



Pima Community College

Course Syllabus

Campus/Center: Catalina High School

Room Number: TBA

Course Number: CUL 105 **Course Title:** Food Service Nutrition and Sanitation

CRN:

Course Description: Basic nutrition concepts with emphasis on the nutritional concerns of restaurants and other types of food service operations. Includes the theory of nutritional label reading; nutritional food values; and the effects food has on the body. Also includes optimal sanitation policies and procedures; maintaining a clean work environment safe from food-borne illnesses; Hazard Analysis Critical Control Points (HACCP); safety and accident prevention; storage, preparation, and cleaning of work surfaces; and legal requirements based on regulations of the local municipality.

Course Prerequisites: None

Course Co-requisites: None

<p>Required Textbook(s):</p> <hr/> <p>Other Course Materials:</p>	
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Instructor:
Office Location:
Office Hours: Monday – Friday 8:00am-4:00pm
Instructor Phone:
Instructor Email:

Start Date:
End Date:
Website: Pima.edu
Class Meeting Days: Monday - Friday
Class Meeting Time: Monday 9:05-10:50am
Wednesday – 8:00am-8:49am Thursday/Friday –
8:00-9:00am
Final Exam or Final Activity Date: This will be
posted in Synergy student view.

Course Learning Outcomes:

- Upon successful completion of the course, the student will be able to:
- 1. Identify and describe basic food safety concerns in a commercial food service facility.
- 2. Identify and describe food handling and storage techniques necessary for the prevention of food-borne illnesses.
- 3. Explain and apply the Hazard Analysis Critical Control Points (HACCP) concept to a commercial food service facility.
- 4. Describe proper cleaning and sanitizing techniques for equipment and utensils.
- 5. Explain the legal requirements for food service safety and sanitation, including the role of governmental agencies in maintaining safe food service facilities.
- 6. Select foods and plan menus that promote individual health and fitness for a variety of age groups using standard food guides and guidelines.
- 7. Describe the role of nutrition in promoting optimal health and fitness.
- 8. List the major types, functions, and food sources of carbohydrates, lipids, proteins, vitamins, minerals and water.
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- Outline:
- I. Creating a Safe Food Service Environment
 - A. Occupational safety hazards
 - B. Food service worker personal habits
 - C. Managerial and supervisory responsibilities
- II. Food-borne Illnesses
 - A. Potential hazards
 - B. Cross contamination
 - C. Common causes of food borne illnesses
- III. Hazard Analysis Critical Control Points (HACCP): A Food Protection System
 - A. Introduction to the HACCP system
 - B. Hazards
 - C. Analysis
 - D. Critical control points
 - E. Time and temperature charting
- IV. Sanitation in the Purchasing, Receiving and Storage of Food
 - A. Food suppliers
 - B. Receiving fresh foods
 - C. Receiving processed foods
 - D. Storing food and supplies
- V. Sanitation in the Preparation and Service of Food
 - A. Time and temperature principles
 - B. Thawing food
 - C. Preparing food
 - D. Cooking food
 - 1. Cooking temperatures for meat
 - 2. Holding temperatures

- 3. Preventing cross-contamination
- E. Transporting food
- F. Using leftover food
- VI. Maintaining Sanitary Facilities and Equipment
 - A. Facilities design
 - B. Cleaning and sanitizing equipment and utensils
 - 1. Manual dishwashing
 - 2. Mechanical dishwashing
 - C. Pest control
 - D. Garbage and trash disposal
- VII. Safety and Accident Prevention
 - A. Preventing accidents
 - B. First aid
 - C. Fire safety
 - D. Emergency procedures and crisis management
- VIII. Legal Requirements for Food Service Safety and Sanitation
 - A. Regulatory agencies
 - 1. Federal
 - 2. State
 - 3. Local
 - B. Pima County Health Department procedures and requirements
- IX. Health and Nutrition
 - A. Dietary factors involved in promotion of health
 - B. Basic nutrition guidelines
- X. Evaluation and Use of Popular and Commercial Nutrition Information in Planning Menus
 - A. Guidelines for evaluating contemporary nutrition information.
 - B. Extracting information from food labels
 - 1. United States Recommended Daily Allowances (RDAs)
 - 2. Menu label requirements
 - 3. Evaluating ingredients
 - 4. Nutrient analysis
 - C. Application of nutrition information to menu planning
 - 1. U.S. food guides and guidelines
 - 2. Tables of food composition
 - 3. Food labels
 - 4. Exchanges
 - 5. Recommended Daily Allowances (RDAs)
- XI. Nutrition Principles and the Life Cycle
 - A. Infants and toddlers
 - B. Early childhood
 - C. Adolescence
 - D. Adults

- E. Seniors

- Students creating disturbances that interfere with the conduct of the class or the learning of others, violates the Student Code of Conduct. Students will be referred to an administrator.
- Disruptive behavior will not be tolerated and can be cause for being dropped from the class. Disruptive behavior disrupts the learning process. Examples of disruptive behavior can be inappropriate talking, arriving late or leaving early, sleeping in class, etc.

Course Grade Determination

Grading and Learning Criteria:

Note: Above average grades, require an above average amount of time and effort!!!

Each learning station has (4) parts that you are responsible for completing **in the following order:**

1st-Learning and Practicing the information and tasks taught at the learning station until all videos are completed and you mastered the content.

2nd-Complete Homework assignments with a minimum of 75% proficiency

3rd-Complete the Written Exam with a minimum of 75% proficiency

4th-Complete the Hands-On Test with a minimum of 100% proficiency

You may retake the 2nd, 3rd, or 4th requirement (listed above), one time only! **Failure after a second attempt to obtain the required proficiency constitutes failure of the learning station** and you will be moved on to a different learning station.

You **may only retest or redo** an assignment to be turned in for a grade, **(24) hours later** or your next scheduled lab! Do not retest or redo until you are absolutely sure you have mastered the content and tasks!

Note: The **above grading and learning criteria supersedes any previous written procedures** such as listed on existing work orders.

Grade system:

A-Superior, (4) learning stations mastered. **Including Homework and Written Passing**

B-Above average, (3) learning stations mastered. **Including Homework and Written Passing**

C-Average, (2) learning stations mastered. **Including Homework and Written Passing**

D-Below average (1) learning stations mastered. **Including Homework and Written Passing**

F-Failure, No Stations Completed

I-Incomplete-Requested by student, in writing to the Instructor of record 5-days before the last official day of the semester.

Requires a minimum of 60-hours lab time recorded on your timecard and 60% of the learning stations (all 4-parts) completed.

Course Policies and Procedures

There are no excused absences! If you miss time, it must be made up. Notify an instructor if you are going to be absent and schedule your make up time. Failure to notify an instructor of your absence could result in your card being removed from the rack and you will have to speak with an instructor before returning. Students, who **fail to show up for two weeks (minimum of 6 hours)** or more prior to the 45th day, and have not contacted the instructor listed on this syllabus, may **be withdrawn** from the class. Those who miss two weeks or more after the 45th day will **receive an "F"** (unless your grade is higher) for the course. If you are dropping the class it is your responsibility to go to registration and submit a drop form. You must **attend each course every week** for approximately (4) hours each (**minimum of 3 hours each**). If you are going to be more than a half hour late, or absent, you must call us and ask us to either hold your station available a little longer, or to document on your card that you will be absent. If you are absent, **you must make up the time** the same week or following week. AUT 122- is the only course that is an exception, since its schedule is different. Students **arriving more than one hour after** the class begins **will not be allowed** to attend class for that period!

Before being assigned to a learning station, the **student must complete the Automotive Technology program**

Orientation/Briefing, which includes personal and environmental safety. Some courses require student assignment to specific learning stations-check with the lab personnel.

You are required to read the assigned chapter(s) and complete the homework for every learning station prior to completing the required tests, as outlined in the learning station descriptions listed below. You will answer all of the questions at the end of the

chapter(s), in writing (A,B,C,D, answers are OK for the multiple choice questions) to be turned in for grading and documentation on your time card and work order, **after completing the learning portion** of the learning station.

Course Schedule

Monday	1 st period 9:05-10:50
Tuesday	no class
Wednesday	8:00-8:49
Thursday	8:00-9:00
Friday	8:00-9:00