

# **MODULE DOCUMENTATION**

## **Nutrition**

### **HOSP06047**

Mandatory


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<b>Full Title</b>	Nutrition		
<b>Status</b>	Uploaded to Banner	<b>Start Term</b>	2015
<b>NFQ Level</b>	06	<b>ECTS Credits</b>	05
<b>Module Code</b>	HOSP06047	<b>Duration</b>	Semester - (13 Weeks)
<b>Grading Mode</b>		<b>Department</b>	Culinary Arts
<b>Module Author</b>	Sinead OConnor-Lomas		

### Module Description

This module will provide the learner with an understanding of the principles of nutrition in foods and an ability to apply the principles to creative menu planning for current dietary needs

Learning Outcomes	
	<b><i>On completion of this module the learner will/should be able to:</i></b>
1.	Explain the factors, which influence food choice
2.	Discuss the role of nutrients in the body their impact on good health, special dietary needs, current dietary trends and dietary recommendations
3.	Demonstrate an ability to explore evaluate and apply nutritional knowledge to creative menu planning in order to meet customer needs
4.	Illustrate the current and future role of GM, irradiated, functional, organic biodynamic and whole foods and their nutritional implications
5.	Identify and explain the legislation governing nutritional content of foods

### Indicative Syllabus

#### 1. Food Choice

- Influential factors: Cultural & social habits, psychological and physiological attitudes, nutritional knowledge, economic circumstances, availability of food, marketing methods.

#### 2. Nutrition

- Nutrients: Structure, function, food source & quality, water
- Energy: Values, expenditure
- Loss of nutritional value, nutritional stability in the food cycle & its control
- The diet: balanced diet, 'eat well plate', dietary habits, 'we are what we eat'. current dietary trends, dietary guidelines & recommendations, portion size
- Diet & disease: obesity, heart disease, cancer etc
- Carcinogens and food
- Food intolerance's and food allergies
- Dietary needs: vegetarians, diabetics, celiac, low calorie diets, low-fat, low-cholesterol, low-salt, high fibre
- Pre-packaged foods: Ingredients and nutritional implications of ingredients used

#### 3. Foods of the Future and Nutritional implications

- Genetic modification of foods
- Irradiated foods
- Functional foods and nutraceuticals
- Organic foods
- Biodynamic foods
- Whole foods

#### 4. Menu Analysis

- Menus: function, structure, types, menu writing ethics, influences and trends

- Planning of creative menus to meet special dietary needs and assist in lowering the risk of heart disease, obesity and cancer
- Recipe modification through a critical examination of ingredients, preparation and cooking methods
- Nutritional analysis of dishes and menus using composition of food tables

### 5. Legislation

- Nutritional labelling: nutrition and health claims, legal requirements, international trends
- Salt reduction targets and their implementation
- Labelling of GM foods, irradiated foods, organic food, allergens, beef, fish, meat products, preserves, functional foods, fortified foods

### Teaching and Learning Strategy

Lectures, tutorials and group activities

### Assessment Strategy

Continuous assessment

### Repeat Assessment Strategies

Examination

Indicative Coursework and Continuous Assessment:		50 %		
Form	Title	Percent	Week (Indicative)	Learning Outcomes
UNKNOWN	Class Assessment	50 %	OnGoing	3,5

End of Semester / Year Formal Exam:		50 %		
Form	Title	Percent	Week (Indicative)	Learning Outcomes
UNKNOWN	Final Exam	50 %	End of Term	1,2,4,5

Full Time Delivery Mode Average Weekly Workload:			3.00 Hours		
Type	Description	Location	Hours	Frequency	Weekly Avg
Lecture	lecture	Not Specified	2	Weekly	2.00
Practical	practical	Not Specified	1	Weekly	1.00

### Recommended Reading Book List

Blades, M., (2005). *Intermediate Nutrition and Health Focus on Your Health: An Introduction to the Subject of Food, Nutrition and Health* Highfield Publications.

ISBN 1904544436 ISBN-13 9781904544432

Drummond, E., (2016). *Nutrition for Foodservice and Culinary Professionals, 9th Edition*. Wiley.

, ., (2012). *Manual of Nutrition 12th Edition*. The Stationery Office (TSO).

ISBN 0113229291 ISBN-13 9780113229291

Marshall, W., (2013). *Food Choice and the Consumer*. Springer.

ISBN 0751402346 ISBN-13 9780751402346

McGee, H., (2004). *On Food and Cooking: The Science and Lore of the Kitchen*. Scribner.

ISBN 0684800012 ISBN-13 9780684800011

, M., *Fatty Acids*.

ISBN 0854048197 ISBN-13 9780854048199

### Online Resources

- [www.hsa.ie](http://www.hsa.ie)

- [www.fsai.ie](http://www.fsai.ie)
- [www.indi.ie.eu.org](http://www.indi.ie.eu.org)
- [www.eufic.org](http://www.eufic.org)
- [www.ific.org](http://www.ific.org)
- [www.eatright.org](http://www.eatright.org)
- [www.nal.usda.gov/finic/](http://www.nal.usda.gov/finic/)
- [www.foodlineweb.co.uk](http://www.foodlineweb.co.uk)
- [www.nutrition.org.uk](http://www.nutrition.org.uk)
- [www.foodgov.uk](http://www.foodgov.uk)
- [www.safefood.eu](http://www.safefood.eu)

#### Other Resources

None

#### Programme Membership

GA\_OFIEG\_H08 201800 Bachelor of Business (Honours) in Food Innovation and Enterprise  
GA\_OCATG\_N06 201700 Certificate in Culinary Arts and Techniques  
GA\_OFIEG\_B07 201800 Bachelor of Business in Food Innovation and Enterprise  
GA\_OCSKG\_S06 201800 Certificate in Culinary Skills  
GA\_OCPCG\_C06 202000 Higher Certificate in Arts in Culinary Arts - Professional Chef Programme  
GA\_OCGSG\_B07 202000 Bachelor of Arts in Culinary and Gastronomic Sciences  
GA\_OCGSG\_H08 202000 Bachelor of Arts (Honours) in Culinary and Gastronomic Sciences  
GA\_OCGSG\_C06 202000 Higher Certificate in Arts in Culinary Arts (Exit)