



Food and Nutrition Management

PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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Prior learning credit options at Saskatchewan Polytechnic

See [Get Credit for What you Know](#) webpages for important information about all options to get credit for prior learning at Sask Polytech. Options include PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

How to navigate this document

This document contains links to other document sections or webpages. To return from another section in this document to where you were, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

Contents of this guide

This guide contains the following specific PLAR information and tools for this program

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A. PLAR fees

Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the [PLAR](#) webpage for current fee information.

B. PLAR eligibility

Course pre-requisites and co-requisites

Some courses have one or more other courses that must be completed first (pre-requisite) or at the same time (co-requisite). See [course outlines](#) in this guide to identify any pre- or co-requisites for each course.

Eligibility for PLAR

To be eligible for PLAR for a course in this program, you must:

- apply and meet admission requirements for this program. See Admission and Special Admission requirements on [this program's webpage](#).
- consult with the [PLAR contact person](#) and be approved for PLAR assessment.

C. Dates when PLAR assessment is available

PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

All PLAR assessment must be completed by June 15 of each academic year.

D. Special directions for this program

1. **Review** the [PLAR process and FAQs](#) and the information in this guide.
2. **Self-rate** your learning for each course using the [Course Outlines](#) in this guide.
3. **Consult** with the [PLAR contact person](#) for approval for PLAR. Be prepared to provide your resume, course self-ratings (see section F), and a partially completed [PLAR application](#). If you are approved for PLAR, the contact person will sign your PLAR application and explain the next steps.
4. **Apply** for admission to the program if not already admitted. See [directions](#) for applying.
5. **Register** for PLAR at Registration Services if you have approval on your [PLAR Application Form](#).
6. **Finalize** a detailed Assessment Plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

E. PLAR contact person

Contact the person below **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see section F). Consultation may be arranged for phone online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed [PLAR application](#). If approved for PLAR and already admitted to the program, the contact person will

sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR for this program.

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F. Self-rating course outlines

Click on a course code below to open a page where you can rate yourself on the course learning outcomes that are assessed for PLAR credit. For courses delivered by Arts & Sciences or another program, clicking on the course code will open another PLAR guide. Look for the same course code in that guide. The [PLAR contact person](#) for this program will refer you to another person to discuss PLAR for those courses.

COURSE CODE	COURSE TITLE	Delivered by another department/program
ACCT 191	Accounting	
ASRT 180	Assertiveness Training	Arts & Science
CAPL 151	Career Development	
CLTR 100	Diversity	
COM 101	Written and Oral Communications	Arts & Science
COMM 291	Interpersonal Communications	Arts & Science
COMP 174	Introduction to Microsoft Excel 1	Standardized Computer Courses
COMP 175	Introduction to Microsoft Excel 2	Standardized Computer Courses
COOK 197	Short Order Cooking	
FIN 281	Financial Management	
FOOD 170	Basic Food Preparation	
FOOD 171	Catering	
FOOD 172	Customer and Restaurant Service Techniques	
FOOD 183	Principles of Food Preparation	
FOOD 192	Applied Restaurant Service	
FOOD 281	Food and Beverage Cost Controls	
HLTH 200	Health Care Operations	
HR 280	Human Resource Management	

COURSE CODE	COURSE TITLE	Delivered by another department/program
MATH 281	Applied Mathematics	Arts & Science
MGMT 184	Introduction to Management	
MGMT 286	Organizational Behaviour for the Hospitality Industry	
MKTG 181	Purchasing	
MKTG 283	Marketing	
NUTR 180	Nutrition and Healthy Living	
NUTR 186	Diet Therapy 1	
NUTR 194	Introduction to Computrition Software	
NUTR 202	Diet Therapy 2	
NUTR 203	Nutrition Care Planning Through the Life Cycle	
PLAN 179	Menu Development	
PLAN 181	Quantity Food Management	
PLAN 200	Food Service Planning and Layout	
PRAC 208	Practicum	
PROJ 295	Food Service Operation Planning	
PROJ 298	Food Service Operation Management 1	
PROJ 299	Food Service Operation Management 2	
SANT 181	FOODSAFE Level 1 - Not available for PLAR. Current certification is required	
SANT 185	FOODSAFE Level 2 - Not available for PLAR. Current certification is required	

ACCT 191 - Accounting

You will be introduced to fundamental accounting concepts used in business. You will learn to appreciate the value of information presented in an organization's financial statements and will acquire and practice basic bookkeeping and financial statement preparation skills.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): ACCT 122, BUS 182

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Explain the primary functions of business, accounting and professional ethics.			
2. Use financial information in the preparation of financial statements.			
3. Prepare a basic set of accounting records.			
4. Adjust accounts for financial statements.			
5. Prepare classified financial statements.			
6. Distinguish between businesses that sell services and merchandise.			
7. Maintain perpetual inventory records.			
8. Prepare cash records as part of a system of internal control.			
9. Prepare payroll liabilities.			

CAPL 151 – Career Development

You will discuss the scope, nature and trends of the food service industry. You will tour industry locations, observe the workplace, and ask questions to apply and/or clarify theory you have learned. You will also receive an overview of the sectors that make up the industry, as well as discuss the skills needed to be successful in today’s job market. Finally, you will learn strategies for developing resumes, cover letters and electronic portfolios and will have an opportunity to practice job interview skills.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the scope, characteristics, and markets of the food service industry including various careers and ladder opportunities.			
2. Explain the skills, attitudes and behaviors essential for both workplace and personal successes.			
3. Demonstrate professionalism and employability skills.			
4. Prepare a resume, cover letter, and a personal and professional electronic portfolio.			
5. Apply job interview techniques.			

CLTR 100 – Diversity

You will examine the elements of cultural, gender and disability diversity in Canada and how it impacts legislation in the workplace. You will explore elements of Indigenous culture with a view to understanding both historical elements and contemporary issues in Canada. Your studies will also provide opportunities to participate in current Indigenous cultural practices.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the diverse Canadian Identity.			
2. Identify human rights and freedoms as it relates to cultural, gender and disability diversity in Canada.			
3. Examine the impact of colonization and treaties on Indigenous peoples.			
4. Examine contemporary challenges of Indigenous peoples in Canada			
5. Examine contemporary Indigenous cultural practices.			

COOK 197 – Short Order Cooking

You will learn how to prepare and produce a short order menu using the basic cooking principles of grilling, deep fat frying, sautéing and pan frying. You will practice the process of cooking meals to order in a restaurant setting.

Credit unit(s): 4.0
Pre-requisites: FOOD 170 (concurrent)
Equivalent course(s): FOOD 102

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	<p>Competent</p>	<p>Learning</p>	<p>None</p>
<p>1. Perform safety and sanitation practices in short order cooking.</p>			
<p>2. Perform mis en place according to menu specifications.</p>			
<p>3. Prepare short order breakfast and lunch items according to menu specifications.</p>			
<p>4. Demonstrate portion and quality control.</p>			
<p>5. Display organization and time management skills appropriate to a short order environment.</p>			

FIN 281 – Financial Management

The course provides an introduction to analyzing and interpreting financial statements for management decision making. You will acquire financial management skills related to the successful management of a small business or department of a larger business.

Credit unit(s): 2.0
Pre-requisites: ACCT 191 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Solve a comprehensive accounting problem.			
2. Analyze financial statements.			
3. Calculate basic financial ratios.			
4. Calculate basic financial ratios.			
5. Determine the components of a mixed cost.			
6. Perform cost volume profit calculations.			
7. Prepare budgets.			

FOOD 170 – Basic Food Preparation

You will learn how to prepare a variety of foods using the tools, equipment and techniques common to professional kitchens. You will acquire an understanding of the basic culinary terms and cooking principles. You will also learn a safety management system that reduces the risk of injuries occurring on the job.

Credit unit(s): 4.0
Co Requisites: SANT 181 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Perform safety and sanitation practices.			
2. Describe the procedures for using, operating and maintaining hand tools and equipment.			
3. Explain procedures for mise en place.			
4. Prepare stocks, sauces and soups.			
5. Prepare meat and poultry using a variety of cooking techniques.			
6. Prepare rice and other starches.			
7. Control the texture, flavour, colour, and nutritional changes when cooking vegetables.			
8. Use a variety of cooking methods to prepare typical menu items using fish and shellfish.			
9. Prepare a variety of breakfast entrees.			
10. Complete the WHMIS Certification.			

FOOD 171 - Catering

You will plan and prepare a catering event. Food presentation, cost control and proper food handling techniques will be emphasized.

Credit unit(s): 3.0
Pre-requisites: FOOD 170 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Explain the importance of food and catering presentation.			
2. Plan a catered event.			
3. Perform safety and sanitation practices in catering.			
4. Cost a catered event.			
5. Participate in the preparation, set up and service of a catered event.			

FOOD 172 – Customer and Restaurant Service Techniques

You will develop skills in the procedures used in the service of food and beverage. You will have the opportunity to practice customer relations skills as they apply to a service setting.

Credit unit(s): 4.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe various food and beverage products.			
2. Describe different service styles and sequences.			
3. Identify use of tableware, materials and equipment.			
4. Apply procedures for service of food and beverage.			
5. Apply techniques for various types of room set-ups.			
6. Identify room management techniques.			
7. Perform table set-up.			
8. Identify the importance of customer service and its impact on the organization.			
9. Identify the importance of your attitudes, skills, expertise and self-presentation.			
10. Identify the different needs of customers.			
11. Identify strategies on how to handle customer complaints.			

FOOD 183 – Principles of Food Preparation

You will learn to analyze specific food composition characteristics, apply food science principles and evaluation standards involved with the preparation of basic foods.

Credit unit(s): 3.0
Co-requisites: FOOD 170 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Analyze prepared fruits and vegetables according to quality standards.			
2. Analyze prepared legumes according to quality standards.			
3. Analyze prepared milk and milk products according to quality standards.			
4. Analyze prepared eggs and egg products according to quality standards.			
5. Analyze quick breads, batters and doughs according to quality standards.			
6. Analyze prepared starchy foods according to quality standards.			
7. Analyze cereals, rice and pasta products according to quality standards.			

FOOD 192 – Applied Restaurant Service

You will develop your communication, management and practical food service skills. You will also use a computerized point of sale system.

Credit unit(s): 4.0

Co requisites: FOOD 190 (concurrent) or FOOD 172 (concurrent), SANT 181 (concurrent)

Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate a professional attitude.			
2. Demonstrate various service techniques in a short order environment.			
3. Process customer transactions.			
4. Demonstrate section management.			
5. Demonstrate communication skills required to understand and assist customers.			

FOOD 281 – Food and Beverage Cost Controls

You will focus on the necessity of establishing and enforcing control systems used by various Food and Beverage operations. You will learn how to perform control procedures and compile information on a day-to-day basis.

Credit unit(s): 2.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Define standard costs.			
2. Examine income statements for a food and beverage operation to identify issues.			
3. Discuss the causes and remedies of inventory fluctuation.			
4. Discuss ways an undesirable food cost can be changed.			
5. Explain the importance of revenue control.			
6. Perform inventory control procedures.			

HLTH 200 – Health Care Operations

You will examine the unique inner workings of health care facilities and how they operate with focus on LEAN concepts, customer service, mental health and safety and security.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine LEAN concepts in health care settings.			
2. Discuss pandemic and disaster planning.			
3. Discuss mental health issues affecting the workplace.			
4. Identify the unique customer service elements in health care settings.			
5. Discuss current safety and security issues in health care.			
6. Discuss labour relations as it applies to health care.			

HR 280 – Human Resource Management

You will focus on the staffing and directing function of management to include human resource planning, recruitment, selection, orientation, training, development, performance appraisals, compensation, discipline, labour relations and legislation.

Credit unit(s): 4.0
Pre-requisites: MGMT 286 (concurrent)
Equivalent course(s): HR 120, HR 281

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the responsibilities of human resource management.			
2. Explain the legislated requirements of human resource management.			
3. Discuss recruitment and selection.			
4. Explain orientation and training.			
5. Explain appraising and coaching.			
6. Discuss discipline and termination.			
7. Identify the components of compensation management.			
8. Explain the value of employee benefits.			
9. Identify the components of the Union -- Management framework.			

MGMT 184 - Introduction to Management

You will focus on the fundamental principles and concepts related to the field of management. The major components of management including controlling, leading, organizing, planning and staffing will be covered. You will be introduced to the different management styles and skills necessary for success in business today.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): ADMN 126

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the process and components of management.			
2. Explain the major developments in management theory.			
3. Explain the human relations skills needed in management.			
4. Explain the planning processes used in management.			
5. Explain the purpose and components of the control function.			
6. Discuss management styles and their applications.			
7. Explain the process of decision making and problem solving.			
8. Identify the components of the staffing function.			

MGMT 286 - Organizational Behaviour for the Hospitality Industry

You will learn the concepts of management, leadership, power, politics, ethics, delegation, and change management.

Credit unit(s): 3.0
Pre-requisites: MGMT 184
Equivalent course(s): MGMT 283, SUPR 180

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the role and responsibilities of a supervisor.			
2. Identify the types of power, politics and ethics and their relevance in the hospitality industry.			
3. Discuss organizational culture and culture of hospitality.			
4. Describe motivational techniques.			
5. Discuss your management and leadership style.			
6. Discuss skills for effective delegation.			
7. Discuss the change management process.			

MKTG 181 - Purchasing

You will become familiar with the market, market functions and the knowledge, skills and attitudes needed as a purchaser. The course content includes food purchasing, receiving, storage and inventory procedures.

Credit unit(s): 2.0
Pre and Co Requisites: none
Equivalent course(s): FOOD 194

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the different types of markets and the movement of goods through the market system.			
2. Explain the need for, and the application of specifications.			
3. Explain the use of common purchasing forms.			
4. Describe basic purchasing management principles.			
5. Identify purchasing criteria for food, beverage and nonfood products.			
6. Apply common inventory control systems, receiving practices, storage and issuing of supplies.			
7. Identify the use of standards and specifications for equipment purchases.			
8. Practice procurement of kitchen equipment and small wares.			

MKTG 283 - Marketing

You will focus on marketing as a means of generating and maintaining satisfied customers. You will complete assignments in marketing research, social media and desktop publishing to complement the theory component. Healthcare marketing will be assessed.

Credit unit(s): 3.0

Pre and Co Requisites: none

Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Explain marketing and the marketing process.			
2. Discuss consumer/customer behavior.			
3. Describe the marketing environment.			
4. Apply the marketing research process.			
5. Describe how to develop, manage and market products and services.			
6. Determine the role of social media in marketing.			
7. Prepare aesthetically sound promotional material using a software package.			

NUTR 180 – Nutrition and Healthy Living

You will study the fundamental principles of the science of human nutrition. How nutritional intake affects health will be emphasized. Contemporary issues in nutrition will be discussed.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate knowledge of nutrient composition of foods and making healthy food choices.			
2. Apply guidelines to healthy menu planning and food choices.			
3. Describe the physiology and function of the digestive tract and the related organs of the body.			
4. Determine the role of the energy-yielding nutrients in health and disease.			
5. Explain how the body utilizes food for energy and how it maintains energy balance			
6. Determine the roles body composition and diet play in maintaining a healthy body weight.			
7. Interpret how the body uses vitamins, minerals and water.			

NUTR 186—Diet Therapy 1

You will learn about various disease states and their required specialized diets. You will apply texture modification techniques in the lab and will gain practical experience writing special diets and marking menus.

Credit unit(s): 4.0
Pre-requisites: NUTR 180 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Compare the various texture modified diets used in institutions.			
2. Apply texture modification techniques.			
3. Distinguish between the characteristics and uses of enteral and parenteral nutritional support and when it is appropriate to use each.			
4. Explain how food, herb and drug interactions can affect health.			
5. Describe the diet therapy used in the treatment of inborn errors of metabolism.			
6. Examine the body's response to stress and what diet manipulation is necessary to aid in recovery.			
7. Discuss food sensitivities and allergies and their associated implications and diet modifications.			
8. Compare dietary treatments for diseases of the upper and lower gastrointestinal tract.			
9. Generate menus for patients with specialized diets.			

NUTR 194 – Introduction to Computrition Software

Your studies will introduce you to basic skills in the use of Computrition software. This software is designed to run an entire food service operation including menu planning, food inventories, recipe files, and patient care management. You will learn the basics about the program and participate in data entry using the Computrition software.

Credit unit(s): 1.0
Pre and Co Requisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	<p>Competent</p>	<p>Learning</p>	<p>None</p>
<p>1. Create a menu using recipes from a database.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>2. Develop a personal nutrient database.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NUTR 202 – Diet Therapy 2

Building on the skills you developed in Diet Therapy 1, you will continue to learn about various disease states and required specialized diets. You will continue to gain practical experience writing special diets and marking menus.

Credit unit(s): 4.0
Pre-requisites: NUTR 186
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Compare the dietary treatments used for diabetes mellitus.			
2. Compare the dietary treatments used for disorders of the circulatory system.			
3. Compare the dietary treatments used for kidney diseases.			
4. Compare the dietary treatments used for liver diseases, gallstones and gout.			
5. Compare the dietary treatments used for cancer and HIV patients.			
6. Generate menus for patients with specialized diets.			
7. Create a therapeutic menu for an acute or long-term care facility.			
8. Use Computrition software for clinical applications.			

NUTR 203 – Nutrition Care Planning Through the Life Cycle

You will study nutritional needs throughout the life cycle. Maternal, infant, childhood, adolescent and gerontological nutrition will be emphasized. You will also be introduced to nutritional assessment and patient counselling.

Credit unit(s): 3.0
Pre- & Co-requisites: NUTR 186, NUTR 202 (concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Explain nutrient needs during pregnancy and lactation, infancy, childhood & adolescence, and older adulthood.			
2. Describe the aging process and how physiological changes can affect nutritional needs.			
3. Explain the nutritional care process.			
4. Practice routine nutritional screening.			
5. Participate in the development and implementation of the nutrition care plan.			
6. Collect relevant information from clients in order to properly document evidence and provide them with nutrition information.			

PLAN 179 - Menu Development

You will learn the basic principles of menu planning and standardizing recipes as a tool for maintaining quality, controlling production, and simplifying purchasing. You will also plan various types of menus.

Credit unit(s): 3.0
Pre-requisites: FOOD 170 (concurrent), SANT 185
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Explain successful and profitable menu planning.			
2. Explain the role of nutrition in menu planning.			
3. Demonstrate principles of menu planning.			
4. Adapt regular menus for modified and culturally diverse diets.			
5. Discuss the financial considerations in menu planning.			
6. Plan a non-commercial menu.			
7. Explain the implementation of a recipe standardization program.			
8. Standardize recipes for use in a food service operation.			

PLAN 181 – Quantity Food Management

You will learn to manage a large food service operation.

Credit unit(s): 3.0
Pre-requisites: FOOD 170
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Create the purchasing specifications and requests for the cafeteria menu.			
2. Maintain portion and quality control standards.			
3. Discuss the work, pre-preparation, production, and cleaning schedules.			
4. Prepare and present food products in quantity.			
5. Establish the quality standards for serving the menu items.			
6. Cost out recipes			
7. Review the sales records to determine purchasing and production needs.			
8. Design a merchandising plan to promote daily sales of hot foods.			

PLAN 200 – Food Service Planning and Layout

You will be introduced to the complexities of designing, planning, and developing food service operations that make optimum use of money, materials, manpower and equipment to ensure customer and/or user satisfaction. You will study design, layout, workflow, equipment, food service functional areas, food production and delivery systems, and atmosphere development. You will develop/upgrade a food service facility, using the design/planning process.

Credit unit(s): 3.0
Pre and Co Requisites: none
Equivalent course(s): ADMN 285

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Identify trends and technology affecting the planning of food service facilities.			
2. Describe the steps in the planning process.			
3. Explain the design process.			
4. Discuss layout and workflow principles.			
5. Explain the goals, considerations and the placement of the functional areas.			
6. Discuss equipment design and selection.			
7. Explain environmental concerns.			
8. Identify sanitation and safety concerns.			
9. Discuss sustainability as it applies to food services.			

PRAC 208 – Practicum

You will be assigned to an acute care, long term care and/or commercial setting for on-the-job training and experience.

Credit unit(s): 11.0
Pre-requisites: Every other course in this program
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Manage conflict of interest and confidentiality issues.			
2. Use time management effectively in food service management activities.			
3. Demonstrate professionalism in the workplace.			
4. Implement problem-solving.			
5. Demonstrate general nutrition knowledge.			
6. Participate in procurement of food and equipment.			
7. Follow safety and sanitation procedures.			
8. Demonstrate food service management principles.			
9. Manage financial resources.			
10. Demonstrate effective oral and verbal communication.			
11. Demonstrate respect and empathy.			
12. Use technology appropriately.			
13. Participate as a member of the team			

PROJ 295 – Food Service Operation Planning

You will apply your food service management skills to plan and organize the grand opening, operation and closing of a food service operation.

Credit unit(s): 2.0
Pre-requisites: SANT 185, FOOD 170
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Plan a new static menu appropriate to our clientele and in keeping with the trends in the industry.			
2. Develop the theme of the food service operation project.			
3. Develop décor in keeping with the theme of the food service operation project.			
4. Organize activities for the operation of the food service operation.			

PROJ 298 – Food Service Operation Management 1

You will apply your food service management skills to direct and control the grand opening, operation and closing of a retail food service operation.

Credit unit(s): 4.0
Pre-requisites: FOOD 170, PROJ 295 (concurrent)
Equivalent course(s): PROJ 296

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Apply effective communication techniques to respond to situations involving conflict of interest and confidentiality.			
2. Demonstrate effective time management in the front of the house.			
3. Demonstrate accountability and responsibility in the front of the house.			
4. Demonstrate problem solving skills in the front of the house.			
5. Promote teamwork and cooperation in the front of the house.			
6. Demonstrate a positive work ethic in the front of the house.			
7. Organize the assigned service area.			
8. Create marketing plan.			
9. Evaluate financial viability of a food service operation.			
10. Demonstrate effective verbal communication skills.			

PROJ 299 – Food Service Operation Management 2

You will apply your food service management skills to monitor the procurement, costs and preparation of the grand opening, operation and closing of a retail food operation.

Credit unit(s): 4.0
Pre and Co Requisites: FOOD 170, PROJ 295 (concurrent)
Equivalent course(s): PROJ 296

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Perform safety and sanitation procedures in a retail food operation.			
2. Demonstrate effective time management in the back of the house.			
3. Demonstrate accountability and responsibility in the front of the house.			
4. Demonstrate problem solving skills in the front of the house.			
5. Promote teamwork and cooperation in the front of the house.			
6. Demonstrate a positive work ethic in the front of the house.			
7. Organize the assigned production areas.			
8. Organize procurement lists.			