Nutrition 303 Quantity Food Production
Reflection Statement

At the beginning of this course, I was a little nervous to delve into a new area of study in nutrition, and complete another large project. However, having work experience in food service was a huge advantage in being able to apply and relate the information we learned in real life.

My favorite part of the course was learning about the menu and all of the methodology and science that is utilized to create an ideal menu. For example, I did not know that the best menus should have less than 30 items. I also enjoyed the pricing psychology, and learning about the pricing factors food service uses as I have always been curious as to how restaurants mark up their menu prices.

The project was a stressful ordeal, but was a great way to test the knowledge we had learned over the semester. Although I was underwhelmed by the efforts of my group mates and there were some major disappointments, taking leadership over all my projects this semester allowed my leadership skills to grow and develop.

Professor Linda Copp, MS, RD, is always a pleasure to take classes with, and provides many anecdotes and examples to help students remember and apply what they are learning. As each semester passes by, the nutrition courses become more and more involved, but also much more applicable to real life situations we will likely face in our careers as future nutrition professionals. I appreciate Professor Copp going over RD exam examples, and preparing us for what is rapidly approaching ahead.