



COURSE OUTLINE

NUT303

Food, Nutrition and Menu Design

Course Coordinator: Sarah Burkhart (sburkhar@usc.edu.au) **School:** School of Health and Behavioural Sciences

2022 | Session 1

USC Sunshine Coast

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This practical course will assist you in developing the skills required for designing, producing and evaluating menus for diverse population groups. Provided as an intensive, you will take part in a combination of classroom activities and kitchen workshops. You will learn how to design, prepare and evaluate an appropriate menu and modify recipes for special dietary requirements, and be given an introduction to basic cookery skills which will enable you to cook and prepare foods that have high sensory appeal.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Pre-recorded videos, readings and associated activities.	4hrs	Refer to Format	3 times
Tutorial/Workshop 1 – On campus workshop. This will be 2.5 hours on 4 days of the week (either as an AM stream or PM stream, equivalent to 10 hours a week).	10hrs	Refer to Format	3 times
Tutorial/Workshop 2 – One kitchen induction session to be run online before workshops commence.	1hr	Refer to Format	Once Only

1.3. Course Topics

- Menu design principles
- Culture and menu design
- Sensory perception and evaluation of foods
- Menu design and sustainability
- Qualitative and quantitative menu assessment
- Production systems and budgeting
- Food presentation and recipe modification

2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Identify and critically analyse key nutritional and cuisine requirements of a specified target group.	Knowledgeable Empowered
2 Design, prepare and evaluate a suitable menu for a specified target group considering key requirements.	Knowledgeable Empowered Sustainability-focussed
3 Demonstrate food preparation and presentation skills that result in food that exhibits high sensory appeal.	Empowered Engaged
4 Devise, publish and justify the process for the development of an original recipe	Knowledgeable Creative and critical thinker
5 Analyse and justify menus and recipes using qualitative and quantitative methods.	Knowledgeable Creative and critical thinker

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

(NUT202 or NUT203) and NUT201

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

It is assumed that students enter this course with a solid understanding of chemistry, food science, fundamental nutrition knowledge and dietary analysis. It is expected that students are familiar with and able to use scientific literature in their coursework. .

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Formative feedback will be provided by the course coordinator in Week 1 of the course for Task 1.

Formative feedback will be provided by the course coordinator in Week 3 of the course for Task 2.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Portfolio	Individual	50%	4 minutes + 500 words	Week 2	Online ePortfolio Submission
All	2	Portfolio	Individual	50%	2500 words	Week 5	Online ePortfolio Submission

All - Assessment Task 1: Menu needs evaluation

GOAL:	The goal of this task is to identify, evaluate and clearly communicate the diverse requirements of a specific population group in order to undertake and present a menu needs assessment.													
PRODUCT:	Portfolio													
FORMAT:	<p>Working individually, you will undertake a needs assessment with consideration of the nutritional and cultural/cuisine requirements of your chosen scenario.</p> <p>You will present your findings in a 4-minute video and 500-word executive summary.</p> <p>The video and 500-word executive summary will be uploaded into your Menu Design Portfolio and submitted by the required due date.</p> <p>You will provide evidence from the literature that supports your identification and evaluation of the key nutrition and cultural/cuisine requirements of this group.</p>													
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Identification and critical evaluation of the key nutritional requirements for the chosen scenario</td> <td>1</td> </tr> <tr> <td>2</td> <td>Identification & critical evaluation of the cultural & cuisine requirements of the chosen scenario</td> <td>1</td> </tr> <tr> <td>3</td> <td>Professional communication</td> <td>1</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Identification and critical evaluation of the key nutritional requirements for the chosen scenario	1	2	Identification & critical evaluation of the cultural & cuisine requirements of the chosen scenario	1	3	Professional communication	1	
No.		Learning Outcome assessed												
1	Identification and critical evaluation of the key nutritional requirements for the chosen scenario	1												
2	Identification & critical evaluation of the cultural & cuisine requirements of the chosen scenario	1												
3	Professional communication	1												

All - Assessment Task 2: Menu proposal

GOAL:	The goal of this task is to develop an appropriate menu for a specified target group scenario.
PRODUCT:	Portfolio
FORMAT:	<p>Working individually, you will produce a portfolio which will include a menu plan and justification. Based on your needs evaluation for Task 1, you will individually develop a culturally and nutritionally appropriate menu for your chosen scenario. The menu will be developed using the six principles of menu design: nutrition, culture and cuisine, sustainability, logistics, popularity and variety.</p> <p>Your menu report will include: A five-day menu plan with menu items (dishes/items) included (including some images), a clear and well justified rationale of the menu, and a qualitative analysis of the nutritional composition of your menu.</p>

CRITERIA:	No.	Learning Outcome assessed	
	1	Appropriateness of the menu provided	2
	2	Consideration of the six principles of menu design	2
	3	Justification for menu design	4 5
	4	Accurate qualitative analysis of the provided menu	5
	5	Professional communication	3

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

There are no required/recommended resources for this course.

8.2. Specific requirements

Covered shoes, Apron, and hair tie for long hair are all requirements for participation in kitchen labs.

Kitchen labs have all been assessed for level of risk and preventive strategies are in place to reduce the risk of any hazard occurring [see HAZNET assessment]. Management plans are in place to deal with the unlikely event of an accident occurring.

You will need to have access to an electronic device. If you do not have access to an electronic device, several will be available for use within the workshops.

9. How are risks managed in this course?

Risk assessments have been performed for all laboratory classes and a low level of health and safety risk exists. Some risk concerns may include equipment, instruments, and tools; as well as manual handling items within the laboratory. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- The final mark is in the percentage range 47% to 49.4%
- The course is graded using the Standard Grading scale
- You have not failed an assessment task in the course due to academic misconduct.

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.
- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.
- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.5. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.6. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, , injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.7. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website: <http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.8. General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au