

Global Learning Semesters

Course Syllabus

Course: HOSP-361 Nutrition

Department: Hospitality and Tourism

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
HOSP-361	Nutrition	3
Semester Offered	Contact Hours	Prerequisites
Fall	42	Junior
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Upper Division	English

Course Description

Provides basic knowledge on human nutrition so that the student will be able to state the guidelines necessary for a healthy, balanced diet. In addition, foods will be classified into their different groups, while gaining an understanding of the various nutrients to be found in foods. The process of human digestion will be explained as well as an understanding of the relationship between nutrition and disease.

Instructor

Ms. Polina Spyris

Course Aims and Objectives

To enable students to understand proper nutrition to maintain health and fitness.

Teaching Methods

The course is delivered through lectures.

Course Teaching Hours

42 hours (lectures). The course is delivered during the fall semester 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

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

Recommended Reading

- I. C. Hamilton, Food and Nutrition in Practice. Heinemann Education Oxford

- M. Barasi, Human Nutrition. Arnold, London. (ISBN 0-340-64567-9)

- 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)