

General information		
Course instructor	Greta Krešić, PhD., Full Professor	
Name of the course	Dietary Trends	
Study programme	Undergraduate study: Business Economics in Tourism and Hospitality Module: Hospitality Management	
Status of the course	compulsory	
Year of study	3rd	
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		
Make students competent to define and describe current dietary trends and possibilities of its implementation in hospitality. Analyse the characteristics of foods with higher biological value, eco-food and special dietary regimes.		
1.2. Course enrolment requirements		
Passed exam of course Food and nutrition		
1.3. Expected learning outcomes		
When students pass exam of course <i>Dietary trends</i> , they will be able to: <ol style="list-style-type: none"> 1. Recognize and describe current dietary trends. 2. Interpret the specificities of a particular trend. 3. Analyse possibility of current dietary trends implementation in the hospitality and suggest innovative solutions for improving the hospitality offer. 		
1.4. Course content		
History of nutrition. Modern nutrition. Current dietary trends. Providing information about food. Functional food. GMO and food. Eco food. Special meat-restricted dietary regimes: Mediterranean diet, Vegetarian diet, Macrobiotics, Nutrition and religion. Sustainable nutrition. Trends in food processing.		
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, essay and final exam.		
1.8. Monitoring of student work¹		

Class attendance	2	Class participation		Seminar paper	1	Experimental work	
Written exam	1	Oral exam		Essay	0,5	Research	
Project		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. Rani, V., Yadav, U.C.S. Functional Food and Human Health, Springer Verlag, 2018.
2. Preedy, V. R. & Watson, R. R. The Mediterranean Diet - An Evidence-Based Approach. Academic Press, 2020.
3. Piché, L., Sizer, F., Whitney, E. Nutrition: Concepts and Controversies, 5th Canadian edition, Nelson Canada.2020
4. Craig, J. Vegetarian Nutrition and Wellness, CRC Press, 2018.

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

1. FAO i WHO Sustainable healthy diets: guiding principles. Rim: FAO i WHO, 2019.
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

Title	Number of copies	Number of students
Rani, V., Yadav, U.C.S. Functional Food and Human Health, Springer Verlag, 2018.	5	
Preedy, V. R. & Watson, R. R. The Mediterranean Diet - An Evidence-Based Approach. Academic Press, 2020	5	
Piché, L., Sizer, F., Whitney, E. Nutrition: Concepts and Controversies, 5th Canadian edition, Nelson Canada.2020	5	
Craig, J. Vegetarian Nutrition and Wellness, CRC Press, 2018		

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

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.

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.