



# STARK STATE COLLEGE

## GENERAL SYLLABUS

### Course Information

**Course Name:** Culinary Nutrition/Menu Planning  
**Course Number:** CUL125

### Required Materials

**Textbook(s):** Culinary Nutrition Principles and applications Author: Trakselis & Stein Publisher: ATP  
**Required Readings:** None  
**Additional Materials:** None

### Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

16-week Calendar	
Week	Chapter/Topic/Lab
1	Course Intro, Chapter 1: Shaping Eating Behaviors, Review Questions Chapter 1, Menu Planning Project Part 1
2	Chapter 2: Nutrition Fundamentals: Review Questions Chapter 2, Menu Planning Project Part 2
3	Chapter 3: Proteins: Review Questions Chapter 3, Test 1
4	Chapter 4: Carbohydrates: Review Questions Chapter 4, Menu Planning Project Part 3
5	Chapter 5: Lipids: Review Questions Chapter 5
6	Chapter 6: Water, Vitamins & minerals: Review Questions Chapter 6
7	Chapter 7: Nutritious Menu Planning: Review Questions Chapter 7, Recipe Modification Project
8	Chapter 8: Beverages on the menu: Review Questions Chapter 8, Costing Project, Test 2
9	Chapter 9: Eggs, Soy & Dairy Products on the Menu: Review Questions Chapter 9, Schedule Project, Update Menu
10	Chapter 10: Poultry & Meats on the Menu: Review Questions Chapter 10
11	Chapter 11: Fish & Shellfish on the Menu: Review Questions Chapter 11, Forecasting Project
12	Chapter 12: Vegetables & Legumes on the Menu: Review Questions Chapter 12
13	Chapter 13: Fruits, Nuts & Seeds on the Menu: Review Questions Chapter 13, Test 3
14	Chapter 14: Pasta, Grains & Breads on the Menu: Review Questions Chapter 14, Marketing Project
15	Chapter 15: Desserts on the Menu: Review Questions Chapter 15, Final Project Due
16	Final Exam and Project Review

8-week Calendar	
Week	Chapter/Topic/Lab
1	Course Intro Chapter 1: Shaping Eating Behaviors: Review Questions Chapter 1, Menu Planning Project Part 1 Chapter 2: Nutrition Fundamentals: Review Questions Chapter 2, Menu Planning Project Part 2
2	Chapter 3: Proteins: Review Questions Chapter 3, Test 1 Chapter 4: Carbohydrates: Review Questions Chapter 4, Menu Planning Project Part 3
3	Chapter 5: Lipids: Review Questions Chapter 5 Chapter 6: Water, Vitamins & minerals: Review Questions Chapter 6
4	Chapter 7: Nutritious Menu Planning: Review Questions Chapter 7, Recipe Modification Project Chapter 8: Beverages on the menu: Review Questions Chapter 8, Costing Project Test 2
5	Chapter 9: Eggs, Soy & Dairy Products on the Menu: Review Questions Chapter 9, Schedule Project, Update Menu Chapter 10: Poultry & Meats on the Menu: Review Questions Chapter 10
6	Chapter 11: Fish & Shellfish on the Menu: Review Questions Chapter 11, Forecasting Project Chapter 12: Vegetables & Legumes on the Menu: Review Questions Chapter 12
7	Chapter 13: Fruits, Nuts & Seeds on the Menu: Review Questions Chapter 13, Test 3 Chapter 14: Pasta, Grains & Breads on the Menu: Review Questions Chapter 14, Marketing Project
8	Chapter 15: Desserts on the Menu: Review Questions Chapter 15, Final Project Due Final Exam