

Course Title	HYGIENE & NUTRITION
Course Code	HTL 114
Course Purpose and Objectives	<p>The purpose of this course is to provide an overview of hygiene and nutrition. Students will gain an understanding of how social and cultural factors are related to nutrition as well as hygiene.</p> <p>Specifically, students will learn the means to appraise evaluate and rectify hazardous areas. This course also demonstrates the importance of Food Hygiene within an establishment and the ability to analyse chemical, physical, biological and structural risks and hazards.</p> <p>Consequently, the purpose of this course is to equip students with knowledge in order to be able to formulate procedures, and action decisions regarding a healthier and well-balanced food & beverage nutrient intake.</p>
Learning Outcomes	<ol style="list-style-type: none"> 1. Describe the procedures, and action decisions regarding a healthier and well-balanced food & beverage nutrient intake. 2. Define the key aspects of health and hygiene related to professional catering. 3. Explain the different categories of foods, their nutrients, qualities and characteristics. 4. Describe the correct methods of using and preserving foods. 5. Explain temperature monitoring, storing, maintaining, cooking and refreezing of all food items.
Course Content	<ul style="list-style-type: none"> • Food & society • Elementary nutrition • Laws and haccp principles • Methods of preservation • Catering technology • Kitchen design, equipment and organisation • Cooking methods: cook-chill , cook-freeze, vacuum-cooking • Hygiene • Health and safety