



United States International University

HRM 3040: HYGIENE AND NUTRITION

COURSE OUTLINE:

TIME:

LECTURER:

UNITS: 3

1. COURSE DESCRIPTION

This course covers personal hygiene, food hygiene, and sanitation. It includes handling and storage of foodstuffs, processing of foodstuffs, the nutritional values of foods and related diseases.

Credits: 3 Units

2. COURSE OBJECTIVES

At the end of the course the students will be able to:

- Understand the rationale of food science, sanitation and microbiology;
- Describe the factors, which contribute to food spoilage and food borne illnesses;
- Understand the role of sanitary practices in food sanitation;
- Recognize the role of other stakeholders in food sanitation;
- Implement health education and food safety.

3. COURSE CONTENT

Week One and Two

The meaning of food science and hygiene in hospitality industry

Food Science, Sanitation and Microbiology

Basic facts about microorganisms

Definition of terms

Growth curve and important microorganisms and related risk factors in food sanitation.

Week Three and Four

Definition of food spoilage and food borne illnesses

Food Spoilage and Food borne Illnesses

Food borne diseases and related global health and economic impacts

Transmission of pathogens through food

Contribution factors to the prevalence of food borne illnesses

Prevention of food borne illnesses/ outbreaks (Flow diagrams)

Food sanitation and relevant governing Public Health Laws.

Week Five and Six

Plant design, layout, maintenance and cleanliness of physical facilities

Sanitary equipment and utensils

Safety and safety regulations
Purchase, transport, sanitary storage practices and temperature and other quality control measures
Food Handlers: Personal hygiene, knowledge, attitude and practices (KAP)
General principles and sanitary procedures for preparing and holding food
Techniques for handling some specific hazardous menu items
Hazard Analysis Control Points (HACCP)

Week Seven and Eight

Strategies and Partnership in Food Sanitation
Health sector
Education sector
Tourism sector
Food and health inspector
Mass media
Food industry
Community

Week Nine and Ten: Implementation of Health Education in Food Sanitation

Recognition, communication and resources
Coordination
Assessment of the situation
Analysis of problems

Week Eleven: Implementation of Health Education in Food Sanitation

Planning and implementation
Monitoring and evaluation
Lessons learned from education
Education and training in sanitation of food service personnel

Week Twelve: Sanitary Practices

Plant design, layout, maintenance and cleanliness of physical facilities
Sanitary equipment and utensils
Safety and safety regulations
Purchase, transport, sanitary storage practices and temperature and other quality control measures.

Week Thirteen: Handling and Sanitary Procedures

Food Handlers: Personal hygiene, knowledge, attitude and practices (KAP)
General Principles and sanitary procedures for preparing and holding food
Techniques for handling some specific hazardous menu items
Hazard analysis control points (HACCP)

Week Fourteen: Final Examination

4. TEACHING METHODOLOGY

The course will be conducted through brief lectures, group discussions, case studies, and projects of practical nature

5. COURSE TEXTS

Trickett, Jill, *Food Hygiene for Food handlers*, The Macmillan Press Ltd, London, 1997

Hazelwood, David, *Hygiene: A Complete Course for Food Handlers*, Hodder and Staoughton, London. 1998.

6. RECOMMENDED READINGS

Hobbs, Betty C., and Gilbert, Richards J., Food Poisoning and Food Hygiene, Edward Arnold Publishers Limited, London, 1998.

7. COURSE EVALUATION

▪ Class Attendance and Participation	10%
▪ Group Work Assignment	20%
▪ Individual Assignment (Term Paper or Case Study)	20%
▪ Mid Quarter Examination	20%
▪ Final Examination	30%
▪ Total	100%

8. GRADING SYSTEM

90-100	A
87-89	A-
84-86	B+
80-83	B
77-79	B-
74-76	C+
70-73	C
67-69	C-
64-66	D+
62-63	D
60-61	D-
0-59	E