



General information							
Course instructor	Greta Krešić, PhD., Full Professor						
Name of the course	Food and nutrition						
Study programme	Undergraduate study: Business Economics in Tourism and Hospitality Module: Hospitality Management						
Status of the course	compulsory						
Year of study	2 nd						
ECTS credits and manner of instruction	ECTS credits		6				
	Number of class hours (L+E+S)		60 (30+0+30)				
1. COURSE DESCRIPTION							
1.1. Course objectives							
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.							
1.2. Course enrolment requirements							
None.							
1.3. Expected learning outcomes							
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"> 1. Describe the structure of nutrients 2. Explain the classification, functions and sources of nutrients in food from plant and animal origin 3. Compare methods of production and processing within selected food groups 4. Explain the specificity of selected food groups regarding their nutritional composition and methods of production and processing 5. Assess the quality and safety attributes of food that are important for their usage in tourism and hospitality 							
1.4. Course content							
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.							
1.5. Manner of instruction	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> distance learning <input type="checkbox"/> fieldwork			<input checked="" type="checkbox"/> individual assignments <input type="checkbox"/> multimedia and network <input type="checkbox"/> laboratories <input type="checkbox"/> mentorship <input type="checkbox"/> other			
1.6. Comments							
1.7. Student responsibilities							
Regular attendance of lectures, seminar paper, project assignment and final exam.							
1.8. Monitoring of student work¹							
Class attendance	2	Class participation		Seminar paper	0,8	Experimental work	

¹ 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.



Written exam	1	Oral exam		Essay		Research	
Project	0,7	Continuous assessment	1,5	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, 5th Edition, Springer International Publishing., 2021.
2. Vaclavik, V. A., Haynes, A. C., Devine, M. M. (2018). Dimensions of food, 8th 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, 9th 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

<i>Title</i>	<i>Number of copies</i>	<i>Number of students</i>
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 th 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.