds of Water F. Role of Excretory Organs G. Disorders Related to Inadequate/Excessive Intake of Fluids and Electrolytes H. Dietary Modifications Lecture — Discussion; Overhead Projector; Chalk and Board; Library Research Quizzes; Recitations; Recaps by students 3 XV. Water Content of Foods 3 3. Discuss some abnormalities related to inadequate/excessive intake of the different nutrients. 4. Enumerate the different types/kinds of water. 5. Discuss the role of excretory organs. 6. Prepares diet Subject code HBSNUT1/L Descriptive title: Basic Nutrition (2u lecture & 1u laboratory) Effectivity: st 1 Semester, SY2012-2013 Date <https://assignbuster.com/syllabus/>

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common in the Philippines. J. e Intake Dietary Modifications Preparation and Presentation of a Diet High in Vitamins and Minerals 3 XII. ISSUES ON FOOD SUPPLEMENTATION Lecture — Discussion; Overhead Projector; Chalk and Board; Lecture — Discussion; Overhead Projector; Chalk and Board; Library Research Quizzes; Recitations; recaps by students Quizzes; Recitations; Recaps by students 2 XIII. FAD DIETS 1 XIX. Compilations 3 2. Discuss the different fad diets and its nutritional implications. XIV. FINALS Examination 1. 5 3 Subject code HBSNUT1/L Descriptive title: Basic Nutrition (2u lecture & 1u laboratory) Effectivity: st 1 Semester, SY2012-2013 Date Revised 28 May 2012 Prepared by: CHEMISTRY DEPARTMENT SNS-MMS-05282012 Noted by: DR. MARILOU M. SAONG Head-Chemistry Approved by: SIHTM-MRS-05282012 Page 9 of 10 MELANIE RULLA-SARO, MBA Dean, SIHTM IX.

GRADING SYSTEM: Passing cut-off score is 70%. The highest possible passing grade is 99 and the lowest is 75. X. TEXTBOOK: CLAUDIO, VIRGINIA S. and OFELIA DIRIGE. Basic Nutrition for Filipinos. Fifth Edition. Merriam and Webster Bookstore, Inc. 2002. XI. REFERENCES A. MAJOR WHITNEY, ELEANOR N. and SHARON R. ROLFES. Understanding Nutrition. Wadsworth Thompson Learning. USA. 2002. B. MINOR BARBA, C. V., et. al. The International Reference Standards (IRS). Food and Nutrition Research Institute, Department of Science and Technology. Taguig, Metro Manila, Philippines. FOOD AND NUTRITION RESEARCH INSTITUTE. Food Exchange List for Meal Planning. Publication no. 57-ND8(3). Reprinted July 1998. FOOD AND NUTRITION AND RESEARCH INSTITUTE. Nutritional Guidelines for Filipinos. Revised Edition 2000. NUTRITIONIST-DIETITIANS' ASSOCIATION OF THE PHILIPPINES. Diet Manual. 4th Edition. October 1994 C. JOURNALS: None D. WEBSITES www.fnri.dost.gov.ph www.ada.com www.nnc.gov.ph <https://assignbuster.com/syllabus/>

Prepared by the Chemistry Department SNS-MMS-05282012 Dr. Marilou M. Saong Subject Head, Chemistry Noted by: SIHTM-MRS-05282012 MELANIE RULLA-SARO, MBA Dean, SIHTM Subject code HBSNUT1/L Descriptive title: Basic Nutrition (2u lecture & 1u laboratory) Effectivity: st 1 Semester, SY2012-2013 Date Revised 28 May 2012 Prepared by: CHEMISTRY DEPARTMENT SNS-MMS-05282012 Noted by: DR. MARILOU M. SAONG Head-Chemistry Approved SIHTM-M MELANIE Dean, SIH