

Global Learning Semesters

Course Syllabus

Course: CATR-235 Healthy Cuisine

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-235	Healthy Cuisine	3
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

What is healthy eating? Current dietary advice. Fibre in the diets. Nutritional and healthy eating. Different kinds of meals. Menu planning and cooking.

Prerequisites

Sophomore Standing

Topic Areas

1. Nutritional and healthy eating.
2. Nutrition value.
3. Balanced diets.
4. Healthy diets.
5. Menu planning and cooking.
6. Different meals for slammers diet

Readings and Resources

Required Textbook

- R Stevenson, Patricia M Scobie, Hutchinson, Catering for Health, ISBN 0-09-164901-1.
- Lecturer's Notes.

Recommended Reading

- P M Gaman & K B Sherrington, The Science of food - An introduction to Food Science, Nutrition, Microbiology, 3rd edition, Pergamon Press, ISBN 008 0361560.
- F-plan diet, Andrey Evtov's Cooking and Dining, Health & Medicine ,ISBN 014 00 64222.