

<b>Course Title</b>	Nutrition & Special Dietary Needs				
<b>Course Code</b>	THOM – 220				
<b>Course Type</b>	This course serves as both Elective and Requirement, according to the following table				
	Hospitality Diploma/Bachelor		Hospitality Elective		
	Culinary Diploma		Hospitality Requirement		
	All Programs		General Elective		
<b>Level</b>	Bachelor (1 <sup>st</sup> Cycle)				
<b>Year / Semester</b>	Year 2, B' Semester				
<b>Teacher's Name</b>	Maria Katsiari				
<b>ECTS</b>	6	<b>Lectures / week</b>	3	<b>Laboratories / week</b>	0
<b>Course Purpose and Objectives</b>	This course covers proper nutrition, protecting consumers from harmful illnesses and promoting food safety and healthy lifestyle. It includes special dietary needs for customers with food allergies, eating patterns and dietary restrictions. This course aims to provide the basic knowledge about nutrients in food and drinks which build, repair and keep people fit, active and healthy. To understand special dietary needs and how to implement proper nutrition plan.				
<b>Learning Outcomes</b>	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> <li>1. Analyze, understand and produce proper nutrition guidelines using appropriate nutritional principles.</li> <li>2. Understand Human nutrition and Macronutrients: lipids, vitamins, minerals, protein and carbohydrates</li> <li>3. Identify the key role of nutrition and special dietary needs in culinary and hospitality industries.</li> <li>4. Plan and analyze dietary needs</li> <li>5. Prepare menus for a range of situations and special needs.</li> </ol>				
<b>Prerequisites</b>	TCUA – 100 Introduction to Gastronomy & Culinary Theory		<b>Required</b>		
<b>Course Content</b>	<ol style="list-style-type: none"> <li>1. An overview of nutrition</li> <li>2. Digestion, Absorption and Transport</li> <li>3. Macronutrients: Carbohydrates, Lipids &amp; Proteins</li> </ol>				

	<ol style="list-style-type: none"> <li>4. Eating patterns and dietary restrictions</li> <li>5. Vegetarianism - Veganism</li> <li>6. Energy metabolism and body composition</li> <li>7. Weight and diet management</li> <li>8. Life cycle nutrition for different age ranges</li> <li>9. Life cycle nutrition for a variety of health situations</li> <li>10. Foods &amp; recipes according to special dietary needs</li> </ol>								
<b>Teaching Methodology</b>	The course is delivered in a theoretical manner by using slides and visual tools followed by a set of practical tasks.								
<b>Mode of delivery</b>	Through lectures, demonstrations and discussions.								
<b>Bibliography</b>	<b>Required</b>								
	Rolfes, S., Pinna, K. and Whitney, E. (2015). <i>Understanding Normal and Clinical Nutrition</i> . Stamford, CT: Cengage Learning.								
	<b>Recommended</b>								
	Contento, I., (2007), <i>Nutrition education: Linking research, theory and practice</i> . Ontario, Jones & Bartlett publishers.								
<b>Assessment</b>	<p>The following assessment methods are employed to assess this course:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">30 – 50 %</td> <td style="width: 50%; text-align: center;">Final Exam</td> </tr> <tr> <td style="text-align: center;">20 – 40 %</td> <td style="text-align: center;">Mid –Term / Tests / Quizzes</td> </tr> <tr> <td style="text-align: center;">10 – 30 %</td> <td style="text-align: center;">Assignments / Projects</td> </tr> <tr> <td style="text-align: center;">0 – 10 %</td> <td style="text-align: center;">Class Attendance &amp; Participation</td> </tr> </table>	30 – 50 %	Final Exam	20 – 40 %	Mid –Term / Tests / Quizzes	10 – 30 %	Assignments / Projects	0 – 10 %	Class Attendance & Participation
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<b>Language</b>	English								