



## Information about the subject

**Degree:** Bachelor of Science Degree in Human Nutrition and Dietetics

**Faculty:** Faculty of Medicine and Health Sciences

**Code:** 1310305 **Name:** Community Nutrition and Mass Catering

**Credits:** 6,00 **ECTS Year:** 3 **Semester:** 2

**Module:** Public Health and Community Nutrition Module

**Subject Matter:** Community Nutrition **Type:** Compulsory

**Field of knowledge:** Health Science

**Department:** -

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** Spanish

**Lecturer/-s:**

1313A Alma Maria Palau Ferré (**Responsible Lecturer**)

am.palau@ucv.es

284ND Alma Maria Palau Ferré (**Responsible Lecturer**)

am.palau@ucv.es



## Module organization

### Public Health and Community Nutrition Module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Public Health	12,00	Epidemiology	6,00	3/2
		Public Safety and Food Education	6,00	3/2
Community Nutrition	6,00	Community Nutrition and Mass Catering	6,00	3/2

## Recommended knowledge

It is advisable to study the subjects of

- 1.Culinary Technology,
- 2.Legislation and Management of Quality Systems,
- 3.Hygiene and Food Safety,
- 4.Nutrition in the different stages of life,
- 5.Dietetics,
- 6.Economy and Food Management.

## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- |    |   |
|----|---|
| R1 | Understands and assimilates the concepts included in the course content.  |
| R2 | Shows ability to solve problems related to these contents using different resources.  |
| R3 | Understands and proper uses language, as well as correct writing and presentation of data.  |
| R4 | Collaborates with the teacher and classmates throughout the learning process: Attendance to theoretical, practical or tutoring sessions; teamwork; respect in the treatment; compliance with the rules of organization of the subject for the benefit of all. |



## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

BASIC	Weighting			
	1	2	3	4
CB2 Students know how to apply their knowledge to their work or vocation in a professional way and possess the skills that are usually demonstrated through the elaboration and defense of arguments and the resolution of problems within their area of study.				X

GENERAL	Weighting			
	1	2	3	4
CG07 Students are able to prepare reports and fill in records related to the professional intervention of the Dietician-Nutritionist.				X
CG10 Elaborate, interpret and manage the tables and databases of food composition.				X
CG14 Students apply scientific knowledge of physiology, physiopathology, nutrition and feeding to the planning and dietary advice in individuals and collectivities, along the life cycle, both healthy and sick.				X
CG15 Students design and carry out protocols for the evaluation of nutritional status, identifying nutritional risk factors.				X
CG22 Students collaborate in the planning and development of food, nutrition and food security policies based on the needs of the population and the protection of health.				X
CG26 Students elaborate, control and cooperate in the planning of menus and diets adapted to the characteristics of the collective to which they are destined.				X
CG28 Students provide the appropriate hygienic-sanitary and dietetic-nutritional training to the personnel involved in the catering service.				X



SPECIFIC	Weighting			
	1	2	3	4
CE14 Students interpret and manage the databases and tables of food composition.			X	
CE24 To collaborate in consumer protection within the framework of food safety.				X
CE29 To participate in the design of total diet studies.				X
CE37 Plan, implement and evaluate therapeutic diets for subjects and/or groups.				X
CE51 Students design, intervene and implement dietetic-nutritional education and training programmes in nutrition and dietetics.			X	
CE52 Collaborate in the planning of food and nutrition policies for the food and nutrition education of the population.				X



## Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R4	10,00%	Evaluation of the use of the practical classes in the classroom, of problems or computers, seminars and tutorials. Through attendance, and participation in the different activities proposed.
R1, R2, R3	55,00%	Written evaluation of the knowledge and skills obtained. The test may consist of a series of open-ended or multiple-choice questions on the theoretical content of the subject and/or practical exercises (problem solving).
R2, R4	15,00%	Assessment of practical laboratory work, or laboratory culinary techniques workshop, through which the competencies acquired must be demonstrated and that they are capable of being used to solve the different situations and problems that arise in a laboratory; this assessment may be carried out by one of the following methods, or a combination of several of them: an individual written test, the individual or group performance of a laboratory experience, the submission of an individual or group report on the work carried out in the laboratory
R3	20,00%	Evaluation of individual or group practices or activities, in which information related to each of the subjects must be sought and structured, and cases or problems resolved. This is done through a system of continuous evaluation throughout the course, which involves the delivery and / or exposure of work, whose objectives and content will be proposed by the teacher.

### Observations

**A minimum grade of 50 over 100** in the final written test is needed to average.

Attendance at the Practical Classes (on a different schedule from theoretical teaching) is



mandatory and there will usually be 2 shifts. Non-attendance shall only be supplemented by additional oral evidence if such absence is justified.

Justification of absence shall be taken into account only for reasons of force majeure:

- Serious illness or accident making it impossible for the pupil to appear in person
- Death of a family member up to the second degree on a direct line
- Court summons matching date and time
- Any serious cause or force majeure which in the opinion of Decanato makes it impossible to attend the internship

The student who has not been able to attend the Practical Classes for any of the reasons mentioned above has to submit an internship report within the same time limit as for the rest of their classmates and also undergo an oral test of it.

## MENTION OF DISTINCTION:

According to Article 22 of the Regulations governing the Evaluation and Qualification of UCV Courses, the mention of "Distinction of Honor" may be awarded by the professor responsible for the course to students who have obtained, at least, the qualification of 9 over 10 ("Sobresaliente"). The number of "Distinction of Honor" mentions that may be awarded may not exceed five percent of the number of students included in the same official record, unless this number is lower than 20, in which case only one "Distinction of Honor" may be awarded.

## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- |    |   |
|----|---|
| M1 | Exposition of contents by the teacher, analysis of competencies, explanation and demonstration of capacities, skills and knowledge in the classroom. The blackboard, the computer and the cannon will be used to display texts, graphics, etc.                    |
| M2 | Resolution of practical exercises and case studies, analysis of evaluation procedures and procedural intervention. All this with the support of the teacher. This aspect can be controlled through attendance and active participation in the practical sessions. |
| M3 | Resolution of practical exercises and case studies, analysis of evaluation procedures and procedural intervention. All this with the support of the teacher. This aspect can be controlled through attendance and active participation in the practical sessions. |
| M4 | Monographic sessions throughout the course, oriented towards current aspects and applications of the subject.   |
| M5 | Student study: individual preparation of readings, essays, problem solving, seminars, papers, reports, etc. for discussion or delivery in electronic format.  |



- M6 Application and sharing of multidisciplinary knowledge This is the resolution of a problem that in its subsequent professional practice would require the application of skills acquired through the development of the modules and that would produce synergies in the assimilation of transversal and specific skills. Group work competences will be specifically evaluated.
- M7 Personalised attention and in small groups. Period of instruction and/or orientation carried out by a tutor with the aim of reviewing and discussing the materials and topics presented in the classes, seminars, readings, completion of assignments, etc. The attendance of the student and his/her level of gradual development in the knowledge of the subjects will be evaluated.
- M8 A set of tests, written or oral, used in the evaluation of the student.
- M9 Group preparation of readings, essays, problem solving, seminars, papers, reports, etc... for discussion or delivery.



## IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Theoretical lessons M1, M2	R1	28,00	1,12
Practice lessons M6	R4	5,00	0,20
Laboratory M2, M3, M6	R2, R3, R4	15,00	0,60
Group work presentation M6, M8	R3	6,00	0,24
Seminar M4	R1	2,00	0,08
Office Hours M7	R4	2,00	0,08
Evaluation M8	R2, R3	2,00	0,08
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>

## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
Autonomous work M5	R1, R2, R3	70,00	2,80
Group work M6, M8, M9	R3, R4	20,00	0,80
<b>TOTAL</b>		<b>90,00</b>	<b>3,60</b>





## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
Unit 1: Community Nutrition	<p>Topci 1: Conceptual framework and features</p> <p>Topci 2: Food Policies and Nutritional Surveillance Systems</p> <p>Topci 3: Intervention programmes and strategies: planning, design and evaluation (includes collaborative project development and oral presentation)</p> <p>Topci 4: Assessment of population nutrition status (includes 6 hours off-schedule)</p> <p>Topci 5: Food and occupational health</p> <p>Topci 6: Total Diet Studies.</p> <p>Topci 7: Food Surveys.</p> <p>Topci 8: Dietary guidelines and recommendations</p>
Unit 2: Consumer information	<p>Topic 1: Nutrition labelling, advertising and health claims (includes practical workshop within the class schedule)</p> <p>Topic 2: Consumer information and consumption habits</p>
Unit 3: Social and Commercial Food Services	<p>Topic 1: Definition, evolution and current situation of the sector</p> <p>Topic 2: Management models and new industry trends</p> <p>Topic 3: Raw materials and suppliers</p> <p>Topic 4: Fact sheets and scandals</p> <p>Topic 5: Production and distribution systems</p> <p>Topic 6: Design and planning of installations and equipment</p> <p>Topic 7: Menu planning for communities</p> <p>Topic 8: Adaptation of menus to gastronomy, culture and beliefs</p> <p>Topic 9: COVID-19 protocols in Food Service</p> <p>Topic 10: Legislation and allergens</p> <p>*Includes menu planning design for one community, which is done throughout unit 3 and delivered at the end</p>
Unit 4: Geriatric and Hospital Food Services	<p>Topic 1: Peculiarities of Geriatric and Hospital Food Services</p> <p>Topic 2: Daily subsistence allowance manual</p>



Unit 5: Sustainability and Ethics in Food Services

Topic 1: Sustainability in Agri-food Systems and Food Services

Topic 2: Application of the Deontological Code to Food Services

\* Includes 1,000-word op-ed

## Temporary organization of learning:

Block of content	Number of sessions	Hours
Unit 1: Community Nutrition	10,00	20,00
Unit 2: Consumer information	3,00	6,00
Unit 3: Social and Commercial Food Services	11,00	22,00
Unit 4: Geriatric and Hospital Food Services	4,00	8,00
Unit 5: Sustainability and Ethics in Food Services	2,00	4,00



## References

**BIBLIOGRAPHY COMMUNITY NUTRITION** • Hernández C.: Community Nutrition. Elsevier, 2015. • Aranceta J. Community Nutrition. Elsevier. 2013 • Hudson NR. Management practice in dietetics. Wadsworth/Thomson. Belmont, California, 2000. • Kinton, R., Ceserani, V., Foskett, D. Catering theory. Acribia. 2000. • Soriano JM., Martínez C., Barros T., Navarro J.: Beliefs, precepts and food taboos. Universitat de València. 2011. • Martínez R, Polanco I. El libro blanco de la alimentación escolar. McGrawHill, 2007. • Martínez J.A., Astiasarán I., Muñoz M., Cuervo M.: Hospital feeding. Madrid: Díaz de Santos, 2004.

### BIBLIOGRAPHY FOOD SERVICES

- Martínez-Sanz JM., Marques I., Sospedra I., Menal S., Norte A.: Practical manual for the preparation of diets and menus. Publicacions Universitat d'Alacant. 2019.
- Montés E., Lloret I., López MA.: Kitchen Design and Management. Food hygiene manual applied to the Catering sector. Madrid: Díaz de Santos, 2009.
- CESNID: Collective catering: APPCC User manual. Barcelona: Masson, 2006.
- Araluce M.: Food Catering Companies. A Global Management System. Madrid: Díaz de Santos, 2001.
- Taylor, E.; Taylor, J. Fundamentals of catering theory. Acribia. 2001.
- Sala Y., Montañés J.: Collective restoration: Planning of facilities, premises and equipment. Barcelona: Masson, 1999.
- CESNID: Collective restoration: Planning of facilities, premises and equipment. Masson. Barcelona. 1999.
- Guide to good practices in food handling for hospital feeding services in the context of the COVID-19 pandemic. Position paper of the International Committee for the elaboration of consensus and standardization in Nutriology - CIENUT - <https://cutt.ly/1srvzMA>
- Bouetard J. and Santos J.J. The complete cold line. Organization of central kitchens: the white paper. Innova Concept. Ingeniería S.L. 2009
- De las Cuevas, V.: APPCC applied to collective restoration. Vigo: Ideaspropias, 2006.
- Puig-Durán J.: Certification and quality models in hospitality and catering. Madrid: Díaz de Santos, 2006.
- UNE Standards. Catering Services. AENOR. 2006

### JOURNALS

- Journal of Food Service
- Restauración Colectiva [www.restauracioncolectiva.com](http://www.restauracioncolectiva.com)
- Restauración News [www.restauracionnews.com](http://www.restauracionnews.com)
- HORECA [www.infohoreca.com](http://www.infohoreca.com)
- HOSTELCO [www.hostelco.com](http://www.hostelco.com)
- ALIMARKET [www.alimarket.es](http://www.alimarket.es)

### LINKS OF INTEREST



- Code of Hygiene Practices for Pre-cooked and Cooked Foods Used in Communal Catering. [www.codexalimentarius.net](http://www.codexalimentarius.net) (FAO)
- [www.aecosan.msssi.gob.es](http://www.aecosan.msssi.gob.es)
- [www.ferco-catering.org](http://www.ferco-catering.org)
- [www.feadrs.com](http://www.feadrs.com)
- [www.fehr.es](http://www.fehr.es)
- [www.hosteleriahospitalaria.org](http://www.hosteleriahospitalaria.org)
- [www.restauracioncolectiva.com](http://www.restauracioncolectiva.com)



## Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

**Situation 1: Teaching without limited capacity** (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

**Situation 2: Teaching with limited capacity** (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

### 1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

☒ Microsoft Teams

☐ Kaltura



## **Situation 3: Confinement due to a new State of Alarm.**

In this case, the following changes are made:

### **1. Educational Activities of Onsite Work:**

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

☒ Microsoft Teams

☐ Kaltura

Explanation about the practical sessions:

All the activities planned to be carried out in a classroom in this section of the teaching guide, as well as such as practical classes, a visit to a food service, personalized tutorials and This will be done through the telematics tools provided by the university.

In the case of practical classes, with resources accessible to students from home. And in the case of the visit to a feeding service and the seminar, through resources youtube audiovisual.



## 2. System for Assessing the Acquisition of the competences and Assessment System

### ONSITE WORK

#### Regarding the Assessment Tools:



The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.



The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

#### Comments to the Assessment System:

With regard to evaluation instruments, in the event that the evaluation tests cannot be carried out in person, they shall be carried out via telematics:

- through the UCVnet campus for the performance of the written test
- through Microsoft Teams for the exhibition of collaborative work

The other evaluation criteria do not vary.



Universidad  
**Católica de  
Valencia**  
San Vicente Mártir

# Course guide

Year 2023/2024

**1310305 - Community Nutrition and Mass Catering**

