

BAK 130 : NUTRITION AND BAKING FOR SPECIAL DIETS

Transcript title

Nutrition/Special Diets Baking

Required materials

Textbook and complete Cascade Culinary Institute uniform.

Credits

3

Grading mode

Standard letter grades

Total contact hours

60

Other hours

60

Prerequisites

BAK 170 or CUL 170.

Course Description

Learn applied baking techniques for people with allergies and special dietary needs such as gluten-free, vegan, dairy-free, nut-free, egg-free, kosher, and low-sugar diets. Prepare healthier baked goods using the principles of nutrition. Learn about current dietary guidelines, along with the function of nutrients within the body.

Course learning outcomes

1. Create modern and classical baking recipes with alternative ingredients to meet specific dietary needs.
2. Describe the relationship between food, nutrition, and the human body.
3. Identify the wide range of dietary challenges, including celiac disease, diabetes, high blood pressure, high cholesterol, and more.
4. Classify special diets and associated dietary requirements, including gluten-free, vegan, dairy-free, nut-free, egg-free, kosher, and low-sugar diets.
5. Demonstrate healthy baking techniques that provide optimum flavor and quality.

Content outline

1. Course Introduction: contemporary nutritional issues, current health problems, dietary needs, national dietary food guidelines
2. The Basics of Nutrition: kilocalories, macronutrients and food labels
3. The Basics of Nutrition: fats, carbohydrates, protein, fiber
4. Ingredients and techniques for nutritious baking: fats, sweeteners and sugar substitutes
5. Ingredients and techniques for nutritious baking: starches, alternative grains, gluten, soy, eggs/egg replacers
6. Healthy fats and low-fat baking
7. Reduced sugar and sugar-free baking
8. Gluten-free baking
9. Non-dairy baking
10. Vegan baking