

Course title	Hygiene & Nutrition and Food Safety				
Course code	CCUL-109				
Course type	Required				
Level	Diploma				
Year / Semester of study	1 st year/1 st semester				
Lecturer's name	TBA				
ECTS	5	Lectures/Week	3	Laboratories/Week	N/A
Course Aim	Nutritional Components of Foods: - Understanding proteins, vitamins, and carbohydrates in diet. - Developing skills to recognize the nutritional value of foods. Personal Hygiene for Cooks: - Enhancing practical personal hygiene practices to ensure food safety and protect public health. Food Poisoning: - Raising awareness about the risks of food poisoning and prevention through safe cooking practices. Health Inspection and Legislation: - Understanding the role of health inspections in public health protection. - Compliance with legislative requirements for food handlers and facilities. Applied Safe Food Preparation Lessons: - Training in safe food preparation, with an emphasis on hygiene and proper cooking procedures. Contribution to Public Health: - Developing skills that contribute to public health through safe and healthy practices in the field of nutrition and cooking.				
Learning outcomes	Upon completion of the course, students are expected to: Recognition of Nutritional Components: - Successfully identify and comprehend the nutritional components of foods, evaluating their role in diet. Dietary Assessment: - Ability to assess the nutritional value and balance of a diet, promoting healthy nutrition. Avoidance of Food Poisoning: - Identify and avoid food hazards, developing awareness of food safety. Work with Safe Hygienic Practices: - Acquire skills to work with safe hygienic practices during food preparation. Identification of Risks Before Health Inspection: - Ability to identify risks and take preventive measures before health inspection. Work According to HACCP Law:				

	Understand and implement HACCP law to ensure high food safety standards.		
Prerequisites	NONE	Corequisites	NONE
Course Content	Nutrition: Definition and significance of nutritional components: proteins, carbohydrates, fats, vitamins, minerals, sugar. Six food groups and the importance of a balanced diet. Addressing malnutrition and undernutrition. Digestion and Metabolism: The digestive system and the process of digestion. Dietary energy and the role of metabolism. Food Provision for Various Needs: Specialized needs across different groups of people (e.g., specific dietary needs for various age groups). Addressing different needs based on health, religion, occupation, exercise, and gender. Food and Food Science: Analysis of nutritional components in various foods. Dietary balance through the combination of foods from different groups. Practical Food Preparation: Combination of foods, production methods, and cooking techniques. Preservation of nutritional components in foods. Hygiene: Risks of contamination and prevention. Personal hygiene in food handling. Legislation for food safety and hygiene regulations.		
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		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
Language	ENGLISH			