

Course Title	Nutrition & Diet				
Course Code	HOTL305				
Course Type	Compulsory				
Level	Higher Diploma				
Year / Semester	3 rd Year / 6 th Semester				
Teacher's Name	Sofokleous Xanthi				
ECTS	4	Lectures / week	2	Laboratories / week	None
Course Purpose and Objectives	<p>The course is an introduction to basics of nutrition and diet for hospitality practitioners. The course includes information on nutrients and nutritional needs, their role in the maintenance of health and their representation in different foods. The course reviews the nutritional aspects of current culinary practices, discusses nutrition in health and disease and alerts students to the rights and wrongs on various diets.</p>				
Learning Outcomes	<p>Upon successful completion of this course, students are expected to:</p> <ul style="list-style-type: none"> • Understand basic concepts on human nutrition • Be able to define the main nutritional constituents • Understand food labels • Understand nutritional requirements in the phases of life • Know how nutrition affects health and disease • Be able to design a menu based on correct nutritional principles • Be able to use references to design meals for nutritionally challenged people 				
Prerequisites		Co-requisites	None		
Course Content	<p>The course covers the following materials:</p> <ul style="list-style-type: none"> • Introduction • Food choices: Nutrients and Nourishment • Carbohydrates: Simple Sugars and Complex Chains • Lipids • Proteins and Amino Acids 				

	<ul style="list-style-type: none"> • Energy Balance and Weight Management, Metabolism • Vitamins: Vital Keys to Health • Alcohol • Water and Minerals: • Life Cycle: Maternal and Infant Nutrition • From Childhood through Adulthood • Nutrition Guidelines: Tools for a Healthful Diet • Functional Foods and Dietary Supplements • Eating Disorders/Psychology of Eating
Teaching Methodology	Course topics are presented by a variety of teaching approaches including lectures, exercises, multimedia cases, homework case analysis and class presentations and discussions of assigned readings.
Bibliography	<p>Compulsory Reading:</p> <ul style="list-style-type: none"> • J. W. Rinzler (2016), Nutrition For Dummies,6th, John Wiley & Sons Inc,ISBN: 9781119130246. • Erin Mazur(2019), LUTZ'S Nutrition and Diet Therapy, 7th,F.A Davis Company,ISBN: 9780803689985. • Webb, Geoffrey P. (2020), Nutrition: Maintaining and Improving Health,5th,Taylor & Francis Inc,ISBN:978-0815362418. <p>Additional Reading:</p> <ul style="list-style-type: none"> • Whitney, Ellie(2013), Understanding Nutrition,13th, Cengage/Wadsworth,ISBN: 978-1-133-58752-1. • Sherman, Henry C.(2010), Chemistry of food and nutrition, The Macmillan company,ISBN: 9781145650176. • Frazier, Karen(2015), Nutrition facts: The truth about food, Rockridge Press,ISBN: 9781623156114. <p>Useful Websites</p> <ul style="list-style-type: none"> • http://www.nutrition.org
Assessment	<ul style="list-style-type: none"> ▪ Class participation 10% ▪ Assignments/Tests 20% ▪ Mid-term exam 20% ▪ Final exam 50%
Language	English