

# HIGHER HOTEL INSTITUTE CYPRUS

## Module Description 2019/20



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**Module Title:** Food and Nutrition

**Module Code:** CACM 162

**Programme of Study/Year of Study:** Culinary Arts / Year 1

**Group:** CA I **Semester:** Spring

**Number of Hours Taught:** 2 periods per week **ECTS:** 3

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**Instructor:** Jeanne Savva

**Office Hours:** Monday: 10:30 – 12:00

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**Pre-requisite(s) : No previous background assumed**

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### Module Rationale

This module is designed to introduce the student to the basic concepts of nutrition, current dietary guidelines and different dietary needs in relation to the food preparation industry.

### Aims

The module provides students with a basic understanding of essential nutrients and their importance to the growth, maintenance and functioning of the body. Students will familiarise themselves with nutritional requirements of different age groups and phases of the life cycle. Current dietary guidelines and trends in nutrition will also be explored along with their impact on the food industry.

### Intended Learning Outcomes

On successful completion of the course, participants should be able to:

- Familiarise themselves with basic nutrition and explain the relationship between diet and health and its impact on the food industry.
- Examine the function and role of nutrients.
- Discuss the impact of food preparation and cooking on nutritional loss.
- Acknowledge the major diet-related health issues and conditions.
- Discuss the correlation between energy expenditure and food intake.
- Discuss nutritional needs within the life cycle.
- Describe factors affecting consumer choices, demands, new trends and concerns.

Acknowledge the importance of healthy eating and the necessity for the food industry to provide the consumer with healthy food options.



**Delivery Methods:**

Lectures, overhead transparencies, coursework, group work and presentations.

**Assessment:**

Coursework:	40%
Tests:	10%
Mid-Term Examination:	20%
Final Examination:	30%

**Module Requirements**

Refer to the students' manual for the module requirements.

**Module Plan and Content**

Week	Dates	Topics to be Covered	Reference Chapter / Material
1.	27/01– 31/01	Introduction to nutrition  Impact of diet and health on the food industry Current dietary guidelines and nutritional targets 5 A DAY campaign The eatwell plate	pp. 2 – 9
2.	03/02-07/02	The relationship between diet and health  Dietary reference values Energy and food Overweight and obesity Diet and health Basic digestion	pp. 10 - 27
3.	10/02-14/02	Carbohydrates, starches, sugars and dietary fibre Structure, sources, functions, dietary concerns and effects of food preparation and cooking	pp. 34 - 41
4.	17/02-21/02	Fats and oils	



Week	Dates	Topics to be Covered	Reference Chapter / Material
		Structure, sources, functions, dietary concerns and effects of food preparation and cooking	pp. 30 – 33 Handouts
5.	24/02-28/02	Proteins Structure, sources, functions, dietary concerns and effects of food preparation and cooking	pp. 28 – 29 Handouts
6.	03/03-06/03	Vitamins Differentiation (water and fat soluble), sources, functions, dietary concerns and effects of food preparation and cooking	pp. 42 -45 Handouts
7.	09/03-13/03	Minerals, Trace Elements  Differentiation, sources, functions, dietary concerns and effects of food preparation and cooking Salt and sodium	pp. 46 -51 Handouts
8.	16/03-20/03	Importance of water in the diet Detrimental effects of alcohol and substance abuse on nutrient intake and absorption Dietary needs I:  Age differences, pregnancy and breastfeeding Babies, toddlers and young children (school meals)	pp. 52 – 63 pp.78 – 79 Handouts
9.	23/03-27/03	Dietary needs II:  Teenagers Adults Elderly – Nutrition and Aging	pp. 64- 67 Handouts
10.	30/03-03/04	Food for sport and exercise (athletes) – Fueling Fitness Nutritional needs of vegetarians	pp.68 – 73 Handouts
11.	06/04-10/04	Food intolerance Understanding Food labelling	pp.74 – 77 pp. 150 -153
12.	13/04-14/04 & 22/04-24/04	Factors affecting food choice Social and economic diversity Cultural and religious diversity	pp. 80 – 81 Chapter 6 Handouts
	15/04-21/04	EASTER HOLIDAYS	
13.	27/04-30/04	New Trends in eating and their nutritional impacts Convenience Foods Fast Food Outlets Genetically Modified Foods Organic Foods Functional Foods	Handouts Based on Part 2 and 3 of the book: Tull, A., 2010. OCR Food and Nutrition for GCSE. London: Hodder Education.

Week	Dates	Topics to be Covered	Reference Chapter / Material
14.	04/05-08/05	Encouraging healthy eating The necessity for the food industry to provide the consumer with healthy food options. Adapting meals and diets in the food industry	Handouts Based on Part 6 of the book: Tull, A., 2010. OCR Food and Nutrition for GCSE. London: Hodder Education

### Essential Reading

Ridgwell, J., 2009. Examining Food and Nutrition for GCSE, 2nd ed. London: Heinemann.

### Additional Reading

## Bibliography

### Bibliography

Nosrat, S., 2017. *Salt, Fat, Acid, Heat*. New York: Canongate Books Ltd.

Shephard, G. M., 2013. *Neurgastronomy*. New York: Columbia University Press.

Spence, C., 2017. *Gastrophysics*. London: Penguin Random House.

Tull, A., 2010. *OCR Food and Nutrition for GCSE*. London: Hodder Education.

Tull, A., 1998. *Food and Nutrition*. 3rd ed. Oxford: Oxford University Press.

Jones, B. & Ellis, V., 2013. *Food and Nutrition*. Cheltenham: Illuminate Publishing.

Blades, M., 2004. *Intermediate Nutrition and Health*. Doncaster: Highfield.co.uk limited.

Cole-Hamilton, I., Livermore, A. & Watson, J., 1987. *Food and Nutrition in Practice*. Oxford: Heinemann.

