

NUT303 Food, Nutrition and Menu Design

School: School of Health - Nutrition and Dietetics

2025 | Semester 2

UniSC Sunshine Coast
UniSC Moreton Bay

**BLENDED
LEARNING**

You can do this course without coming onto campus, unless your program has specified a mandatory onsite requirement.

Please go to usc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This practical course will assist you in developing the skills required for designing, producing and evaluating menus for diverse population groups. In this course, you will take part in a combination of classroom activities and kitchen workshops. You will learn how to design, prepare and evaluate an appropriate menu and modify recipes for special dietary requirements, and be given an introduction to basic cookery skills which will enable you to cook and prepare foods that have high sensory appeal.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Pre-class activities including videos, readings and interactive tasks.	2hrs	Week 2	9 times
Information session – Kitchen induction and overview of the course	2hrs	Week 1	Once Only
Tutorial/Workshop 1 – Interactive workshops (theory based)	3hrs	Week 2	4 times
Tutorial/Workshop 2 – Application of theory in teaching kitchen	3hrs	Week 4	4 times

1.3. Course Topics

- Menu design principles
- Culture and menu design
- Sensory perception and evaluation of foods
- Menu design and sustainability
- Qualitative and quantitative menu assessment
- Production systems and budgeting
- Food presentation and recipe modification
- Food safety

2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Identify and critically analyse key nutritional and cuisine requirements of a specified target group.	Knowledgeable Empowered
2 Design, prepare and evaluate a suitable menu for a specified target group considering key requirements, regulation and guidelines.	Knowledgeable Empowered Sustainability-focussed
3 Demonstrate food preparation and presentation skills that result in food that exhibits high sensory appeal.	Empowered Engaged
4 Devise, publish and justify the process for the development of an original recipe.	Knowledgeable Creative and critical thinker
5 Analyse and justify menus and recipes using qualitative and quantitative methods.	Knowledgeable Creative and critical thinker

5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

(NUT300 or NUT202 or NUT203) and NUT201

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

It is assumed that students enter this course with a solid understanding of chemistry, food science, fundamental nutrition knowledge and dietary analysis. It is expected that students are familiar with and able to use scientific literature in their coursework.

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Formative feedback will be provided in workshops for all tasks.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1a	Artefact - Professional	Group	0%	500 words	Week 5	Online Submission
All	1b	Artefact - Professional	Group	40%	2000 words	Week 10	Online Submission
All	2	Artefact - Professional	Individual	30%	5 minutes	Week 8	Online Assignment Submission with plagiarism check
All	3	Oral	Individual	30%	5 minutes duration	Week 13	To be Negotiated

All - Assessment Task 1a: Menu needs evaluation

GOAL:	The goal of this formative task is to identify, evaluate and clearly communicate the diverse requirements of a specific population group in order to undertake and present a menu needs assessment.								
PRODUCT:	Artefact - Professional								
FORMAT:	<p>Working as a group, you will undertake a needs assessment with consideration of the nutritional and cultural/cuisine requirements of your chosen scenario.</p> <p>You will present your findings in a 500-word summary. You will provide evidence from the literature that supports your identification and evaluation of the key nutrition and cultural/cuisine requirements of this group. You will be provided feedback that will inform your menu proposal.</p>								
CRITERIA:	<table><thead><tr><th>No.</th><th></th><th>Learning Outcome assessed</th></tr></thead><tbody><tr><td>1</td><td>Identification and critical evaluation of the key nutritional requirements for the chosen scenario</td><td>1</td></tr></tbody></table>	No.		Learning Outcome assessed	1	Identification and critical evaluation of the key nutritional requirements for the chosen scenario	1		
No.		Learning Outcome assessed							
1	Identification and critical evaluation of the key nutritional requirements for the chosen scenario	1							
GENERIC SKILLS:	Communication, Problem solving, Organisation								

All - Assessment Task 1b: Menu proposal

GOAL:	The goal of this task is to develop an appropriate menu for a specified target group scenario.		
PRODUCT:	Artefact - Professional		
FORMAT:	<p>Working as a group, you will produce a portfolio which will include a menu plan. Based on your needs evaluation, you will develop a culturally and nutritionally appropriate menu for your chosen scenario. The menu will be developed using the six principles of menu design: nutrition, culture and cuisine, sustainability, logistics, popularity and variety.</p> <p>Your menu report will include: A five-day menu plan with menu items (dishes/items) included and a qualitative analysis of the nutritional composition of your menu.</p>		
CRITERIA:	No.		Learning Outcome assessed
	1	Appropriateness of the menu provided	2
	2	Consideration of the six principles of menu design	2
	3	Accurate qualitative analysis of the provided menu	5
GENERIC SKILLS:	Problem solving, Organisation		

All - Assessment Task 2: Recipe modification

GOAL:	The goal of this task is to alter the nutritional composition of a recipe, justify the rationale for the modification and explain the impact on the sensory components.		
PRODUCT:	Artefact - Professional		
FORMAT:	Working individually, you will produce a narrated powerpoint that includes a recipe modification completed in class as part of one of the kitchen practical sessions. This will include an explanation of changes to the recipe, visual image of the completed recipe, justification for the recipe modification, impact on the nutritional composition and on the sensory appeal of the final product.		
CRITERIA:	No.		Learning Outcome assessed
	1	You will be assessed on your ability to justify the modification to the recipe and impact on the nutritional composition	4
	2	Ability to produce and present a modified recipe, and explain the impact of the change on the sensory appeal	3
GENERIC SKILLS:	Communication, Problem solving		

All - Assessment Task 3: Menu justification

GOAL:	The goal of this task is to individually justify the rationale for your group menu proposal completed in Task 1.		
PRODUCT:	Oral		
FORMAT:	You will individually provide a clear and well justified rationale for the menu. This will be conducted as an individual oral interview.		
CRITERIA:	No.		Learning Outcome assessed
	1	Ability to provide a clear and well justified rationale for the menu proposed in Task 1, including identification and critical evaluation of the key nutritional requirements for the chosen scenario.	2 5
GENERIC SKILLS:	Communication, Problem solving		

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

There are no required/recommended resources for this course.

8.2. Specific requirements

Covered shoes, Apron, and hair tie for long hair are all requirements for participation in kitchen labs.

Kitchen labs have all been assessed for level of risk and preventive strategies are in place to reduce the risk of any hazard occurring [see HAZNET assessment]. Management plans are in place to deal with the unlikely event of an accident occurring.

You will need to have access to an electronic device. If you do not have access to an electronic device, several will be available for use within the workshops.

9. How are risks managed in this course?

Risk assessments have been performed for all studio and laboratory classes and a low level of health and safety risk exists. Some risk concerns may include equipment, instruments, and tools; as well as manual handling items within the laboratory. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty
From 15 minutes to 30 minutes: 20% penalty
More than 30 minutes: 100% penalty

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10. General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au