

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X Transfer Course    X A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** IFS 136 Menu Planning

**UNIT VALUE:** 3.0

**MINIMUM NUMBER OF SEMESTER HOURS:** 48

**BASIC SKILLS REQUIREMENTS:**  
Appropriate language and computational skills.

**ENTRANCE REQUIREMENTS**

**PREREQUISITE:** None.

**COREQUISITE:** None.

**RECOMMENDED PREPARATION:** None.

**SCOPE OF COURSE:**  
Plan and cost menus for child nutrition programs utilizing both the Food Based Menu Pattern and Nutrient Based Menu Pattern from the School Meals Initiative. Nutritional requirements and other standards for breakfast and lunch menus will be analyzed.

- SPECIFIC COURSE OBJECTIVES:**  
Successful students will:
1. identify the three menu planning options in the School Meals Initiative.
  2. apply nutrition guidelines to children's needs.
  3. identify standards for breakfast and lunch meals.
  4. compare and contrast Food Based Menu Pattern with the Traditional Meal Pattern.
  5. compare and contrast methods of evaluating menus.
  6. describe how to determine the contribution of processed convenience items toward meal requirements.

7. demonstrate ability to adapt and complete a variety of records and/or worksheet forms for Food Based Menu Planning.
8. compare and contrast cost per serving of food products and ingredients.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Introduction
- II. Nutrition Guidelines and Child Nutrition Programs
  - A. School meals initiative
  - B. Menu Planning Options
  - C. 1995 USDA Dietary Guidelines
  - D. Food Guide Pyramid
  - E. Recommended Dietary Allowances
  - F. Nutrition requirements and standards for breakfast and lunch meals
- III. Food Based Menu Planning
  - A. Reimbursable meal pattern
  - B. Offer versus Serve
- IV. Menu Writing
  - A. Menu privileges
  - B. Planning healthy meals
  - C. Breakfast menu planning
- V. Standardized Food Products
  - A. Standardized recipes
  - B. Adjusting recipes, yield
  - C. Selecting and analyzing processed foods
- VI. Recordkeeping
  - A. Food buying guide
  - B. Menu production records
- VII. Costing
  - A. Recipes
  - B. Meals
- VIII. Procurement and Delivery Systems
- IX. Marketing and Evaluation
- X. Nutrients Standard Menu Planning

**REQUIRED READING:**

California Department of Education, Nutrition Education and Training Section. Menu Design.  
Sacramento, 1997.

**SUGGESTED READING:**

USDA materials

**REQUIRED WRITING:**

Students will produce a portfolio consisting of learning logs, assignments, notes, projects and final reflection with dated entries. This will consist of a minimum of 20 typed pages.

**OUTSIDE ASSIGNMENTS:**

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Students will read the textbook and study for exams. They will also prepare a recipe costing project and a standardized recipe project.

**INSTRUCTIONAL METHODOLOGY:**

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes  No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Exams	30%
Portfolio	30%
Recipe project	20%
Cost project	20%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: \_\_\_\_\_

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

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**SIGNATURES ON FILE**