

## The Hong Kong Polytechnic University

### Subject Description Form

*Please read the notes at the end of the table carefully before completing the form.*

<b>Subject Code</b>	FSN1003
<b>Subject Title</b>	Introduction to Culinary Nutrition
<b>Credit Value</b>	3
<b>Level</b>	1
<b>Pre-requisite/ Co-requisite/</b>	NIL
<b>Exclusion</b>	FSN1D06 Nutrition and Healthy Living; AND FSN2416 Introduction to Food Science
<b>Objectives</b>	The subject aims to introduce the current dietary guidelines, along with the function of nutrients within the body. The subject will also introduce the modern, healthy cooking techniques and the nutritional needs and requests of health-conscious diners. Students will also learn about healthful menu and recipe design and reengineer classic recipes to produce healthful and flavorful alternatives.
<b>Intended Learning Outcomes</b> <i>(Note 1)</i>	Upon completion of the subject, students will be able to: <ul style="list-style-type: none"> <li>a. Describe the relationship between food, nutrition, the human body, and selected cooking techniques.</li> <li>b. Apply ingredient substitutions that consider dietary guidelines, special diets and balance of flavor.</li> <li>c. Explain food and nutrition labeling guidelines and how they influence the menu planning and food preparation process.</li> <li>d. Describe how the dietary categories of carbohydrates, lipids, vitamins and minerals, and protein should be balanced in ingredient selection and meal composition.</li> <li>e. Demonstrate healthy cooking techniques for a composed meal that provide optimum flavor and that meet the dietary guidelines.</li> </ul>
<b>Subject Synopsis/ Indicative Syllabus</b> <i>(Note 2)</i>	<p><b>Course Introduction:</b> contemporary nutritional issues, current health problems, dietary needs</p> <p><b>The basics of nutrition:</b> dietary food guidelines and nutrient recommendations</p> <p><b>Introduction of Nutrients:</b> Macronutrients : Carbohydrates, Proteins and Lipids and Water</p>

	<p>Micronutrients : Vitamins and Minerals</p> <p><b>Planning a healthful diet:</b> Healthful menus, flavor elements, recipe evaluation, food and nutrition labels; Healthful cooking techniques and food for healthy living</p> <p><b>Serving guests with special health needs</b> (allergies, intolerances, special diets, weight management, vegetarianism, religious beliefs or personal values around food)</p> <p><b>Contemporary nutritional issues and dietary trends</b></p>																																																						
<p><b>Teaching/Learning Methodology</b></p> <p>(Note 3)</p>	<p>1. The basic contents of this subject will be presented with the aid of lecture notes, videotapes, Blackboard and other teaching tools.</p> <p>2. For assignment, students will be asked to apply nutritional knowledge in interpretation of nutrition label and design healthy recipes.</p> <p>3. For self-learning component,</p> <p>i) students will be expected to read required reading (textbook or reference materials) for each lecture in order to reinforce the concepts covered in class;</p> <p>ii) students will be working in group to explore and discuss a nutrition related topic that are of interest to their group and prepare a group presentation in class. In this assignment, students will be encouraged to apply lifelong learning skills in searching nutrition related information, as well as to integrate the scientific knowledge and principles acquired in the subject.</p>																																																						
<p><b>Assessment Methods in Alignment with Intended Learning Outcomes</b></p> <p>(Note 4)</p>	<table><tr><th rowspan="2">Specific assessment methods/tasks</th><th rowspan="2">% weighting</th><th colspan="6">Intended subject learning outcomes to be assessed (Please tick as appropriate)</th></tr><tr><th>a</th><th>b</th><th>c</th><th>d</th><th>e</th><th></th></tr><tr><td>1. Assignment</td><td>20%</td><td></td><td>√</td><td>√</td><td></td><td>√</td><td></td></tr><tr><td>2. Presentation</td><td>15%</td><td></td><td>√</td><td>√</td><td></td><td>√</td><td></td></tr><tr><td>3. Test</td><td>15%</td><td>√</td><td>√</td><td>√</td><td>√</td><td></td><td></td></tr><tr><td>4. Examination</td><td>50%</td><td>√</td><td>√</td><td>√</td><td>√</td><td></td><td></td></tr><tr><td>Total</td><td>100 %</td><td colspan="6"></td></tr></table> <p>Explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes:</p> <p>Assignments, tests and exams are aimed to evaluate and reinforce the understanding of the scientific aspects of nutrition, dietary</p>	Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)						a	b	c	d	e		1. Assignment	20%		√	√		√		2. Presentation	15%		√	√		√		3. Test	15%	√	√	√	√			4. Examination	50%	√	√	√	√			Total	100 %						
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	<p>guidelines and healthy cooking and the role of nutrition in health maintenance.</p> <p>Group presentation: The abilities of students to work effectively as team member and to communicate effectively during the presentation will be assessed. The students need to critically review the information available from various sources on nutrition and health, including newspapers and Internet, to recognize or solve the nutrition and health related issues.</p>	
<b>Student Study Effort Expected</b>	Class contact:	
	▪ Lecture	32 Hrs.
	▪ Tutorial	4 Hrs.
	▪ Presentation	3 Hrs.
	Other student study effort:	
	▪ Self-Study	65 Hrs.
	▪ Assignment	16 Hrs.
	Total student study effort	120 Hrs.
<b>Reading List and References</b>	<p>Marcus, J. B. (2025). Culinary nutrition the science and practice of healthy cooking. Waltham, Mass: Academic Press.</p> <p>Edelstein, S. (2011). Food, cuisine, and cultural competency for culinary, hospitality, and nutrition professionals. Sudbury, Mass: Jones and Bartlett Publishers.</p>	

**Note 1: Intended Learning Outcomes**

Intended learning outcomes should state what students should be able to do or attain upon subject completion. Subject outcomes are expected to contribute to the attainment of the overall programme outcomes.

**Note 2: Subject Synopsis/Indicative Syllabus**

The syllabus should adequately address the intended learning outcomes. At the same time, overcrowding of the syllabus should be avoided.

**Note 3: Teaching/Learning Methodology**

This section should include a brief description of the teaching and learning methods to be employed to facilitate learning, and a justification of how the methods are aligned with the intended learning outcomes of the subject.

**Note 4: Assessment Method**

This section should include the assessment method(s) to be used and its relative weighting, and indicate which of the subject intended learning outcomes that each method is intended to assess. It should also provide a brief explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes.

(Form AR 140) 8.2020