

Course Title	Introduction to Food Science and Nutrition				
Course Code	ICUL-221E				
Course Type	Compulsory				
Level	1 st Cycle				
Year / Semester	Second/Spring				
Teacher's Name					
ECTS	6	Lectures / week	3	Laboratories / week	0
Course Purpose and Objectives	<p>This course aims to equip students with a comprehensive understanding of the basic principles of food science and nutrition. It delves into topics such as food preservation, chemical additives, packaging, labeling, and the role of nutrients. The course will also address the nutritional changes foods undergo during preparation and cooking, as well as the implications of these changes. Further, students will learn about foodborne microorganisms and the prevention of related health risks.</p>				
Learning Outcomes	<p>After completion of the course, students should be able to:</p> <ol style="list-style-type: none"> 1. Master key terminology and methodologies in food science and nutrition. 2. Analyze and quantify the nutritional value of different foods and correlate it with recommended dietary intakes. 3. Interpret chemical changes occurring in food during preparation, serving, and storage, and assess their impact on nutritional value. 4. Categorize and evaluate the function of additives in packaged foods. 5. Understand and apply various methods for food preservation. 6. Decipher and articulate the information presented on food labels, including mandatory and non-mandatory elements. 				
Prerequisites	None	Required	None		
Course Content	<ul style="list-style-type: none"> • Subdisciplines of Food Science <ul style="list-style-type: none"> • Food chemistry, physics, and microbiology • Food technology and analysis • Nutrition • Emerging Trends in Food Science <ul style="list-style-type: none"> • Food biotechnology • Health and food safety considerations • Nutrition and Dietary Choices <ul style="list-style-type: none"> • Understanding what constitutes a balanced diet • Food energy 				

	<ul style="list-style-type: none"> • Exploration of essential nutrients • Food Preparation and Nutrient Retention <ul style="list-style-type: none"> • Healthy cooking techniques • Strategies to enhance flavor without compromising nutritional value • Nutrient losses during food preparation • Influences on Food Choices <ul style="list-style-type: none"> • Factors that affect individual and cultural food preferences • Understanding Taste and Flavor <ul style="list-style-type: none"> • Basics of taste perception • Impact of prenatal and postnatal influences on taste preferences • Labeling and Packaging <ul style="list-style-type: none"> • Interpretation of mandatory and non-mandatory food labels • Packaging principles and future trends • Food Preservation Techniques <ul style="list-style-type: none"> • Factors affecting food quality • Different methods of food preservation, including drying, condensation, and temperature control • Chemical Additives in Food <ul style="list-style-type: none"> • Types and functions of chemical additives • Regulation and labeling of additives • Microbiology and Food Safety <ul style="list-style-type: none"> • Introduction to microbiology and types of foodborne microorganisms • Prevention strategies for food poisoning
<p>Teaching Methodology</p>	<p>Lectures, examples, amphitheatric demonstrations in modern labs, studies and presentations, videos and transparencies, as well as, in class work</p>

<p>Bibliography</p>	<p>Required:</p> <ul style="list-style-type: none"> • “Food Preparation and Nutrition”, Tull, Anita, Illuminate Publishing, 2016 • Lecturer’s notes. <p>Suggested:</p> <ul style="list-style-type: none"> • Elizabeth Rose ‘Food and Nutrition’ The Rosen Publishing Group, ISBN 1404228217. • Jenny Ridgwell, Examining Food and Nutrition’, Heinemann ISBN 043520585. 														
<p>Assessment</p>	<ul style="list-style-type: none"> • Class Participation • Quizzes • Assignments • Final Exam <p>Grading Policy</p> <table border="1" data-bbox="526 909 1208 1188"> <tr> <td>Final Examinations</td> <td>30 – 50%</td> </tr> <tr> <td>Class Tests</td> <td>15 – 30% each</td> </tr> <tr> <td>Term paper or Projects</td> <td>15 – 30%</td> </tr> <tr> <td>Mid-Term</td> <td>30 – 40%</td> </tr> <tr> <td>Homework</td> <td>0 – 20%</td> </tr> <tr> <td>Quizzes</td> <td>0 – 10%</td> </tr> <tr> <td>Class Attendance & Participation</td> <td>0 – 10%</td> </tr> </table>	Final Examinations	30 – 50%	Class Tests	15 – 30% each	Term paper or Projects	15 – 30%	Mid-Term	30 – 40%	Homework	0 – 20%	Quizzes	0 – 10%	Class Attendance & Participation	0 – 10%
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<p>Language</p>	<p>English</p>														