

Course title	Hygiene & Nutrition and Food Safety				
Course code	CCUL-109				
Course type	Required				
Level	Diploma				
Year / Sememster of study	1 st year/1 st semester				
Lecturer's name	TBA				
ECTS	5	Lectures/Week	3	Laboratories/ Week	N/A
Course Aim	The students will study the nutrients found in food products, such as proteins, vitamins and carbohydrates as well as food and personal hygiene, food poisoning, hygiene control and the basic principles of EU legislation concerning food handling 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 health risks associated with food and taking measures so as to avoid food poisoning; • be able to work conforming with hygienic ways; • be familiar with the law concerning food handling and food premises. • be able to identify the different accidents that may happen in an establishment and offer assistance in case of those emergencies; • be able to prevent fire in the kitchen				
Prerequisites	NONE	Corequisites	NONE		
Course Content	1) Nutrition: Definition, The nutrients, Protein, Carbohydrates, minerals, vitamins, fat, sugar and diet, Balance diet, Malnutrition, Undernutrition, Six food groups; 2) Digestion, the digestion system, dietary energy, metabolism, count the energy needed, basal metabolism. 3) Providing Food for Different Needs: Groups of people, Different needs based on Health, religious, job, exercise, and gender. 4) Foods and Food Science: Analysis of nutrients in different types of food, Balance diet by combining food from different groups. 5) Dealing with minor kitchen injuries. Burns and Scalds: The Skin; Assessing a Burn; Minor Burns and Scalds; Severe Burns and Scalds; Special Types of Burn. 6) Poisoning: What Is a Poison? Household Poisons; Drug Poisoning; Industrial Poisons; Alcohol Poisoning; Poisonous Plants; Food Poisoning.				

	7)Fire incidents kitchen Safety: The Importance of Fire Prevention; Several Potential Fire Hazards; Reporting a Faulty Item, How Fire Starts and Spreads; Effective Application of Extinguishers																														
Lecturing Methodology	The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications.																														
Bibliography	Required Title: Food and Nutrition Author(s): Anita Tull Publisher: Oxford University Press Edition: Latest Title: First Aid Manual (WSB) Author(s): Michael Webb, Roy Scott and Peter Beale Publisher: Dorling Kindersley Edition: Latest ISBN: 0-7513-0707-6																														
Assessment Policy		50 % 30 % 10 % 10 %	Final Exam Mid –Term Tests / Quizzes Homework Class Attendance & Participation																												
ECTS Allocation	<table><tr><th colspan="4">Estimated student’s work time distribution in hours:</th></tr><tr><th colspan="2">Contact hours</th><th colspan="2">Student’s private time</th></tr><tr><td>Lecture</td><td>36</td><td>Private study</td><td>64</td></tr><tr><td>Mid-Term Test</td><td>1</td><td>Homework / Assignments / Projects</td><td>20</td></tr><tr><td>Final Exam</td><td>2</td><td>Test preparation</td><td>9</td></tr><tr><td></td><td></td><td>Final Exam Preparation</td><td>18</td></tr><tr><td>Total:</td><td>39</td><td>Total:</td><td>111</td></tr></table>			Estimated student’s work time distribution in hours:				Contact hours		Student’s private time		Lecture	36	Private study	64	Mid-Term Test	1	Homework / Assignments / Projects	20	Final Exam	2	Test preparation	9			Final Exam Preparation	18	Total:	39	Total:	111
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Language	ENGLISH																														