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| Course Title | Nutrition and Dietary Patterns | | | | | |
| Course Code | CDPA-214 | | | | | |
| Course Type | Required | | | | | |
| Level | Diploma | | | | | |
| Year / Semester of study | 2nd Year/2nd Semester | | | | | |
| Lecturer’s Name | Mr. Joseph Louka | | | | | |
| ECTS | 6 | Lectures/Week | | 3 hours per week | Laboratories/ Week | N/A |
| Course Aim | Studies the nutrients found in food products, such as proteins, vitamins and carbohydrates as well as food and personal hygiene, food poisoning, hygiene control and legislation concerning the food handler and food premises. | | | | | |
| Learning Outcomes | By the end of the course, students are expected to:  • be able to recognize nutrients and their function;  • be able to evaluate nutrient and balance diet;  • be able to identify risk food and avoid food poisoning;  • be able to work with hygienic ways | | | | | |
| Prerequisites | NONE | | Corequisites | | NONE | |
| Course Content | Nutrition: Definition, The nutrients, Protein, Carbohydrates, minerals, vitamins, fat, sugar and diet, Balance diet, Malnutrition, Under nutrition, Six food groups;  Digestion, The digestion system, dietary energy, metabolism, count the energy needed, basal metabolism.  Providing Food for Different Needs: Groups of people such as children, elderly people, Different needs based on Health, religious, job, exercise, and gender.  Foods and Food Science: Analysis of nutrients in different types of food, Balance diet by combining food from different groups.  Practical Food Preparation: Combination of food, Production methods, Methods of cooking, Keeping nutrients in food, Presentation of food.  The Kitchen: Kitchen Layout, Design of a Kitchen, Safety rules.  Hygiene: Risks of contamination, Food Hygiene, Personal Hygiene, Bacteria – Salmonella, clostridium perfingens, staphylococcus aureus, bacillus cereus, | | | | | |
| Lecturing Methodology | The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications. | | | | | |
| Bibliography | **Required:**  Food and Nutrition  Author(s):Anita Tull  Publisher:Oxford University Press  Edition: Latest  ISBN: 0-19-832766-8ired: | | | | | |
| Assessment Policy | |  |  | | --- | --- | | 50 % | Final Exam | | 30 % | Mid –Term Exam | | 10 % | Homework | | 10 % | Class Attendance & Participation | | | | | | |
| Language | ENGLISH | | | | | |