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CERTIFICATE COURSE IN HOSPITAL FOOD SERVICE AND DIETETICS

COURSE DURATION – 1 SEMESTER

Credits: 4 (Theory)

Course Description:

This CERTIFICATE COURSE IN HOSPITAL FOOD SERVICE AND DIETETICS is designed to provide students with a strong foundation in nutrition, therapeutic diets and the management of food service in health care settings. Participants will learn how to plan and prepare meals that meet dietary needs of patients and support their recovery.

Hospital Food Service and Dietetics

The certificate in Hospital Food Service and Dietetics is a comprehensive program aimed at healthcare professionals and under graduates, equipping them with the knowledge and skills required to manage food services within healthcare facilities effectively. Participants will learn the principles of nutrition, food safety, and hospital food service management.

INSTITUTE OF HOTEL & TOURISM MANAGEMENT

Certificate Course in Hospital Food Service and Dietetics

Semester: One Semester Duration

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|-------------|----------------------------------|------------------------------|--------------|
| Course Code | 23 IHM EEC 02 | Course Credits | L: 4 T:0 P:0 |
| Max. Marks | 100 (External -70, Internal: 30) | Time of end term examination | 3 Hours |

Note: Examiner will set nine questions in total. Answer to question no. 1 shall be compulsory comprising questions from all four units and remaining eight questions shall be set by taking two questions from each unit. The students have to attempt five questions in total, first being compulsory and selecting one from each unit.

Learning Objectives:

The learners shall be able to develop an understanding about:

1. Operational Competence in Hospital Food Service
2. Nutritional Literacy and Application to Healthcare
3. Proficiency in Assessing and Meeting Nutritional Needs
4. Practical Integration of Dietetics into Healthcare Practices

Learning Outcomes:

Upon successful completion of this course the learners will possess

1. Comprehensive Understanding of Hospital Food Service Operations
2. Application of Nutrition Knowledge in Healthcare
3. Proficient Assessment and Planning of Nutritional Needs
4. Practical Integration of Dietetic Principles

Unit - I

Introduction to Hospital Food Service, Layout, Planning, Staffing & Equipment's. Hospital Food Service Personnel - Hygiene, Grooming and Service Etiquettes; Menu - Types and Menu Planning, Therapeutic Diets, Patient Diets - Types and planning, Hospital Food Service Preparation Techniques, Food Hygiene & Sanitation.

Unit – II

Introduction to Nutrition, Food & Functions of Food, Macronutrients (carbohydrates, Proteins & Fats) and their functions, Micronutrients (Vitamins & Minerals) and their functions, Water & Hydration, Nutrition, health & well Being

Unit – III

Food, Nutrition and Nutritional Status, Daily Food Guide and Balanced Diet, Nutritional Status, Food Habits and Food Misconceptions, Recommended Dietary Intakes for Indians Specials Diets and Dietary Restrictions, Dietary Guidelines & Recommendations,, Portioning & Control, Nutrition Assessment and Label Readings

Unit – IV

Dietetics and Applications in everyday life, Weight Management, Nutrition and Exercise, Nutrition & Health, Digital Applications in Nutrition.

The learners shall visit a hospital setting and prepare a brief report in about 2000 words. This shall be considered with internal assessment.

Suggested Readings:

1. Nutrition and Dietetics by Shubhangini A. Joshi, Tata McGraw-Hill, New Delhi, India
2. Foodservice Organizations: A Managerial and Systems Approach" by Mary B. Gregoire and Marian C. Spears
3. Krause's Food & the Nutrition Care Process" by L. Kathleen Mahan and Janice L. Raymond
4. The Basics of Hospital Foodservice Management" by Naida Grunden
5. Nutrition for Health, Fitness, and Sport" by Melvin H. Williams, Eric Rawson, and David Branch