



Course Syllabus

Course Code	Course Title	ECTS Credits
HOSP-105	Food Science	6
Prerequisites	Department	Semester
BENG-100	Management	Fall
Type of Course	Field	Language of Instruction
Major	Food and Nutrition	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Fotini Lappa	1 st
Mode of Delivery	Work Placement	Corequisites
Face to face	N/A	None

Course Objectives:

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, technology, dietary recommendations and how these relate to menu planning and food service operations.

Learning Outcomes:

After completion of the course students are expected to 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:

- Introduction to the science of food
- The link between Gastronomy and tourism
- Food Fundamentals – fresh fruit, vegetables, meat, poultry, dairy, flour and bread, nuts, beverages, sauces, seasonings
- The major macronutrients found in foods, vitamins, Minerals, Water
- Contemporary concerns such as food labelling
- Food manufacture and Processed Foods
- Sanitation and Safety/Hygiene, food borne illnesses and HACCP Regulations
- Menu planning including concerns in purchasing, storing, and preparing foods
- Contemporary concerns on menu planning

Learning Activities and Teaching Methods:

Lecture, individual and group work, tests, student participation

Assessment Methods

Participation, Tests, Final exam

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
“Food Preparation and Nutrition”	Tull, Anita	Illuminate Publishing	2016	ISBN 10: 1908682787 / ISBN 13: 9781908682789 978-1-4380-0163-0
Lecture’s Notes	Fotini Lappa	Updated on a yearly basis.	2021	

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
WJEC Eduqas GCSE Food Preparation and Nutrition	Jayne Hill	Illuminate Publishing	2021	1912820994
'Essentials of Food Science'	Vickie A. Vaclavik, Elizabeth W. Christian	Springer, New York, NY	2014	978-1-4614- 9137-8
URL: http://link.springer.com/book/10.1007/978-1-4614-9138-5				