

Global Learning Semesters

Course Syllabus

Course: CATR-335E Healthy Cuisine

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-335E	Healthy Cuisine	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	HOSP-105, HOSP -361
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Upper Division	English

Course Description

Provides the basics of healthy eating, in the human life cycle. On completion of this course students should be able to explain the benefits of healthy eating, weight reduction techniques, the energy and nutrient needs at different stages of life, healthy cuisine tips, vegetarian cuisine, and also, to identify selected diseases related to inefficient nutrition

Prerequisites

HOSP-105, HOSP -361

Topic Areas

1. Healthy balanced diet.
2. Weight management/lean cuisine.
3. Recreating lean recipes.
4. Lifespan nutrition.
5. Vegetarian cuisine.
6. Nutrition and diseases

Readings and Resources

Required Textbook

- Larson, R. (1998). Food and Nutrition Guide. The American Dietetics Association. ISBN 0-471-34659-4.

Recommended Reading

- Hamilton, I.C. et al. (1987). Food and Nutrition in Practice. Oxford: Heinemann Education.
- Barasi, M. (1997). Human Nutrition. London: Arnold.