

Global Learning Semesters

Course Syllabus

Course: CATR-234 Science of Food and Nutrition

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-234	Science of Food and Nutrition	1
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	Sophomore Standing
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Lower Division	English

Course Description

Further knowledge in Food Science, Nutrition and Microbiology. Information on diet and related health disorders and on recommended dietary goals and their implementation to health. Microorganisms and preventing poisoning.

Prerequisites

Sophomore Standing

Topic Areas

1. Food and Science.
2. Chemical aspect of digestion.
3. Energy content of food.
4. Content of food in: proteins, fats and oils, carbohydrates.
5. Vitamins, minerals fiber.
6. Chemical changes in food during preparation, cooking, serving and storing.
7. Microbiology and hygiene.

Readings and Resources

Required Textbook

- The Science of Food - An Introduction to Food Science, Nutrition, Microbiology, 3rd edition, P M Gaman & K B Sherrington, Pergamon Press, ISBN 0-08-036156-0.

Recommended Reading

- Basic Foods, 2nd edition, 1990, J Gates, ISBN 0-03049896-5.
- Catering for Health, Daniel R Stevenson, Patricia M Scobie, Hutchinson, ISBN 0-09-164901-1.