

Global Learning Semesters

Course Syllabus

Course: HOSP-105 Food Science

Department: Hospitality and Tourism

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
HOSP-105	Food Science	3
Semester Offered	Contact Hours	Prerequisites
Fall, Spring	42	BENG 090
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Lower Division	English

Course Description

The course emphasizes the close link between the theoretical knowledge of food science and actual practices in the catering industry. On completion of the course the student should be able to state the basic principles of food science; the essentials of food hygiene; comprehend the principles of proper food storage and preservation. Furthermore, he/she will comprehend the basics of food production and gain a broad understanding of food commodities used in quantity food production.

Instructor

Ms Polina Spyris

Course Aims and Objectives

To introduce students to the basic concepts of proper food handling from storage to preparation and service, as well as to emphasize aspects of hygiene and nutritional value.

Teaching Methods

The course is delivered through lectures, field trips and guest speakers.

Course Teaching Hours

42 hours (lectures). The course is delivered during the Fall and Spring semesters over a 14 week period (3 hours / week).

Evaluation and Grading

Class Participation:	10%
Report:	20%
Mid-term:	30%
Final Exam:	40%

Readings and Resources

Required Textbook

- Tull, Food and Nutrition, Oxford University Press, (ISBN 019-832748-X)

Recommended Reading

- I. C. Hamilton, A. Livermore and J. Watson, Food and Nutrition in Practice, Oxford, Heinemann Educational, 1
- J Gates, Basic Foods, Cassell, (ISBN 0-03049846-5)
- F. Katch, Nutrition Weight Control and Exercises, William D Mcardle, (ISBN 0-8121-0867-1)
- G. & J Kirschmann, Nutrition Almanac, McGraw Hill, (ISBN: 0-07-034922-3)
- P. Dowell and A. Bailey, The Book of Ingredients, Mermaid Books. (ISBN 0-7181-3043-X)