

GENERAL INFORMATION		
Course coordinator	Greta Krešić, PhD, Full Professor	
Course title	Food and Nutrition	
Study programme	Undergraduate study: Business Economics in Tourism and Hospitality Module: Hospitality Management	
Course status	compulsory	
Year	2 nd	
ECTS credits and form of instruction	ECTS credits	6
	Number of hours (L+P+S)	60 (30+0+30)
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 course learning outcomes		
It could be expected that after students pass the exam of course Food and nutrition 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. Healthy diet.		
1.5. Types of teaching (add an 'X')	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input type="checkbox"/> practicals <input type="checkbox"/> distance learning <input type="checkbox"/> field-based learning	<input checked="" type="checkbox"/> independent tasks <input type="checkbox"/> multimedia and network <input type="checkbox"/> laboratory <input type="checkbox"/> mentoring work <input type="checkbox"/> other _____
1.6. Students' obligations		
Regular attendance of lectures, seminar paper, project assignment and final exam.		

1.7. Monitoring students' work (indicate the relevant form of monitoring by adding an 'X')							
Course attendance	X	Activity / Participation		Seminar paper	X	Experimental work	
Written exam	X	Oral exam		Essay		Research	
Project	X	Continuous assessment	X	Report		Practice	
Portfolio							
1.8. Assessment and evaluation of student work during classes and at the final exam							
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.							
1.9. Essential reading and the number of copies provided in relation to the current number of course participants							
Title			Number of copies		Number of students		
1. Vaclavik, V. A., Christian, E.W., Campbell, T. Essentials of Food Science, 5th Edition, Springer International Publishing., 2021.			5				
2. Vaclavik, V. A., Haynes, A. C., Devine, M. M. (2018). Dimensions of food, 8th Edition, New York: CRC Press, Taylor&Francis Group.			5				
1.10. Additional reading							
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.							
1.11. Quality monitoring methods ensuring the acquisition of expected knowledge, skills and competencies							
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.							