



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

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| 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- |

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|-------------------|-------------------|---|------|--------------------------|
| 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 |