



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: Nutrition

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 Guillermo Bagues Navarro (**Profesor responsable**)

guillermo.bagues@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				X
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.				

GENERAL	Weighting			
	1	2	3	4
CG07				X
Students are able to prepare reports and fill in records related to the professional intervention of the Dietician-Nutritionist.				
CG10				X
Elaborate, interpret and manage the tables and databases of food composition.				
CG14				X
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.				
CG15				X
Students design and carry out protocols for the evaluation of nutritional status, identifying nutritional risk factors.				
CG22				X
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.				
CG26				X
Students elaborate, control and cooperate in the planning of menus and diets adapted to the characteristics of the collective to which they are destined.				
CG28				X
Students provide the appropriate hygienic-sanitary and dietetic-nutritional training to the personnel involved in the catering service.				



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

PRACTICAL CLASSROOM CLASSES: this part has a system of continuous evaluation that includes attendance, participation in seminars, conducting exercises in the classroom, and the



deliverables of the seminars and classroom practices.

WRITTEN ASSESSMENT: includes test questions to assess concepts, and development questions to assess development and synthesis ability. The minimum grade required for the final written test is 50 out of 100 in order to be able to average with the scores of the other sections.

PRACTICAL: They are carried out outside the theoretical classes schedule and always have a deliverable that can be completed autonomously and delivered within the established deadline.

They are carried out in the field of Community Nutrition. Two groups are formed. Attendance at the Practical Classes 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: 1) Serious illness or accident making it impossible for the pupil to appear in person. 2) Death of a family member up to the second degree on a direct line. 3) Court summons matching date and time. 4) 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.

GROUP WORK: two, one in Community Nutrition whose deliverable is an audiovisual, and another in Food Service, whose deliverable is defended in a day together with companies in the sector.

Both work have a system of continuous evaluation, which involves partial delivery that is evaluated and needs to be improved before continuing, as well as mentoring.

MENTION OF DISTINCTION:

In accordance with the regulations governing the assessment and grading of subjects in force at UCV, the distinction of "Matrícula de Honor" (Honours with Distinction) may be awarded to students who have achieved a grade of 9.0 or higher. The number of "Matrículas de Honor" (Honours with Distinction) may not exceed five percent of the students enrolled in the group for the corresponding academic year, unless the number of enrolled students is fewer than 20, in which case a single "Matrícula de Honor" (Honours with Distinction) may be awarded. Exceptionally, these distinctions may be assigned globally across different groups of the same subject. Nevertheless, the total number of distinctions awarded will be the same as if they were assigned by group, but they may be distributed among all students based on a common criterion, regardless of the group to which they belong. The criteria for awarding "Matrícula de Honor" (Honours with Distinction) will be determined according to the guidelines stipulated by the professor responsible for the course, as detailed in the "Observations" section of the evaluation system in the course guide.

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
TOTAL		60,00	2,40

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
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
Unit 1: Community Nutrition	<p>Topic 1: Conceptual framework and characteristics</p> <p>Topic 2: Food Policies and Nutrition Monitoring Systems</p> <p>Topic 3: Intervention programmes and strategies: planning, design and evaluation</p> <p>Topic 4: Assessment of population nutrition status</p> <p>Topic 5: Food Surveys and Total Diet Studies</p> <p>Topic 6: Food guides and dietary recommendations</p> <p>Topic 7: Food literacy</p>
Unit 2: Consumer information	<p>Topic 1: Mandatory nutrition labelling</p> <p>Topic 2: Consumer information, advertising and healthy claims 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: School menus. Community leaflets and guides</p> <p>Topic 3: Production and distribution models. Design and planning of facilities and equipment</p> <p>Topic 4: Raw materials, purchasing and suppliers management. Datasheets and scandal</p> <p>Topic 5: Sustainability in Agro-food Systems and Collective Catering</p> <p>Topic 6: Adapting menus to gastronomy, culture and beliefs. Special diets and allergen declaration</p>
Unit 4: Geriatric and Hospital Food Services	<p>Topic 1: Food Service in Geriatric Residences</p> <p>Topic 2: Food Service in Hospital</p> <p>* Both include: COVID-19 protocols</p>



Temporary organization of learning:

Block of content	Number of sessions	Hours
Unit 1: Community Nutrition	12,00	24,00
Unit 2: Consumer information	3,00	6,00
Unit 3: Social and Commercial Food Services	12,00	24,00
Unit 4: Geriatric and Hospital Food Services	3,00	6,00



References

BIBLIOGRAPHY COMMUNITY NUTRITION

- Aranceta-Bartrina J. Community Nutrition. Elsevier. 2023 (4th edition)
- Castillo-Hernández J. Community Nutrition. Methods and strategies. 2023 (2nd edition)
- Hernández C.: Community Nutrition. Elsevier, 2015.
- Soriano JM., Martínez C., Barros T., Navarro J.: Beliefs, precepts and food taboos. Universitat de València. 2011.

BIBLIOGRAPHY FOOD SERVICE

- Martínez-Sanz JM., Marques I., Sospedra I., Menal S., Norte A.: Practical manual for the preparation of diets and menus. Published by the Universitat d'Alacant. 2019.
- Montés E., Lloret I., López MA.: Design and Management of Kitchens. Manual of food hygiene applied to the catering sector. Madrid: Díaz de Santos, 2009.
- CESNID: Collective catering: HACCP user manual. Barcelona: Masson, 2006.
- Araluce M.: Food service companies. A global management system. Madrid: Díaz de Santos, 2001.
- Sala Y., Montañés J.: Collective catering: planning of facilities, premises and equipment. Barcelona: Masson, 1999.
- CESNID: Collective catering: planning of facilities, premises and equipment. Masson. Barcelona. 1999.
- Guide to good food handling practices for hospital food services in the context of the COVID-19 pandemic. 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. Engineering S.L. 2009
- De las Cuevas, V.: HACCP applied to collective catering. Vigo: Ideaspropias, 2006.
- Puig-Durán J.: Certification and quality models in hospitality and catering. Madrid: Díaz de Santos, 2006.
- Standards UNE. Catering services. AENOR. 2006

JOURNALS

- Journal of Food Service
- Restauración Colectiva www.restauracioncolectiva.com
- Restauración News www.restauracionnews.com
- HORECA www.infohoreca.com
- HOSTELCO www.hostelco.com
- ALIMARKET www.alimarket.es

LINKS

- www.nutricioncomunitaria.org/es/
- www.codexalimentarius.net (FAO)



- www.aesan.gob.es
- www.diadeldietistanutricionista.org
- www.ferco-catering.org
- www.feadrs.com
- www.fehr.es
- www.hosteleriahospitalaria.org
- www.restauracioncolectiva.com
- https://food.ec.europa.eu/horizontal-topics/farm-fork-strategy_en