

Teaching guide

IDENTIFICATION DETAILS

Degree:	Gastronomy		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Law, Business and Governance		
Course:	HEALTHY CUISINE AND INTELLIGENT NUTRITION		
Type:	Compulsory	ECTS credits:	6
Year:	4	Code:	1469
Teaching period:	Seventh semester		
Area:	Bromatology and health		
Module:	Discipline		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

SUBJECT DESCRIPTION

En cursos anteriores se han aprendido conceptos sobre nutrientes y nutrición centrándonos, sobre todo, en el estudio de los alimentos, sus propiedades, su composición y su relación con la salud humana. Esta asignatura aplica todos esos conocimientos obtenidos a la planificación dietética, poniendo en el centro a la persona con sus características fisiológicas y patológicas, sus intereses, sus hábitos, sus preferencias y sus miedos.

SKILLS

Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

General Skills

To develop the skill of responsible, critical, reflective, analytical and synthetic thought.

To develop habits of oral and written communication in order to convey one's attitudes and feelings.

To develop the professional skills involved in risk forecasting, decision making and problem solving.

To assume and be familiar with the principles of performing management duties at department, project and company level in the hotel and catering sectors.

To be able to apply the theory and knowledge acquired to real situations and practical actions.

To adopt an attitude of intellectual eagerness, scientific interest and the search for knowledge and truth in all professional and personal undertakings.

Specific skills

To have knowledge of the different proximate nutrients and other components present in food, their impact on its quality and sensorial attributes and their impact on the health of the individual, within an eating pattern.

To handle resources for the search of specialist information that allow for preventive measures, dietetic guidelines and nutritional recommendations to be applied.

To know and apply detailed food assimilation and healthy nutrition processes to the culinary arts.

DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours