

University of Nicosia, Cyprus

Course Code HOSP 105	Course Title Food Science	ECTS credits 6
Department Hospitality, Tourism & Sports	Semester Spring/Fall	Prerequisites BENG 100
Type of Course Major	Field Food and Nutrition	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 1st	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:

- **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 th 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 th 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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