

Course Title	Nutrition & Special Dietary Needs								
Course Code	THOM – 220								
Course Type	This course serves as both Elective and Requirement, according to the following table <table><tr><td>Culinary Diploma</td><td>Requirement</td></tr><tr><td>All Programs</td><td>General Elective</td></tr></table>					Culinary Diploma	Requirement	All Programs	General Elective
Culinary Diploma	Requirement								
All Programs	General Elective								
Level	Diploma (Short Cycle)								
Year / Semester	Year 2, B' Semester								
Teacher's Name	Maria Katsiari								
ECTS	6	Lectures / week	3	Laboratories / week	0				
Course Purpose and Objectives	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.								
Learning Outcomes	Upon completion of this course students will be able to: <div><div>1.</div><div>Analyze, understand and produce proper nutrition guidelines using appropriate nutritional principles.</div></div> <div><div>2.</div><div>Understand Human nutrition and Macronutrients: lipids, vitamins, minerals, protein and carbohydrates</div></div> <div><div>3.</div><div>Identify the key role of nutrition and special dietary needs in culinary and hospitality industries.</div></div> <div><div>4.</div><div>Plan and analyze dietary needs</div></div> <div><div>5.</div><div>Prepare menus for a range of situations and special needs.</div></div>								
Prerequisites	TCUA – 100 Introduction to Gastronomy & Culinary Theory			Required					
Course Content	<div><div>1.</div><div>An overview of nutrition</div></div> <div><div>2.</div><div>Digestion, Absorption and Transport</div></div> <div><div>3.</div><div>Macronutrients: Carbohydrates, Lipids & Proteins</div></div>								

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



ΦΟΡΕΑΣ ΔΙΑΣΦΑΛΙΣΗΣ ΚΑΙ ΠΙΣΤΟΠΟΙΗΣΗΣ ΤΗΣ ΠΟΙΟΤΗΤΑΣ ΤΗΣ ΑΝΩΤΕΡΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
CYPRUS AGENCY OF QUALITY ASSURANCE AND ACCREDITATION IN HIGHER EDUCATION

