

# Dietary Managers (DIET)

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## Courses

### **DIET 100 Foodservice Management for Dietary Managers (3 Hours)**

This course provides a comparison of the different types of meal service, along with ways of satisfying client preferences. Students will understand and apply the various components of foodservice including forecasting, purchasing, receiving and storing food, and equipment recommendations. Budgeting, marketing, safety and food quality of the industry will also be covered. 3 hrs. lecture/wk.

### **DIET 151 Nutrition and Meal Planning (3 Hours)** nbsp;

This course covers the food groups and their function and nutritional values as applied to meal planning. Assessment of personal dietary intake will also be explored. In addition to the current trends in nutrition this course covers energy balance, sustainability and nutrition in the life span. This is a required course for the food and beverage management, chef apprenticeship and dietary manager programs. 3 hrs. lecture/wk.

### **DIET 151H HON: Nutrition and Meal Planning\* (1 Hour)**

**Prerequisites:** Honors department approval.

One-credit hour honors contract is available to qualified students who have an interest in a more thorough investigation of a topic related to this subject. An honors contract may incorporate research, a paper, or project and includes individual meetings with a faculty mentor. Student must be currently enrolled in the regular section of the courses or have completed it the previous semester. Contact the Honors Program Office, COM 201, for more information.

### **DIET 200 Medical Nutrition Therapy\* (3 Hours)**

**Prerequisites:** DIET 151 or HMEC 151.

This course provides an understanding of how medical nutrition therapy impacts disease and the role of the dietary manager in utilizing this therapy in a clinical setting. 3 hrs. lecture/wk.

### **DIET 251 Nutrition Applications\* (3 Hours)**

**Prerequisites or corequisites:** DIET 200.

This course explores the application of nutrition in four areas of emphasis: clinical, community, research and food science. This course requires a minimum of 25 hours of coordinated field experience. Some field experience facilities may have other requirements.

### **DIET 275 Dietary Managers Practicum\* (2 Hours)**

**Prerequisites:** Department approval.

This course enables the student to apply classroom knowledge to an actual work situation. The practicum will be developed cooperatively with area employers, college staff and each student. It will include a minimum of 100 hours per semester in a foodservice organization that would hire a dietary manager. This is a capstone class. Students will be required to have a background check and documentation of current TB skin test - negative results.