



UNIVERSITY *of* NICOSIA

Course Code THOM 361	Course Title Nutrition	Credits (ECTS) 6
Department Hospitality, Tourism & Sports	Semester Fall	Prerequisites HOSP 105/Senior
Type of Course Major/Elective	Field Food and Nutrition	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 3rd	Lecturer Fotini Lappa
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The main objectives of the course are to:

- Give solid guidelines regarding food choices and food labeling.
- Outline the human digestive system and how it functions.
- Introduce the nutrients and discuss their association with digestion and metabolism.
- Apply the principles of health to the different stages in the lifecycle.
- Introduce current information about diseases that are associated with nutrition / food intake and lifestyle.
- Develop menus within hospitality provision that can aid with prevention of these diseases.
- Discuss Food allergies and the importance of recognizing these within the hospitality industry.
- Introduce current trends within the hospitality industry regarding food for example the increase in vegetarianism and recognize the concerns consumers may have about food.
- Introduce students to the politics of the food industry – genetic engineering of food etc.

- Apply recipe modifications specifically for disease states associated with nutrition.

Learning Outcomes:

After completion of the course students should be able to:

1. **Explain** the basic principles of all the nutrients found in foods.
2. **Explore** different food options and why people choose the foods they choose to eat.
3. **Recognize** the different disease states that are associated with the modern diet.
4. **Describe** basic metabolism and how the digestive system works.
5. **Analyze** energy needs and understand how these needs change throughout the lifecycle.
6. **Explain** how prevention through healthy eating is the most important aspect of avoiding most modern disease states (overweight, obesity, osteoporosis, heart disease etc).
7. **Demonstrate** how diet modifications can help with reducing risk but also with maintenance of a disease state.
8. **Develop** recipes and menus or modify recipes to comply with different disease states.
9. **Explain** what vegetarianism is and develop menus for vegetarians.

Course Content:

- Nutrition Basics – the nutrients.
- The relationship between nutrition and health.
- The food choices people make and why.
- Diet planning principles.
- Human digestion and metabolism.
- Nutrition in the lifecycle.
- Nutrition and disease states such as obesity, diabetes, heart disease, hypertension, cancer and osteoporosis.
- Food allergy concerns within the hospitality industry.
- Current trends – vegetarian choices.
- Current trends – organic vs. gm foods.
- Recipe and menu alterations to create heart healthy, antioxidant rich, low fat, high calcium, diabetic menus.

Learning Activities and Teaching Methods:

Lectures, videos, presentations and student assignments

Assessment Methods:

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

Required Textbooks/reading ;

Author	Title	Publisher	Year	ISBN
Drummond, K. E. & Brefere, L. M.	Nutrition for Foodservice and Culinary Professionals	Wiley & Sons Inc	2004	0-471-41977
Tull, A	Food and Nutrition		1998	0-198-327-

Kirschmann, G. J.	Nutrition Almanac	Oxford University Press McGraw-Hill	1996	668 0-07-034922- 3
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Recommended Textbooks/Reading:

Author	Title	Publisher	Year	ISBN
Gates, J.	Basic Foods	Holt, Rinehart and Winston New York	1990	0-03-013401- 3
Hamilton, I. C.	Food and Nutrition In Practice	Thomas Litho Ltd	1987	0-435-42040- 2