**NEAR EAST UNIVERSITY**

**SCHOOL OF TOURISM AND HOTEL MANAGEMENT**

**COURSE OUTLINE**

**NUTRITION AND SANITATION**

**2015-2016 ACADEMIC YEAR**

**FALL SEMESTER**

**Lecturer**: Özlem Yamak

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**Pre-requisites:** None

**Credit Hours**: 4

**Course Schedule:** Every Monday at 15:30-17:20 and Thursday at 13:30-15:20

**Course Room**: C 2

**Course Description:** This course is divided into two components namely sanitation and nutrition. The first component is hygiene/sanitation that everyone employed in the food industry today requires approval training in basic food hygiene in order to comply with food safety regulations. This course ensures that the students have a broad knowledge in all aspects of hygiene and appreciation of the standards that are required and how to achieve them such as HACCP, ISO 22000.

The second component is nutrition, with the continuing interest by the public in the relationship between food and health, it is essential that personnel involved in the planning and providing of meals have a sound knowledge of the principles of nutrition.

**Required Text and Materials:**

USDA. 2009. **Serving is Safe**. 3rd ed. (E-Book)

Managing Food Safety: A Manual for the Voluntary Use of HACCP Principles for Operators of Food Service and Retail Establishments. 2006. (E-Book)

Food Standards Agency. 2008. **Manual of Nutrition.** The Stationery Office. 11th ed

David Hazelwood and Anna McLean. 1991**. Hygiene: A Complete Course for Food Handlers**. Hodder Arnold.

David McSwane, Nancy R. Rue, and Richard Linton. 2005. Essentials of Food Safety and Sanitation. 4th ed.

**Suggested Web Sites:**

[**www.usda.gov**](http://www.usda.gov)United States Department of Agriculture (USDA)

[**www.cdc.gov**](http://www.cdc.gov) Centres for Disease Control and Prevention (CDC)

[**www.fda.gov**](http://www.fda.gov)United States Food and Drug Administration (FDA)

[**www.nal.usda.gov/fnic**](http://www.nal.usda.gov/fnic) USDA/FDA Food and Nutrition Information Centre

[**www.fightbac.org**](http://www.fightbac.org) Partnership for Food Safety Education

[**www.fao.org**](http://www.fao.org) Food and Agriculture Organisation

[**www.who.int**](http://www.who.int) World Health Organisation (WHO)

[**www.servesafe.com**](http://www.servesafe.com) ServSafe National Restaurant Association

**Performance Requirements:**

Project 20%

Quiz 10%

Attendance 10%

Mid-term Exam 30%

Final Exam 30%