

## DESCRIPTION OF A STUDY COURSE – SYLLABUS

Title of a course	Nutrition and Catering				
Head of course	Assistant Professor, PhD Krešimir Mikinac Assistant, PhD Mihela Dujmović				
Study programme	Professional undergraduate study Sustainable Agritourism				
Status of a course	Obligatory				
Year of study	2.	Semester	III	ECTS credits	4
Teaching plan (L + E + S+ Pr)	1+3+0+0				
Goals of a course					
<p>The aim of the course is to provide students with knowledge about nutrition, gastronomy and catering services through learning about the basic characteristics of food and drink and presenting current trends in the hospitality industry for agritourism.</p> <p>Generally speaking, the more important goals of the course are: To enable the student to recognize and define current trends in nutrition and possibilities for their application in agritourism; Analyse the characteristics of food of increased biological value, food produced in an environmentally friendly way, specific diet regimes and modern food safety management systems; Present a contemporary gastronomic offer based on traditional foods; Know the specifics of new trends in enogastronomy; To emphasize the importance of applying standards in nutrition and serving as they express a certain quality of products and services and promote greater economy and efficiency of business; To create new reflections in the context of the changes that the turbulent tourist market brings with it.</p>					
Conditions for enrolling course					
No conditions					
Learning outcomes on a level of a study programme which includes course					
<p>Outcome 4: Recommend the manner of processing, sorting and storage of plant and animal products stock and distribution of goods.</p> <p>Outcome 5: Select the methods of processing and preserving raw materials of plant and animal origin, depending on the quality characteristics of the raw material and the application of microorganisms.</p> <p>Outcome 7: Recommend environmentally friendly methods of hygiene, maintenance and waste management in agriculture, tourism and catering.</p> <p>Outcome 9: Apply communication and presentation skills in written and oral communication with agritourism stakeholders.</p> <p>Outcome 10: Create entrepreneurial programs in agritourism.</p> <p>Outcome 14: Design and present tourism and catering offer in rural tourism.</p>					
Expected learning outcomes on a level of a course					
<ol style="list-style-type: none"><li>1. Define and describe the properties, characteristics and specificities of certain types of foodstuffs and summarize the basic principles of proper nutrition,</li><li>2. Distinguish basic micro and macronutrients and describe their role and importance in the body. Describe and interpret dietary patterns,</li><li>3. List the different causes of food spoilage and describe manners of preventing spoilage,</li><li>4. Identify the basic features of contemporary gastronomy and differentiate standards and norms when preparing different groups of dishes,</li><li>5. List the departments and equipment in a restaurant, explain operating systems in the restaurant industry, and apply techniques for serving food and drinks in the restaurant industry,</li><li>6. Determine the right ways to sell and serve wine, as well as choose the right wine for each type of dish, respecting the traditions and local customs of the region. Organoleptically evaluate wine by sight, aroma and taste.</li></ol>					
Content of a course					
Dietetics and an overview of food with regards to origin. Basic principles of appropriate nutrition. Macro and micronutrients. Types of nutrition and beverages. Food spoilage. Planning and evaluation of meals. Standards in					

food preparation and serving drinks. Ways of meal serving and the inventory for serving meals. Ways of presenting the catering offer. Creating menus for different types of nutrition.

<b>Teaching modes</b>	<input checked="" type="checkbox"/> lectures	<input checked="" type="checkbox"/> individual assignments
	<input type="checkbox"/> auditory exercises	<input type="checkbox"/> multimedia and network
	<input checked="" type="checkbox"/> seminars and workshops	<input type="checkbox"/> laboratory
	<input type="checkbox"/> distance learning	<input type="checkbox"/> supervisor's work
	<input type="checkbox"/> field classes	<input type="checkbox"/> other _____

**Comments**

### Students' obligations

Meet the obligations prescribed in the Study Regulations and the Regulations on the assessment of students.

### Grading, evaluation and monitoring of students' work continuously during lectures and exams

Grading is based upon evaluation of course's learning outcomes' adoption. Grading is performed continuously during lectures and/or during exam, in compliance with the provisions of Regulation on the assessment of students.

#### Continuous check-up:

Outcomes	Pre-exam I	Pre-exam 2	Seminar work	Assignments	Threshold	Max
Outcome 1	12%			4%	8	16
Outcome 2	12%			4%	8	16
Outcome 3	12%			4%	8	16
Outcome 4		12%	8%		10	20
Outcome 5		12%		4%	8	16
Outcome 6		12%		4%	8	16
Percentage of ECTS	1,4	1,4	0,4	0,8	-	-
Total	36%	36%	8%	20%	50 %	100 %

A student has passed the exam if he has acquired a percentage of credits for each learning outcome higher or equal to defined threshold.

#### Exam term:

Outcomes	Written exam	Oral exam	Max
Outcome 1	12%	4%	16%
Outcome 2	12%	4%	16%
Outcome 3	12%	4%	16%
Outcome 4	16%	4%	20%
Outcome 5	12%	4%	16%
Outcome 6	12%	4%	16%
Percentage of ECTS	3	1	-
Total	76	24	100 %

A student has passed the exam if he has acquired a percentage of credits for each learning outcome higher or equal to defined threshold.

#### Grading:

A student has passed the exam if he has acquired at least 50% of anticipated credits of a specific learning outcome.

If a student has passed learning outcomes of all courses, the accomplished credits (percentages) of all passed learning outcomes are being added, while the final grade is defined upon following table:

Range of credits (percentages)	Numerical grade	ECTS grade
90,00 – 100,00	Excellent (5)	A
75,00 – 89,99	Very good (4)	B
60,00 – 74,99	Good (3)	C
50,00 – 59,99	Sufficient (2)	D

	0,00 – 49,99	Insufficient (1)	F
<b>Obligatory literature</b>			
1. Živković, R.: Dijetetika, Medicinska naklada, Zagreb, 2002. 2. Mandić, M. L.: Znanost o prehrani, Hrana i prehrana u čuvanju zdravlja, Prehrambeno tehnološki fakultet, Osijek, 2007. 3. Marzi, F. M.; Rossella R.: Hrana i vino, Hrvatski sommelier klub, 2018.			
<b>Additional literature</b>			
1. Mandić, M. L.: Dijetoterapija, Prehrambeno tehnološki fakultet, Osijek, 2014. 2. McWilliams, M. Food Fundamentals, Prentice Hall, 2008. 3. Znaor, D. Ekološka poljoprivreda, Globus, Zagreb, 2000. 4. Sienkiewicz, F., Piche, L., Whitney, R. Nutrition concepts and controversies, Nelson Education, 2011. 5. Simopoulos, A. P., Visioli, A. Mediterranean diets, Karger Publisher, 2007 6. Vranešić, D. Alebić, I. Hrana pod povećalom, Profil, Zagreb, 2006. 7. Gillespie, C.: European Gastronomy into the 21st Century, Butterworth-Heinemann, 2006. 8. Simone De Nicola; et al.: Priručnik za sommeliere, Hrvatski sommelier klub, 2015.			

