

GENERAL INFORMATION							
Course coordinator	Greta Krešić, PhD., Full Professor						
Course title	<b>Dietary Trends</b>						
Study programme	Undergraduate study: Business Economics in Tourism and Hospitality Module: Hospitality Management						
Course status	compulsory						
Year	3 <sup>rd</sup>						
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							
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 course learning outcomes							
When students pass exam of course Dietary trends, they will be able to:							
<ol style="list-style-type: none"> <li>1. Recognize and describe current dietary trends.</li> <li>2. Interpret the specificities of a particular trend.</li> <li>3. Analyse possibility of current dietary trends implementation in the hospitality and suggest innovative solutions for improving the hospitality offer.</li> </ol>							
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. Food safety. Trends in food processing.							
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, essay 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	X	Research	
Project		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. Rani, V., Yadav, U.C.S. Functional Food and Human Health, Springer Verlag, 2018.				5			
2. Preedy, V. R. & Watson, R. R. The Mediterranean Diet – An Evidence-Based Approach. Academic Press, 2020.				5			
3. Piché, L., Sizer, F., Whitney, E. Nutrition: Concepts and Controversies, 5th Canadian edition, Nelson Canada.2020				5			
4. Craig, J. Vegetarian Nutrition and Wellness, CRC Press, 2018.							
1.10. Additional reading							
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.							
1.11. 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.							