



| General information   |  |   |                                       |
|---|--|---|---------------------------------------|
| Course instructor   | <b>Greta Krešić, PhD., Full Professor</b>  |   |                                       |
| Name of the course  | <b>Food and nutrition</b>  |   |                                       |
| Study programme   | <b>Undergraduate study: Business Economics in Tourism and Hospitality<br/>Module: Hospitality Management</b>   |   |                                       |
| Status of the course  | <b>compulsory</b>  |   |                                       |
| Year of study   | <b>2<sup>nd</sup></b>  |   |                                       |
| ECTS credits and manner of instruction  | <b>ECTS credits</b>  | <b>6</b>  |                                       |
|   | <b>Number of class hours (L+E+S)</b>   | <b>60 (30+0+30)</b>   |                                       |
| 1. COURSE DESCRIPTION   |  |   |                                       |
| <b>1.1. Course objectives</b>   |  |   |                                       |
| The objective of the course is to enable student to recognize the differences regarding the composition, nutritional value, processing methods, safety and quality attributes within the food from plant and animal origin.   |  |   |                                       |
| <b>1.2. Course enrolment requirements</b>   |  |   |                                       |
| None.   |  |   |                                       |
| <b>1.3. Expected learning outcomes</b>  |  |   |                                       |
| It could be expected that after students pass the exam of course <i>Food and nutrition</i> they will be able to:  |  |   |                                       |
| <ol style="list-style-type: none"> <li>1. Describe the structure of nutrients</li> <li>2. Explain the classification, functions and sources of nutrients in food from plant and animal origin</li> <li>3. Compare methods of production and processing within selected food groups</li> <li>4. Explain the specificity of selected food groups regarding their nutritional composition and methods of production and processing</li> <li>5. Assess the quality and safety attributes of food that are important for their usage in tourism and hospitality</li> </ol> |  |   |                                       |
| <b>1.4. Course content</b>  |  |   |                                       |
| Food components (Proteins, Carbohydrates, Fats, Vitamins, Minerals, Water). Food preservation. Cereal and cereal products. Fruits and fruit products. Vegetables and vegetable products. Wine and alcoholic drinks. Beer. Meat, poultry and meat products. Milk and milk products. Eggs and egg products. Food safety.  |  |   |                                       |
| <b>1.5. Manner of instruction</b>   | <input checked="" type="checkbox"/> lectures<br><input checked="" type="checkbox"/> seminars and workshops<br><input type="checkbox"/> exercises<br><input type="checkbox"/> distance learning<br><input type="checkbox"/> fieldwork | <input checked="" type="checkbox"/> individual assignments<br><input type="checkbox"/> multimedia and network<br><input type="checkbox"/> laboratories<br><input type="checkbox"/> mentorship<br><input type="checkbox"/> other |                                       |
| <b>1.6. Comments</b>  |  |   |                                       |
| <b>1.7. Student responsibilities</b>  |  |   |                                       |
| Regular attendance of lectures, seminar paper, project assignment and final exam.   |  |   |                                       |
| <b>1.8. Monitoring of student work<sup>1</sup></b>  |  |   |                                       |
| Class   | <b>2</b>   | Class   | Seminar paper <b>0,8</b> Experimental |

<sup>1</sup> IMPORTANT: Enter the appropriate proportion of ECTS credits for each activity so that the total number of credits equals the ECTS value of the course. Use empty fields for additional activities.



|              |            |                       |            |        |                |  |
|--------------|------------|-----------------------|------------|--------|----------------|--|
| attendance   |            | participation         |            |        | work           |  |
| Written exam | <b>1</b>   | Oral exam             |            | Essay  | Research       |  |
| Project      | <b>0,7</b> | Continuous assessment | <b>1,5</b> | Report | Practical work |  |
| Portfolio    |            |                       |            |        |                |  |

**1.9. Assessment of learning outcomes in class and at the final exam (procedure and examples)**

Assessment and evaluation of students in classes and at the final exam is conducted under the Rulebook on students' evaluation at the Faculty of Tourism and Hospitality Management. For each course there is a detailed course syllabus which coordinates activities, student load, learning outcomes and evaluation methods.

**1.10. Mandatory literature (at the time of submission of study programme proposal)**

1. Vaclavik, V. A., Christian, E.W., Campbell, T. Essentials of Food Science, 5<sup>th</sup> Edition, Springer International Publishing., 2021.
2. Vaclavik, V. A., Haynes, A. C., Devine, M. M. (2018). Dimensions of food, 8<sup>th</sup> Edition, New York: CRC Press, Taylor&Francis Group.

**1.11. Optional/additional literature (at the time of submission of the study programme proposal)**

1. Piché, L., Sizer, F., Whitney, E. (2020). Nutrition: Concepts and Controversies, 5th Canadian Edition, Nelson Canada.
2. Drummond, K. E., Brefere, L. M. (2016). Nutrition for Foodservice and Culinary Professionals, 9<sup>th</sup> Edition, Hoboken, New Jersey: John Wiley & Sons.

**1.12. Number of assigned reading copies in relation to the number of students currently attending the course**

| Title   | Number of copies | Number of students |
|---|------------------|--------------------|
| Vaclavik, V. A., Haynes, A. C., Devine, M. M. (2018). Dimensions of food, New York: CRC Press, Taylor&Francis Group.                          | 5                |                    |
| Vaclavik, V. A., Haynes, A. C., Devine, M. M. (2018). Dimensions of food, 8 <sup>th</sup> Edition, New York: CRC Press, Taylor&Francis Group. | 5                |                    |
|   |                  |                    |
|   |                  |                    |
|   |                  |                    |

**1.13. Quality monitoring methods that ensure the acquisition of exit knowledge, skills and competences**

The quality of the program, the teaching process, the teaching skills and the level of the material acceptance will be established by means of a written evaluation of the extensive questionnaires and in other ways envisaged by the accepted standards, in accordance with the Rulebook on Quality Assurance and Improvement of the University of Rijeka and the Quality Assurance and Improvement of the Faculty of Tourism and Hospitality Management.