

FN A125: PLANT-BASED NUTRITION

Item	Value
Curriculum Committee Approval Date	12/06/2023
Top Code	130600 - Nutrition, Foods and Culinary Arts
Units	1 Total Units
Hours	30 Total Hours (Lecture Hours 12; Lab Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

Plant-based nutrition is explored including information on healthy food choices and nutritional implications. Each class includes lecture and preparation or analysis of plant-based foods. Key nutrients and potential deficiencies are discussed. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Plan and prepare well-balanced meals from at least one of the main types of plant-based eating patterns.

Course Objectives

- 1. Identify three major types of vegetarian diets and list the nutritional concerns inherent in each type. (SCANS: Information, Thinking)
- 2. Plan and prepare a plant-based menu following the USDA MyPlate. (SCANS: Basic, Thinking, Personal)
- 3. Prepare and evaluate plant-based foods from a variety of cultural food patterns. (SCANS: Systems, Basic)
- 4. Discuss complementary foods and creative ways to combine foods (SCANS: Thinking)
- 5. Select plant-based recipes which can be prepared in a limited time schedule (SCANS: Basic, Thinking, Personal)

Lecture Content

Introduction, types of vegetarian diets and nutritional concerns of each, class procedures, safety rules, measuring and vocabulary The MyPlate and Dietary Guidelines, reading labels Lab: preparing plant based foods Protein and amino acids, Lab: preparing plant based foods Carbohydrates and grains, cooking with different grains in main dishes Lab: preparing plant-based foods Tofu, meat analogs, gluten and tempeh Lab: Prepare foods containing meat analogs, tofu and tempeh Vitamin and minerals Lab: preparing plant-based foods Fats, focus on types of fats found in plant foods Lab: preparing plant-based foods Vegetables, fruit and yogurt,

heart disease and cancer; 30-minute meals Lab: preparing plant-based foods Final project

Lab Content

Each week's lab consists of preparing recipes that contain the nutrients that were focused on during lecture. These would include, but are not limited to: Non-meat sources of protein: for example, soy, tofu, legumes. Carbohydrates: for example, barley, quinoa, and whole grain foods. Fats: for example, plant oils, seeds and nuts Vitamins/minerals: plant-based foods that are nutrient-dense. Special diets: Vegetarian foods that can provide nutrition for people with heart disease, diabetes, and obesity.

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

Instructional Techniques

Lecture including the practical application of the vegetarian principles to food selection of the individual. Laboratory to include the demonstration and preparation of specific recipes. Discussion and evaluation of recipes prepared in class. Field trips to discuss the purchase and preparation of foods available in the market.

Reading Assignments

Readings are assigned from the textbook, per the syllabus. 12 hours

Writing Assignments

Students are assigned a written final, which includes short answer questions about topics covered in this course. Students are evaluated on completeness of answers, neatness, composition, and spelling. 2 hours

Out-of-class Assignments

Students are assigned a My Plate project. They are required to plan a 3-day vegetarian or vegan menu, including breakfast, lunch, dinner and a snack with the appropriate number of servings from each food group for optimal health. 10 hours

Demonstration of Critical Thinking

Frequent quizzes, written final and evaluation of laboratory participation, activity sheets, field trip on their own and report, evaluation of magazine articles and websites.

Required Writing, Problem Solving, Skills Demonstration

Students are assigned a written final, which includes short answer questions about topics covered in this course. Students are evaluated on completeness of answers, neatness, composition, and spelling.

Eligible Disciplines

Dietetic technician: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. Dietetics: See nutritional science/dietetics

Other Resources

1. Handouts to be provided and distributed by the instructor.