



<b>Course Code</b> HOSP 105	<b>Course Title</b> Food Science	<b>ECTS credits</b> 6
<b>Department</b> Hospitality, Tourism & Sports	<b>Semester</b> Spring/Fall	<b>Prerequisites</b> BENG 100
<b>Type of Course</b> Major	<b>Field</b> Food and Nutrition	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 1st	<b>Lecturer</b> Fotini Lappa
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

### Objectives of the Course:

The main objectives of the course are to:

- **Determine** the principles of food production, food storage, food preparation and food use.
- **Explain** the principles behind meal planning, the role of the nutritional value of foods and how this affects food service operations.
- **Identify** sanitation and safety principles as well as discuss relevant hygiene issues (HACCP).
- **Discuss** the associations between food and technology and their importance.
- **Discuss** matters surrounding dietary recommendations and how these relate to menu planning and food service operations.
- **Recognize** different types of foods (food commodities), their functions and different uses.

### Learning Outcomes:

After completion of the course students should be able to:

1. **State** the basic principles of food science and how this relates to the hospitality industry.
2. **Identify** the essentials of food hygiene and comprehend the principles of proper food storage and preservation to avoid any form of food contamination.
3. **Comprehend** the basics of food production and gain a broad understanding of food commodities used in quantity food production.
4. **Develop** new menus using all the food ingredients discussed.
5. **Explain** the new concept of Gastronomy and its relationship to tourism.
6. **Recognize** HACCP rules and regulations and implement all these in the Hotel Industry.

**Course Content:**

- Definition of Food Science.
- Gastronomy and the art of fine dining within the hotel industry.
- Gastronomy and tourism.
- Food fundamentals – recognizing different produce beginning with fruits and vegetables.
- Food fundamentals – herbs, spices and condiments.
- Food fundamentals – fish, meat, poultry, dairy, flour, nuts and beverages.
- Breaking down the nutrients and the chemicals found in foods.
- Food labeling current laws.
- Menu Planning.
- Hotel concerns in purchasing, storing and preparing foods.
- Food and technology – the changes throughout the years from cross breeding to modern biotechnology.
- Sanitation and Safety within the food industry.
- HACCP principles and their applications.

**Teaching Methods:**

Lectures, videos, presentations and student assignments and student presentations

**Assessment Methods:**

Assignments, exercises, Midterm exam, Final exam, class participation

**Required Textbooks/Reading:**

Author	Title	Publisher	Year	ISBN
Sharon Tyler Herbst and Ron Herbst,	The New food lovers companion	Barrons educational series inc.,(4 <sup>th</sup> ed.)	2007	978-0764135774
RJ Donaldson, The Royal Society for the promotion of Health (2000).	Essential food hygiene,	Society for the promotion of Health ( 4 <sup>th</sup> edition)	2010	

**Recommended Textbooks/Reading:**

Author	Title	Publisher	Year	ISBN
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Tull, A.	Food and Nutrition	Oxford University Press	1996	0-198-327-668
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