

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

Transfer course     A.A. degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** IFS 299 Child Nutrition Practicum

**UNIT VALUE:** 3

**MINIMUM NUMBER OF SEMESTER HOURS:** 96

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

**ENTRANCE REQUIREMENTS**

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

**SCOPE OF COURSE:**

Practical experiences are coordinated with classroom work. Examines the major aspects of Child Nutrition within local facilities.

**SPECIFIC COURSE OBJECTIVES:**

The successful student will:

1. describe enrollment procedure for the National School Lunch program;
2. describe the National School Lunch and Breakfast patterns and CRE audit;
3. identify foods high in major nutrients from the School Lunch Menu;

4. demonstrate the ability to perform various supervision, production, and sanitation positions at elementary, middle and high school food service locations;
5. demonstrate knowledge of proper food handling techniques and transfer of prepared food from central kitchen location to satellite kitchens;
6. describe function of policies, procedures, and personnel programs for food service employees;
7. describe tools used in writing menus to meet federal standards.

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

- I. Orientation to School Food Services
  - A. Elementary, middle, high school facilities
  - B. Organization plan
  - C. Department objectives, policies, procedures, personnel programs
  - D. Physical layout of kitchen area
  - E. California School Food Service Organization
  - F. Other child nutrition facilities
- II. National School Lunch Program
  - A. Enrollment, eligibility
  - B. Paid, free or reduced meal prices
  - C. National School Lunch Meal Pattern
  - D. National School Lunch Breakfast Pattern
  - E. Commodity School Program
  - F. CRE audit
- III. Administrative Functions
  - A. Production
  - B. Sanitation
  - C. Scheduling
  - D. Storage
  - E. Purchasing, receiving, inventory
  - F. Cost control
  - G. Supervision
  - H. Inservice training
  - I. Catering
  - J. Job descriptions
  - K. Menu writing
  - L. Daily writing
  - M. Transportation of food to satellites

- IV. Nutrition
  - A. Menu writing
  - B. Nutrient Standard Menu Planning
  - C. Portion sizes
  - D. Nutrition education to students

**REQUIRED READING:**

Rethwisch, Kay. IFS 299 Outline: Child Nutrition Practicum. San Marcos: Palomar College Bookstore, 1999.

**SUGGESTED READING:**

None.

**REQUIRED WRITING:**

Each student will keep a notebook with a written journal that details and summarizes the weekly field experience assignments. Each assignment will be at least one page in length.

**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 spend 75 hours completing assignments at area child nutrition kitchens.

**INSTRUCTIONAL METHODOLOGY:**

Check all that apply:

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

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

Yes \_\_\_\_\_ No

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
- mediated instruction
- computer assisted instruction

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

|                                  |       |
|----------------------------------|-------|
| Class and facility participation | 33.3% |
| Notebook                         | 66.6% |

Notebook evaluates knowledge of child nutrition facility administration and operation.

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?** Yes \_\_\_\_ No X Number of times course may be taken for credit: 1

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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