Minnesota State College Southeast

NUHA 2100: Menu Planning

A. COURSE DESCRIPTION
   Credits: 4
   Lecture Hours/Week: 3
   Lab Hours/Week: 2
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   Menu planning introduces the student to the principles of nutrient balance, controlled calories, and the importance of small frequent meals to maximize quality intake. Students will learn to plan meals with individuals and families within budgetary guidelines while meeting the recommended dietary allowances throughout the lifecycle. Students will explore the impact of fiber, saturated fats, complex carbohydrates and other micronutrients while determining portion sizes and food selection techniques to meet individual needs. Seasonal produce options, food banks and federal food programs will be explored as contributions to variety and budgetary concerns. Students will utilize supermarket experiences in evaluating menu design. (Prerequisites: MEDS1110 and BIOL1226) (4 credits: 3 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 05/22/2018 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)
   1. Create a three menu, grocery list with inclusion of food supplements from a local food pantry that will meet the needs of a family of four (two children under the age of seven)
   2. Compare and contrast community based nutrition programs that are available for residents to use in menu preparation
   3. Identify state and local resources to maximize farm to table food availability throughout the year for menu planning
   4. Identify and discuss resources available to utilize in menu planning that can promote improved nutritional quality and lower cost
   5. Identify educational food guidance systems and resources to promote risk reduction in chronic disease by teaching proper portions and food mixes
   6. Design and demonstrate an educational session on menu planning for a select group of college students

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted