

Subject Description Form

Subject Code	FSN3105
Subject Title	Nutrition Practical I
Credit Value	3
Level	3
Pre-requisite	FSN2004 Food Materials and Preparation
Objectives	This subject is intended to introduce the theory and application of meal planning and diet formulation for specified individuals and groups.
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ul style="list-style-type: none"> a) Demonstrate understanding of the nutrition recommendations, the background and applications and be able to interpret and translate these into food-based dietary guidelines for different population groups; b) Recognize religious and cultural beliefs and practices that impact on food, nutrition and health; c) Formulate a diet to meet a specification appropriate for a stated situation for an individual or a group in the community; d) Plan and produce various types of menus for varied foodservice establishment.
Subject Synopsis/ Indicative Syllabus	<p><u>Introduction</u> Healthy dietary patterns and principles of diet planning a healthy diet.</p> <p><u>Food culture and dietary patterns in different countries</u> Specific dietary patterns for different population or population subgroups and the food cultures behind.</p> <p><u>Meal planning and meal preparation</u> Nutrition recommendations, age-specific meal planning for healthy eating and disease prevention with emphasis on the elderly, cultural aspects of dietary planning.</p> <p><u>Institutional catering and operation</u> Operation of the food service system, flow of food production, catering equipment and facility, recipe development and standardization for individuals and large cohorts.</p>

	<u>Food sustainability</u> Food insecurity problems in worldwide, hunger and environment connections, sustainable agricultural methods and hunger relief organization.																																																													
Teaching/Learning Methodology	Lectures are designed to provide general outlines of the key concepts of the subject and to provide guidance on further readings and applications. Apart from lectures, tutorials are designed to demonstrate students on formulating dietary advice and designing recipes and menus to fit the nutritional needs of various health conditions. Guest speakers will be invited to share practical experience in food industry, which facilitate students’ learning. Practical cooking sessions are designed to provide students hand-on experience on food production and catering situations in real-life.																																																													
Assessment Methods in Alignment with Intended Learning Outcomes	<table><tr><th rowspan="2">Specific assessment methods/tasks</th><th rowspan="2">% weighting</th><th colspan="6">Intended subject learning outcomes to be assessed (Please tick as appropriate)</th></tr><tr><th>a</th><th>b</th><th>c</th><th>d</th><th></th><th></th></tr><tr><td>1. Test</td><td>20%</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td></tr><tr><td>2. Assignments</td><td>15%</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td></tr><tr><td>3. Project</td><td>15%</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td></tr><tr><td>4. Final examination</td><td>50%</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td></tr><tr><td>Total</td><td>100 %</td><td colspan="6"></td></tr></table> Explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes: 1. Test: It is used to assess the students’ understanding of the meal planning principles and food-based dietary guidelines for different population groups. It is used to assess the learning outcomes a and b. 2. Assignments: The students are required to do individual assignments on formulation of dietary advice and designing practical and appropriate menu or recipes for individuals with different nutritional needs or health conditions. They are used to assess the								Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)						a	b	c	d			1. Test	20%	✓	✓					2. Assignments	15%	✓	✓	✓	✓			3. Project	15%	✓	✓	✓	✓			4. Final examination	50%	✓	✓	✓	✓			Total	100 %						
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	<p>learning outcomes a, b and c.</p> <p>3. Project: Students are required to design and prepare a diet to meet a specification appropriate for a stated situation for an individual or a group. Students need to submit a group report for the practical cooking class and do group presentation for the project. It is used to assess the learning outcomes a, b, c andd.</p> <p>3. Examination: It is used to assess the understanding and application of meal planning and diet formulation for specified individuals and groups. It is used to assess the learning outcomes a, b, c andd.</p>	
Student Study	Class contact:	
	▪ Lectures	30 hours
	▪ Tutorials/Seminars	5 hours
	▪ Practical	4 hours
	Other student study effort:	
	▪ Assignment writing	30 hours
	▪ Self-study	50 hours
	Total student study effort	119 hours
Reading List and References	<p>Traster, D. (2018). Foundations of menu planning (Second edition.). Pearson.</p> <p>Brown AC (2019). Understanding food: principles and preparation (Sixth Edition). Boston, MA: Cengage Learning</p> <p>Ellie Whitney and Sharon Rady Rolfes, (2022). Understanding Nutrition (16th ed.). Wadsworth Cengage Learning.</p>	