

Student Name _____

High School or Vocational Center _____

COMPETENCY RECORD FOR ARTICULATION

Baker College of Muskegon

To successfully complete this course, all performance objectives must be fulfilled with a minimum score of 80%. This will be determined through testing and lab projects.

CUL 141 NUTRITION

| Task | Satisfactory | Unsatisfactory |
|---|--------------|----------------|
| Define nutrition. | | |
| List 6 classes of nutrients and describe basic functions of each. | | |
| Understand basic functions of the human body as it applies to digestion, absorption and metabolism. | | |
| Describe the basic dietary recommendations using the food pyramid guide. | | |
| Develop a heart healthy menu and recipes based on food pyramid guide. | | |
| Identify healthy cooking methods and cooking techniques used in today's modern kitchen. | | |
| Describe how nutrition affects health as it pertains to cardiovascular disease, cancer and diabetes. | | |
| Describe the proper menu planning for weight loss and maintenance. | | |
| Analyze and control the nutrient content of a recipe. | | |
| Understand the FDA guidelines for nutritional and health claims. | | |
| Understand which cooking techniques promote a healthy diet. | | |
| Understand the importance of training both dining room and kitchen staff in communicating with the customer in relation to healthy cuisine. | | |

Teacher signature _____ Date _____