

<b>Course Title</b>	Nutrition									
<b>Course Code</b>	THOM – 302									
<b>Course Type</b>	This course serves as both Elective and Requirement, according to the following table :									
	<table border="1"> <tr> <td>Hospitality Diploma</td> <td>Hospitality Elective</td> </tr> <tr> <td>Culinary Diploma/Higher Diploma</td> <td>Hospitality Requirement</td> </tr> <tr> <td>All Programs</td> <td>General Elective</td> </tr> </table>		Hospitality Diploma	Hospitality Elective	Culinary Diploma/Higher Diploma	Hospitality Requirement	All Programs	General Elective		
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Culinary Diploma/Higher Diploma	Hospitality Requirement									
All Programs	General Elective									
<b>Level</b>	Bachelor (1 <sup>st</sup> Cycle)									
<b>Year / Semester</b>	Year 3, A' Semester									
<b>Teacher's Name</b>	Dimitris Kouklou									
<b>ECTS</b>		<b>Lectures / week</b>	3	<b>Laboratories / week</b>						
<b>Course Purpose and Objectives</b>	This course provides students with a working knowledge of how to minimize consumer risk of illness and injury from foods consumed in the hospitality industry: potentially hazardous foods, food safety hazards, personal hygiene, safety measures during preparing and serving food, and developing and implementing the proper safety systems.									
<b>Learning Outcomes</b>	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> <li>1. Ability to analyze understand and produce proper nutrition guidelines using appropriate nutritional principles.</li> <li>2. Embedding the importance of nutrition in a healthy lifestyle and investigate the link among diet and health.</li> <li>3. Identify the key role of nutrition in hospitality management.</li> <li>4. Demonstrate organizational and time-management skills for the planning and preparation of menus and nutritional plans.</li> <li>5. Plan and analyze diet and menus for a range of situations and customers.</li> <li>6. Identify and develop kitchen skills in regard to food hygiene.</li> </ol>									
<b>Prerequisites</b>	TCUA – 100 Introduction to Gastronomy & Culinary Theory or THOM – 102 Culinary Theory & Practice I		<b>Required</b>							
<b>Course Content</b>	<p>To provide the basic knowledge about nutrients in food and drinks which build, repair and keep people fit, active and healthy. To understand people's diets and how they affect their health.</p> <ol style="list-style-type: none"> <li>1. Food and health</li> <li>2. Choosing a healthy balanced diet</li> <li>3. Cooking for a healthy and balanced lifestyle</li> <li>4. Eating patterns and special needs</li> <li>5. The nutrients in our foods</li> </ol>									

	<ol style="list-style-type: none"> <li>6. Energy requirements</li> <li>7. Feed the world</li> <li>8. Kitchen skills and hygiene</li> <li>9. Food tables</li> <li>10. Vegetarian cuisine</li> <li>11. Foods &amp; recipes according to 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>								
	Edelstein S. (2008), <i>Managing food and nutrition services</i> , Jones and Bartlett publishers.								
	<b>Recommended</b>								
	Contento, I., (2006), <i>Nutrition education</i> , Jones and Bartlett publishers.								
<b>Assessment</b>	<p>The following assessment methods are employed to assess this course:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>30 – 50 %</td> <td>Final Exam</td> </tr> <tr> <td>20 – 40 %</td> <td>Mid –Term / Tests / Quizzes</td> </tr> <tr> <td>10 – 30 %</td> <td>Assignments / Projects</td> </tr> <tr> <td>0 – 10 %</td> <td>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								