



PROCHEF® 1

Nutrition Fundamentals Course

 Subject Count: **3**
 Lesson Count: **7**

SUBJECT: 1

Food Components

LESSONS

The Role of Food Components

LEARNING OUTCOMES

- Learners can list the components of food.
- Learners can explain the relationship between food components.
- Learners can explain the role and function of proteins, fats, carbohydrates, vitamins and minerals.
- Learners can explain how to prevent the loss of vitamins and minerals through cooking.
- Learners can practice preventing the loss of vitamins and minerals when cooking.

Proteins

- Learners can describe the difference between complete and incomplete proteins.
- Learners can describe complementary proteins.
- Learners can describe the nutritional difference between plant and animal proteins.

Fats

- Learners can identify the three major types of fat and describe their dietary differences.
- Learners understand the benefits of fat in a diet.

Carbohydrates

- Learners can describe the difference between simple and complex carbohydrates.
- Learners understand the benefit of fiber in the diet.
- Learners can identify sources of dietary fiber.

Vitamins and Minerals

- Learners can describe the difference between vitamins and minerals.
- Learners can describe the difference between fat- and water-soluble vitamins.
- Learners can classify fat- and water-soluble vitamins.

SUBJECT: 2

Principles of Dietary Guidelines

LESSONS

Understanding RDAs and Dietary Guidelines

LEARNING OUTCOMES

- Learners can define RDAs and describe the USDA dietary guidelines.
- Learners can describe the principles of the Mediterranean Food Pyramid.
- Learners can describe the principles of the Harvard Healthy Eating Plate.
- Learners can compare the USDA MyPlate, the Mediterranean Food Pyramid, and the Harvard Healthy Eating Plate.
- Learners can explain the concept of healthy and balanced meals.

SUBJECT: 3

Alternative Diets

LESSONS

Alternative Diets

LEARNING OUTCOMES

- Learners can describe the principles of vegetarianism.
- Learners can distinguish between the three main types of vegetarianism.
- Learners can describe the principles of pescetarianism.
- Learners can describe the principles of veganism.
- Learners can describe the principles of fruitarianism.

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