



COURSE OUTLINE CERTIFIED MASTER CHEF

COURSE NAME: Vegetarian, Nutrition and Food Allergy Workshop

PRE-REQUISITE FOR: Certified Master Chef

PERIODS/WEEKS: Theory 30 periods

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APPROVED BY: CCFCC – Canadian Culinary Federation

I COURSE DESCRIPTION

This course is designed to provide the prospective CMC with an indepth knowledge of vegetarian cuisine, nutrition, and food allergies. The candidate will learn the essentials of amino acids, proteins for vegetarians, isoflavones, soy products, textured vegetable protein, essential fatty acids, sweeteners for vegetarians, grains and legumes. The workshops about allergies will provide the candidate with the knowledge of the most common allergies and their causes. The candidate will also learn the difference between food allergies and food intolerance. The examination for the theory part will be online.

II LEARNING OUTCOMES

Learning Outcomes are clear statements of the critical/essential knowledge, skills and attitudes, which, a student is, required to demonstrate to indicate successful completion of the course.

A. Core Outcomes

- 1) Identify and describe the current trend in vegetarian cuisine.
- 2) Identify the differences of the most common vegetarian cuisines.
- 3) Demonstrate a sound understanding of the essential amino acids and naturally occurring phytoestrogens.
- 4) Identify the most common soy products and their use in the vegetarian cuisine.
- 5) Have a sound understanding of general nutrition in regards to cooking.

- 6) Demonstrate a good understanding of planning a nutritious diet.
- 7) Demonstrate a sound understanding of how to combine grains and legumes with other products to achieve good nutritional value.
- 8) Have a solid understanding of the importance of lipids, carbohydrates, vitamins and minerals for vegetarian diets.
- 9) Have a sound understanding of seasonal locally grown vegetables and other products used in vegetarian cuisine.
- 10) Explain the difference between food allergies and food intolerance.
- 11) Have a good knowledge about the most common food allergies.
- 12) Have a good understanding of how to cook gluten free food.
- 13) Demonstrate the knowledge of how allergen labelling works and how it is applied in the industry.

B. Generic/Employability Skills Outcomes

Generic/Employability Skills are transferable skills that provide the foundation for a student's academic, vocational, and personal success. These skills include communications, personal, interpersonal, thinking, mathematics, and computer skills. Through the successful completion of this course, the student will develop the following Generic/Employability Skills:

III COURSE CONTENT

The topics, their order and length of time spent on each may vary depending on the needs of each class.

TOPIC

30 PERIODS

- 1) **Vegetarian and nutrition:** Current trends and business opportunities. What kind of vegetarians are there? Critical thinking, individual work, and group discussion.
 - Health considerations and essential amino acids. Combination of proteins. How to combine vegetable proteins in order to make complete proteins for vegetarians.
 - Definition of isoflavones: Naturally occurring phytoestrogens, or weak plant estrogens, which function in a similar fashion to the hormone estrogen in the human body.
 - Soy products: edamame, natto, okara, soybean oil, soy cheese, soy flour, soy grits, soy yogurt, soy isoflavones, soymilk, powdered soymilk, soy nuts, soy nut butter, soy protein, soy protein concentrates, soy protein isolates, soy sauce, soy sprouts, tempeh and tofu.
 - Textured vegetable protein and its use in vegetarian cuisine.
 - Introduction to textured vegetable products.
 - Fat and oils. Cocoa butter, margarine, flaxseed oil, palm oil, etc.
 - Choosing the right sweeteners. Barley malt syrup, brown rice syrup, date sugar, demerara sugar, mannitol etc.
 - Lipids for vegans/vegetarians. (essential fatty acids)

- Seasonal vegetables from our local markets. Vegetables and its nutritional importance for vegans/vegetarians
- Seitan and its versatile use in the vegetarian cuisine
- Asian ingredients.
- Carbohydrates, vitamins and minerals in a vegan/vegetarian diet.
- Grains and legumes and their nutritional value and proteins. How to combine grains and legumes with other products in order to achieve good nutritional value for vegans/vegetarians.
- How to plan a nutritious diet.
 - The roll of nutrition in our business.
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2) **Food allergies and food intolerance.**

- Distinguish between food allergy and food intolerance. What is a food allergen?
- Food allergies/intolerance is on the rise. How does it affect your business? *Critical thinking, individual work, and group discussion.*
- Offending food: Allergen, immunoglobulins, immediate hypersensitivity
- Gluten free products and gluten-free flours
Most common food allergies: Peanuts, tree nuts, sesame seeds, milk, eggs, seafood (fish, crustaceans and shellfish) soy, wheat, and sulphites.
- Allergen labelling and how it will affect the industry.
- MSG and other food additives.

IV **EVALUATION PROCEDURE**

The theoretical examination will be done online.

Passing grade is 70%.

V **RECOMMENDED TEXTS**

Health Canada <http://www.hc-sc.gc.ca>

Understanding Food Science and Technology by Peter S. Murano (Thomson Wadsworth)

Nutrition a Functional Approach, second Canadian Edition Thompson, Manore, Sheeshka (Pearson)

Nutrition from Science to Life, Grosvenor, Smolin (Harcourt)

Nutrition for Foodservice and Culinary Professionals Seventh Edition, Karen Eich Drummond and Lisa M. Brefere (Wiley)

VI DELIVERY FORMAT

Classes will be delivered online in preparation for the Certified Master Chef examination.

VII POLICIES AND PROCEDURES

All courses are in preparation for the Certified Master Chef Examination and under the hospice of the CCFCC Canadian Culinary Federations by-laws and delivered under the CCI Canadian Culinary Federation Rules and Guidelines.

X DISCLAIMER

While every effort is made by the Professor/Faculty to cover all material listed in the outline, the order, content, and/or evaluation may change in the event of special circumstances (e.g. time constraints due to inclement weather, sickness, College closure, technology/equipment problems or changes, etc.). In any such case, students will be given appropriate notification in writing.