

Course Title	Nutrition and Dietary Patterns				
Course Code	CDPA-214				
Course Type	Required				
Level	Diploma				
Year / Semester of study	2 nd Year/2 nd Semester				
Lecturer's Name	TBA				
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; and • be able to identify all the risks after a hygiene control and work under the law concerns food handlers and food premises.				
Prerequisites	NONE	Corequisites	NONE		
Course Content	Nutrition: Definition, The nutrients, Protein, Carbohydrates, minerals, vitamins, fat, sugar and diet, Balance diet, Malnutrition, Undernutrition, Six food groups; Digestion, The digestion system, dietary energy, metabolism, count the energy needed, basal metabolism. Providing Food for Different Needs: Groups of 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 perfringens, 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
		0 – 40 %	Mid –Term / Tests / Quizzes
		0 – 20 %	Homework
		0 – 10 %	Class Attendance & Participation
Language	ENGLISH		