

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

American Public University System

The Ultimate Advantage is an Educated Mind

<p style="text-align: center;">School of Business HOSP304 Hospitality Management Nutrition in the Foodservice Industry 3 Credit Hours 8 weeks Prerequisite(s): HOSP100</p>

Please see the **Lessons** area in the classroom for additional course specific information

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Course Description (Catalog)

This course is an introduction to basic nutrition concepts and concerns in relation to food preparation and service in the hospitality industry. Students are introduced to nutrition and dietary guidelines and the connection to healthy life styles and prevention of health issues.

Course Scope

This course is divided into eight weeks and is designed to give the hospitality student a competitive edge in the foodservice industry. Nutrition is a science that studies nutrients and other substances in foods and in the body and how these nutrients relate to health and disease. Nutrition also explores why you choose particular foods and the type of diet you eat. This course is organized into three major parts, beginning with an introduction to nutrition and foods, continuing on to provide advice on healthy recipes and menus, and finally relating nutrition to human health and lifespan.

Course Materials

Required Course Textbook:

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HOSP304	Karen Eich Drummond, Lisa M. Brefere	Nutrition for Foodservice and Culinary Professionals (8 th Ed.)	Wiley Publishers (John Wiley and Sons Canada, Ltd)	978-0-470- 05242-6
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The VitalSource e-book is provided via the APUS Bookstore.

Please visit <http://apus.libguides.com/bookstore> for more information.

Required Readings – As assigned, see Weekly Lessons and Forum Postings

Additional Resources and Websites – See Weekly Lessons

Course Objectives

After successfully completing this course, you will be able to:

- Assess factors that influence food selection.
- Compare nutrition, kilocalorie, nutrient, and nutrient density.
- Examine the classes and characteristics of nutrition.
- Prepare a nutritional plan using four characteristics of a nutritious diet.
- Diagram Dietary Reference Intakes functionality.
- Differentiate between EAR, RDA, AI, and UL.
- Apply healthy alternatives for recipe modification.
- Demonstrate healthy marketing strategies for consumers.

8 Week Course Outline

Week	Topic(s)	Learning Objective(s)	Reading(s)	Assignment(s)
1	Fundamentals of Nutrition and Foods Using Dietary Recommendations and Food Guides	1,2	Drummond Chapter 1, & 2 Week #1 lessons	Introductory Forum Forum 1-B Assignment Week 1
2	Carbohydrates Lipids: Fats and Oils	2, 3, 4	Drummond Chapter 3,4 &	Forum Week 2 Quiz 1 (Week 2)

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			Week #2 lessons	
3	Protein	2, 3, 5	Drummond Chapter 5 & Week #3 lessons	Forum Week 3 Assignment Week 3
4	Vitamins	3, 4, 5	Drummond Chapter 6 & Week #4 lessons	Forum Week 4 Quiz 2 (Week 4)
5	Water and Minerals	3, 4, 5	Drummond Chapter 7 & Week #5 lessons	Forum Week 5 Assignment Week 5
6	Foundations of Healthy Cooking	7, 8	Drummond Chapter 8 & Week #6 lessons	Forum Week 6 Quiz 3 (Week 6)
7	Healthy Menus and Recipes	7, 8	Drummond Chapter 9 & 10 Week #7 lessons	Forum Week 7 Final Course Project
8	Nutrition For Culinary Foodservice and Culinary Professionals	1, 2, 3, 4, 5, 6, 7, 8	Drummond Chapters 11 - 13 Week # 8 lessons	Forum Week 8 Quiz 4 (Week 8)

Evaluation Procedures

Reading Assignments: The textbook and additional journals as assigned in the lessons

Forum Assignments:

Detailed forum expectations and grading rubrics are posted in the forums and in the classroom lessons.

Homework Assignments and Final Project:

There are assignments due throughout the course, and a final project. Specific details for each assignment can be found in the Assignments section of your online classroom.

Quizzes

Online quizzes may be comprised of multiple choice, short answer and true/false questions.

Core Components	% Grade
Assignments (3)	19%
Forum Posts # 1B-8	44%

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Introduction Forum	6%
Quizzes (4)	25%
Final Course Project	6%
Total	100%

Course Delivery Method

This course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. Online assignments are due by Sunday evening of the week as noted and include Forum questions (accomplished in groups through a threaded forum), examination, and individual assignments submitted for review by the Faculty Member). Assigned faculty will support the students throughout this eight-week course.

Policies & Guidelines

Please see the [Student Handbook](#) to reference all University policies. Quick links to frequently asked question about policies are listed below.

[Drop/Withdrawal Policy](#)

[Plagiarism Policy](#)

[Extension Process and Policy](#)

[Disability Accommodations](#)

Grading Scale

Please see the [Student Handbook](#) to reference the University's [grading scale](#).

Citation and Reference Style

Attention Please: Students will follow the APA Format as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation style cited in the APA Format.

Netiquette

Online universities promote the advancement of knowledge through positive and constructive debate – both inside and outside the classroom. Forums on the Internet, however, can occasionally degenerate into needless insults and “flaming.” Such activity and the loss of good manners are not acceptable in a university setting – basic academic rules of good behavior and

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proper “Netiquette” must persist. Remember that you are in a place for the rewards and excitement of learning which does not include descent to personal attacks or student attempts to stifle the Forum of others.

- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Sakai classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- **Humor Note:** Despite the best of intentions, jokes and especially satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add “emoticons” to help alert your readers: ;-), :), ☺

Disclaimer Statement

Course content may vary from the outline to meet the needs of this particular group.

Academic Services

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to librarian@apus.edu.

- **Charles Town Library and Inter Library Loan:** The University maintains a special library with a limited number of supporting volumes, collection of our professors’ publication, and services to search and borrow research books and articles from other libraries.
- **Electronic Books:** You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
- **Electronic Journals:** The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- **Tutor.com:** AMU and APU Civilian & Coast Guard students are eligible for 10 free hours of tutoring provided by APUS. Tutor.com connects you with a professional tutor online 24/7 to provide help with assignments, studying, test prep, resume writing, and more. Tutor.com is tutoring the way it was meant to be. You get expert tutoring whenever you need help, and you work one-to-one with your tutor in your online classroom on your specific problem until it is done.
- **Disability Accommodations:** Students are encouraged email dsa@apus.edu to discuss potential academic accommodations and begin the review process.

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Request a Library Guide for your course (<http://apus.libguides.com/index.php>)

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. The following are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name, or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111), or class name.

If a guide you need is not available yet, please email the APUS Library: librarian@apus.edu.

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