



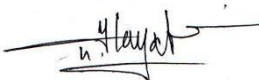

**SEMESTER LESSON PLAN (RPS)**

**(SPECIAL DIET)**



**Lecturer:**  
**Dr. Ellis Endang Nikmawati, M.Si**

**CULINARY EDUCATION STUDY PROGRAM  
DEPARTMENT OF FAMILY WELFARE EDUCATION  
FACULTY OF TECHNOLOGY AND VOCATIONAL EDUCATION  
UNIVERSITAS PENDIDIKAN INDONESIA  
2021**

	<b>SEMESTER LESSON PLAN (RPS)</b>	Doc. No : FPTK-UPI-RPS-E0751.63
		Revision :02
		Date: 27 Oktober 2021
		Page:
	<b>SPECIAL DIET</b>	
Prepared by:  Dr. Ellis Endang Nikmawati, M.Si EIN 19630311 199001 2 001	Verified by:  Dr. Ai Nurhayati, M.Si EIN 19671005 199302 2 001	Approved by:  Dr. Yulia Rahmawati, M.Si EIN 19670720 199303 2 009

### SEMESTER LESSON PLAN (RPS)

#### 1. Course Identity

Name of Study Program	: Culinary Education Study Program
Name of Course	: Special Diet
Code of Course	: BG 451
Group of Course	: Culinary Nutrition Optional Subject (MKKPPS)
SKS weight	: 3
Level	: S1
Semester	: Even
Prerequisite	: Nutrition Science, Basic culinary, Therapeutic Diet
Status (mandatory/optional)	: Optional
Lecturer name and code	: Dr. Ellis Endang Nikmawati, M.Si (1416) Dr. Cica Yulia, S.Pd, M.Si (2411)

## 2. Course Description

This course is a subject of Optional Culinary Subject (MKKPPS) for students of Culinary Education study program as advanced knowledge. Students who have completed this course are expected to be able to understand the concept and apply the concept of implementing a special diet for various health problems based on the life cycle consisting of administering a special diet for children with anemia and lack of protein energy, obese school-age children, administering a diet for autism, administering adolescents diet with eating disorders, pregnant women with complications, and the elderly with cognitive disorders (*alzheimer's*), administering a diet for allergic diseases, administering a diet for athletes

## 3. Outcomes of Referenced Study Program Learning (RSPL)

- S Demonstrate scientific, educative, and religious attitudes and behaviors contributing to improving the quality of life in society, nation, and state, based on academic norms and ethics
- P3 Proficient in theoretical concepts of Culinary education
- KU Can apply logical, critical, systematic, and innovative thinking in the context of science and technology development or implementation that pays attention to and applies humanities values corresponding their area of expertise.
- KK3 Can apply various food processing in accordance with food processing principles

## 4. Course Learning Outcomes (CLO)

- M1. Describe the scope of implementing a special diet based on the human life cycle
- M2. Analyze the implementation of the diet for Toddlers Lack of protein energy
- M3. Arrange diet for Allergic Toddlers
- M4. Design a diet for Obese Children
- M5. Analyze diet arrangement for Autistic Children
- M6. Design a diet plan for adolescents with eating disorders
- M7. Design a diet for anemic adolescents
- M8. Make diet arrangements for pregnant women with preeclampsia
- M9. Analyze the administration of a diet for the elderly with impaired cognitive function (Alzheimer's)
- M10. Arrange a diet for athletes
- M11. Investigate the current issues of administering a special diet

## 5. Description of Learning Plan

Meeting	Sub-CLO (Course Learning Outcomes Indicators)	Study Modules	Learning Format	Time	Assignment and Evaluation	References
1	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b> <b>Describe the scope of implementing a special diet based on the human life cycle</b></li> <li>● <b>Indicators</b> <ol style="list-style-type: none"> <li>1. Can explain the definition of special diet administration</li> <li>2. Can describe the scope of special diet administration</li> <li>3. Can demonstrate the implementation of a special diet based on the life cycle</li> </ol> </li> </ul>	Special Diet Concept <ol style="list-style-type: none"> <li>1. Definition of Special diet administration</li> <li>2. The scope of administering a special diet.</li> <li>3. Examples of administering a special diet according to the life cycle</li> </ol>	<b>Learning format:</b> <i>Synchronous:</i> Virtual meeting via zoom <i>Asynchronous:</i> Self-study via spot.upi.edu  Listening to lectures from lecturers, asking questions, doing assignments, and discussing	100'	Oral quiz and end of class	Judith E. Brown. <i>Nutrition Through Life Cycle</i> . United States of America. Cengage Learning. 2016  Judith Sharlin & Sari Edelstein. <i>Essential of Life Cycle Nutrition</i> . United States of America. Jones and Bartlett Publishers, LLC. 2011.
2	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b> <b>Analyze the implementation of the diet for Toddlers</b></li> <li>● <b>Lack of protein energy</b></li> <li>● <b>Indicators</b> <ol style="list-style-type: none"> <li>1. Can describe the problem of protein energy deficiency in toddlers</li> </ol> </li> </ul>	Administer a diet for toddlers with protein energy deficiency <ol style="list-style-type: none"> <li>1. Definition of lack of protein energy in toddlers</li> <li>2. Factors causing Toddler lack of protein energy.</li> <li>3. Clinical signs and symptoms of protein energy deficiency in toddlers</li> </ol>	<b>Learning format:</b> <i>Synchronous:</i> Virtual meeting via zoom <i>Asynchronous:</i> Self-study via spot.upi.edu Listening to lectures from lecturers, asking questions, doing assignments, and discussing	100'	Oral quiz and end of class	Sari Edelstein. <i>Life Cycle Nutrition, An Evidence-Based Approach</i> . United States of America. Jones and Bartlett Publishers, LLC. 2015.  David Kilcast and Fiona Angus.

	<ol style="list-style-type: none"> <li>2. Can describe the factors that cause protein energy deficiency in toddlers.</li> <li>3. Can explain clinical signs and symptoms of protein energy deficiency in toddlers.</li> <li>4. Can sort nutritional therapy in toddlers lacking protein energy.</li> <li>5. Can make food formulas for toddlers lacking protein energy.</li> </ol>	<ol style="list-style-type: none"> <li>4. Nutritional therapy for protein energy deficiency in toddlers</li> <li>5. Make a diet formula for toddlers lacking protein energy.</li> </ol>				<p><i>Developing children's food products.</i> New Delhi. Woodhead Publishing Limited.2011</p>
3	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b></li> <li><b>Arrange a diet for allergic toddlers</b></li> <li>● <b>Indicators</b> <ol style="list-style-type: none"> <li>1. Can explain the definition of allergic toddlers.</li> <li>2. Can describe the factors that cause allergies in toddlers.</li> <li>3. Can design dishes for toddlers who have allergies.</li> </ol> </li> </ul>	<p><b>Administer a diet for allergic toddlers</b></p> <ol style="list-style-type: none"> <li>1. Definition of Allergy</li> <li>2. Factors causing allergy in infants</li> <li>3. Requirements of preparing the menu for Toddler Allergies</li> </ol>	<p><b>Learning format:</b></p> <p><i>Synchronous:</i> Virtual meeting via zoom</p> <p><i>Asynchronous:</i> Self-study via spot.upi.edu</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100'	Oral quiz and end of class	<p>David Kilcast and Fiona Angus . <i>Developing children's food products.</i> New Delhi. Woodhead Publishing Limited.2011</p> <p>Judy More. <i>Infant, Child and Adolescent Nutrition.</i> New York. CRC Press is an imprint of</p>

	4. Can make dishes for toddlers who have allergies.					the Taylor & Francis Group. 2021
4	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b> <b>Design a diet for Obese Children</b></li> </ul> <ol style="list-style-type: none"> <li>1. Can describe cases of obesity in children (definition, prevalence and indicators)</li> <li>2. Can explain the factors that influence the occurrence of obesity in children.</li> <li>3. Can review various diets for obese children</li> <li>4. Can make food dishes for obese children</li> </ol>	<b>Design a diet for Obese Children</b> <ol style="list-style-type: none"> <li>1. Definition of obesity in children</li> <li>2. Factors affecting obesity in children</li> <li>3. Diet arrangement for obese children</li> <li>4. Diet requirements for obese children</li> </ol>	<b>Learning format:</b> <i>Asynchronous:</i> Self-study via spot.upi.edu  Listening to lectures from lecturers, asking questions, doing assignments, and discussing	100'	Oral quiz and end of class	Jane Clarke. <i>Complate Family Nutrition.</i> New York. DK Publishing. 2014  Judy More. <i>Infant, Child and Adolescent Nutrition.</i> New York. CRC Press is an imprint of the Taylor & Francis Group. 2021
5	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b> <b>Analyze diet arrangement for Autistic Children</b></li> <li>● <b>Indicators</b></li> </ul> <ol style="list-style-type: none"> <li>1. Can explain the definition of Autism Spectrum Disorders</li> </ol>	<b>Analyze diet arrangement for Autistic Children</b> <ol style="list-style-type: none"> <li>1. Definition of Autism Spectrum Disorders</li> <li>2. Causes of Autism Spectrum Disorders</li> <li>3. eating arrangements for children with Autism Spectrum Disorders</li> </ol>	<b>Learning format:</b> <i>Synchronous:</i> Virtual meeting via zoom  <i>Asynchronous:</i> Self-study via spot.upi.edu	100'	Oral quiz and end of class	Jane Clarke. <i>Complate Family Nutrition.</i> New York. DK Publishing. 2014  Judy More. <i>Infant, Child and Adolescent Nutrition.</i> New

	<ol style="list-style-type: none"> <li>2. Can explain the causes of Autism Spectrum Disorders</li> <li>3. Can describe eating arrangements for children with Autism Spectrum Disorders</li> <li>4. Can make food dishes for Autistic Children</li> </ol>	<ol style="list-style-type: none"> <li>4. food dishes for autistic children</li> </ol>	<p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>			<p>York. CRC Press is an imprint of the Taylor &amp; Francis Group. 2021</p>
6-7	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b> Design a diet plan for adolescents with eating disorders</li> <li>● <b>Indicators</b> <ol style="list-style-type: none"> <li>1. Can explain the definition of eating disorder</li> <li>2. Can distinguish 3 types of eating disorder cases in adolescents (Anorexia nervosa, Bulimia, Binge Eating).</li> <li>3. Can arrange menus for 3 types of eating disorder cases in adolescents (Anorexia nervosa, Bulimia, Binge Eating)</li> </ol> </li> </ul>	<p><b>Design a diet plan for adolescents with eating disorders (eating disorder) definition of eating disorder</b></p> <ol style="list-style-type: none"> <li>1. cases of eating disorders in adolescents (Anorexia nervosa, Bulimia, Binge Eating).</li> <li>2. Prepare menus for 3 types of eating disorder cases in adolescents (Anorexia nervosa, Bulimia, Binge Eating)</li> <li>3. Make dishes for 3 kinds of cases</li> </ol>	<p><b>Learning format:</b> <i>Asynchronous:</i> via spot.upi.edu</p> <p>Special diet practices</p>	2x200'	<p>Practical planning, and evaluation of results</p>	<p>Jane Clarke. <i>Complate Family Nutrition</i>. New York. DK Publishing. 2014</p> <p>Judith Sharlin &amp; Sari Edelstein. <i>Essential of Life Cycle Nutrition</i>. United States of America. Jones and Bartlett Publishers, LLC. 2011.</p>

	4. Can make dishes for 3 types of eating disorder cases in adolescents (Anorexia nervosa, Bulimia, Binge Eating).					
8	<b>MID-TERM EXAM</b>					
9-10	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b> <b>Administer a diet for Adolescents with Anemia</b></li> <li>● <b>Indicators</b> <ol style="list-style-type: none"> <li>1. Can explain the definition of anemia and indicators of anemia in adolescents.</li> <li>2. Can describe the factors that cause anemia in adolescents.</li> <li>3. Can sort the occurrence of iron anemia</li> <li>4. Can design dishes for anemic teenagers.</li> <li>5. Can make dishes for anemic teenagers.</li> </ol> </li> </ul>	<b>Administer a diet for Adolescents with Anemia</b> <ol style="list-style-type: none"> <li>1. Definition of anemia and indicators of anemia in adolescents.</li> <li>2. Factors causing anemia in adolescents.</li> <li>3. Order of the emergence of iron anemia</li> <li>4. Design dishes for anemic teenagers.</li> </ol>	<b>Learning format:</b> <i>Synchronous:</i> Virtual meeting via zoom <i>Asynchronous:</i> Self-study via spot.upi.edu  Listening to lectures from lecturers, asking questions, doing assignments, and discussing	2x200'	Practical planning, and evaluation of results	Yolanda N. Evans & Alicia Dixon Docter <i>Adolescent Nutrition.</i> Springer Nature Switzerland AG 2020 Jane Clarke. <i>Complate Family Nutrition.</i> New York. DK Publishing. 2014
11	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b> Make diet arrangements for</li> </ul>	Administer a diet for pregnant women with preeclampsia	<b>Learning format:</b>	100'	Oral quiz and end of class	Tara Gidus. <i>Pregnancy Cooking &amp;</i>



	<p>pregnant women with preeclampsia</p> <ul style="list-style-type: none"> <li>● <b>Indicators</b> <ol style="list-style-type: none"> <li>1. Can explain the definition of preeclampsia in pregnant women.</li> <li>2. Can describe the factors that cause preeclampsia in pregnant women.</li> <li>3. Can describe eating arrangements for pregnant women with preeclampsia</li> <li>4. Can make dishes for pregnant women with preeclampsia.</li> </ol> </li> </ul>	<ol style="list-style-type: none"> <li>1. definition of preeclampsia in pregnant women.</li> <li>2. Factors causing preeclampsia in pregnant women.</li> <li>3. dietary arrangement for pregnant women with preeclampsia</li> <li>4. food for pregnant women with preeclampsia.</li> </ol>	<p><i>Asynchronous:</i> Self-study via spot.upi.edu</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>			<p><i>Nutrition For Dummies.</i> New Jersey. John Wiley &amp; Sons Inc</p> <p>Carol J. Lammi-Keefe, Elliot H. Philipson, Sarah C. Couch. <i>Handbook of Nutrition and Pregnancy.</i> United States of America. Humana Press, a part of Springer Science + Business Media, LLC. 2018</p>
12	<ul style="list-style-type: none"> <li>● <b>Sub-CLO</b> <b>Analyze the administration of a diet for the elderly with impaired cognitive function (Alzheimer's)</b></li> <li>● <b>Indicators</b> <ol style="list-style-type: none"> <li>1. Can explain the definition of Alzheimer's</li> <li>2. Can describe the factors that cause Alzheimer's</li> </ol> </li> </ul>	<p><b>Analyze the administration of a diet for the elderly with impaired cognitive function (Alzheimer's)</b></p> <ol style="list-style-type: none"> <li>1. Definition of Alzheimer's</li> <li>2. Factors that cause Alzheimer</li> <li>3. diet arrangement for Alzheimer</li> <li>4. dishes for Alzheimer</li> </ol>	<p><b>Learning format:</b></p> <p><i>Asynchronous:</i> Self-study via spot.upi.edu</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100'	Oral quiz and end of class	<p>Connie Watkins, Julie L. Locher, Edward. <i>Handbook of Clinical Nutrition and Aging.</i> Springer Science Business Media New York. 2014</p>

	<p>3. Can describe eating arrangements for alzheimer</p> <p>4. Can make dishes for Alzheimer's</p>					
13-14	<p>● <b>Sub-CLO</b>  <b>Administer a diet for athletes</b></p> <p>● <b>Indicators</b></p> <p>1. Can describe the concept of diet for athletes before competing, during competition and post-competition.</p> <p>2. Can describe the nutritional needs of athletes.</p> <p>3. Can arrange dishes for athletes before competing, during competition and post-competition.</p> <p>4. Can make athletes' dishes before competing, during competition and post-competition.</p>	<p><b>diet administer for athletes</b></p> <p>1. the concept of diet for athletes before competing, during competition and post-competition.</p> <p>2. nutritional requirements for athletes.</p> <p>3. dishes for athletes before competing, during competition and post-competition.</p> <p>4. athlete's dishes before competing, during competition and post-competition.</p>	<p><b>Learning format:</b>  <i>Asynchronous:</i> via spot.upi.edu</p> <p>Special diet practices</p>	2x200'	Practical planning, and evaluation of results	MacKay, Jennifer. <i>Sports Nutrition</i> . United States of America. Lucent Books. 2014
15	<p>● <b>Sub-CLO</b>  <b>Investigate the current issues of administering a special diet</b></p> <p>● <b>Indicators</b></p>	<p><b>Investigate the current issues of administering a special diet</b></p> <p>1. current issues in the management of reducing diets</p>	<p><b>Learning format:</b>  <i>Synchronous:</i>  Virtual meeting via zoom</p>	100'	Oral quiz and end of class	Connie Watkins, Julie L. Locher, Edward. <i>Handbook of Clinical Nutrition and</i>

	<ol style="list-style-type: none"> <li>1. Can explain the latest issues in the implementation of reducing diets</li> <li>2. Can analyze the latest issues in the implementation of the diet for vegetarians</li> </ol>	<ol style="list-style-type: none"> <li>2. current issues in diet management for vegetarians</li> </ol>	<i>Asynchronous:</i> Self-study via spot.upi.edu Listening to lectures from lecturers, asking questions, doing assignments, and discussing			<i>Aging.</i> Springer Science Business Media New York. 2014 Chad Cox. <i>Nutritional Biochemistry Current Topics in Nutrition Research.</i> Apple Academic Press, Inc.2015
16	<b>SEMESTER5 FINAL EXAM</b>					

## 6. References

- A. Judith E. Brown. *Nutrition Through Life Cycle*. United States of America. Cengage Learning. 2016
- B. Judith Sharlin & Sari Edelstein. *Essential of Life Cycle Nutrition*. United States of America. Jones and Bartlett Publishers, LLC. 2011.
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- D. Tara Gidus. *Pregnancy Cooking & Nutrition For Dummies*. New Jersey. John Wiley & Sons Inc
- E. Carol J. Lammi-Keefe, Elliot H. Philipson, Sarah C. Couch. *Handbook of Nutrition and Pregnancy*. United States of America. Humana Press, a part of Springer Science + Business Media, LLC. 2018
- F. David Kilcast and Fiona Angus . *Developing children's food products*. New Delhi. Woodhead Publishing Limited.2011
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- K. Connie Watkins, Julie L. Locher, Edward. *Handbook of Clinical Nutrition and Aging*. Springer Science Business Media New York. 2014
- L. Chad Cox. *Nutritional Biochemistry Current Topics in Nutrition Research*. Apple Academic Press, Inc.2015
- M. MacKay, Jennifer. *Sports Nutrition*. United States of America. Lucent Books. 2014

## 7. Appendixes

Appendix 1. Teaching Modules and/or learning presentation modules  
Appendix 2. Evaluation Instrumen

