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| Title of a course | Nutrition and Catering | | | | |
| Study programme | Undergraduate Professional Study Programme of Sustainable Agritourism | | | | |
| Status of a course | Obligatory | | | | |
| Year of study | 2 | Semester | III | ECTS credits | 4 |
| 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"> 1. Define and describe the properties, characteristics and specificities of certain types of foodstuffs and summarize the basic principles of proper nutrition, 2. Distinguish basic micro and macronutrients and describe their role and importance in the body. Describe and interpret dietary patterns, 3. List the different causes of food spoilage and describe manners of preventing spoilage, 4. Identify the basic features of contemporary gastronomy and differentiate standards and norms when preparing different groups of dishes, 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, 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. | | | | | |
| 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. | | | | | |