

TQF.3

Bachelor's Degree

Master's Degree



College of Hospitality Industry Management (CHM.)

Course Specification

Course Code: IHR4414

Course Title: Healthy Foods

Credits: 3(3-0-6)

Program: Bachelor of Arts in Hotel Management

(International Program)

College of Hospitality Management,

Suan Sunandha Rajabhat University

(C.H.M. SSRU)

Semester: 2 Academic Year: 2021

Section 1 General Information

1. Code and Course Title:

Course Code: IHR 4414

Course Title (English): Healthy Foods

Course Title (Thai): -

2. Credits: 3(3-0-6)

3. Curriculum and Course Category:

3.1 Curriculum: Bachelor of Arts in Hotel Management

3.2 Course Category:

General Education

Required Course

Elective Course

Others

4. Lecturer Responsible for Course and Instructional

Course Lecturer (s):

4.1 Lecturer Responsible for Course: Mr. Watcharawish Permsinphantong

4.2 Instructional Course Lecturer(s): Mr. Watcharawish Permsinphantong

5. Contact/Get in Touch

Room Number: 306 Tel. 034 964 946 Ext. -

E-mail: watcharawish.pe@ssru.ac.th

6. Semester/ Year of Study

6.1 Semester: 2/2021 Year of Study: 2021 (RC63)

6.2 Number of the students enrolled: 7

7. Pre-requisite Course (If any)

None

8. Co-requisite Course (If any)

None

9. Learning Location

College of Hospitality Management, Nakhon Pathom Education
Center Room Number: 207 & Online

10. Last Date for Preparing and Revising this Course:

Date 21 December 2021

Section 2 Aims and Objectives

1. Course Aims

At the end of this course, the student will reach to five domains in the following areas of performance:

1.1 Morals and Ethics

- (1) Be aware of values and morality, ethics, generosity, integrity and honesty as well as be able to solve critical problems and disputes;
- (2) Have positive attitudes towards service careers;
- (3) Be able to lead and follow group members, work in team and be a role model for others; and
- (4) Have self-discipline, be punctual, responsibility to self, profession and society.

1.2 Knowledge

- (1) Have up-to-date knowledge in the management and operation of businesses in the hospitality industry both theories and practices widely, systematically and internationally;
- (2) Have integrated knowledge in other related disciplines;

- (3) Have knowledge and understanding in research process and techniques which will be benefit in solving problems and adding up to the knowledge in the career.

1.3 Cognitive Skills

- (1) Be able to analyze the causes of problems and conflicts as well as be able to solve problems systematically and find out proper solutions to the problems;
- (2) Be able to apply both theoretical and practical knowledge into real-life problem; and
- (3) Be able to apply innovation and knowledge from other related academic fields in developing working skills.

1.4 Interpersonal Skills and Responsibility

- (1) Have responsibility for individual and group assignments as well as be able to help and facilitate others in solving problems; and
- (2) Be responsible for the improvement of self-academic learning and the profession continuously.

1.5 Numerical Analysis, Communication and Information

Technology Skills

- (1) Be competent in foreign languages in listening, speaking, reading, writing and summarizing the main points effectively;
- (2) Be able to communicate with foreigners effectively in the appropriate contexts;
- (3) Be able to use technology to communicate and present effectively; and

- (4) Be able to apply statistical or mathematical knowledge in analyzing and interpreting the data.

2. Objectives for Developing/Revising Course (content/learning process/assessment / etc.)

According to TQF (Thailand Quality Framework: HEd.) for Requirement courses, undergraduate students should have opportunity to master learning in nature of person, think logically, good communication, realize morals and ethics, realize Thai cultural value and global cultural value. Finally, students can apply knowledge in daily life for quality of life.

Section 3 Characteristics and Operation

1. Course Outline

This unit describes the introduction and significance of healthy food study, food groups, macro and micronutrients, calories calculation, meal planning, foods for different age groups, practical lab.

2. Time Length per Semester (Lecture – hours / Practice – hours / Self Study – hours)

Lecture (hours)	Remedial Class (hours)	Practice/ Field Work/ Internship (hours)	Self Study (hours)
45	3+ (if any)	-	90

3. Time Length per Week for Individual Academic Consulting and Guidance

(The lecturer responsible for course identifies the information, for example, 1 hour / week)

3.1 Self consulting at the lecturer's office: Room Number 306
College of Hospitality Management (Nakhon Pathom Education
Center/SSRU)

3.2 Consulting via office telephone: 034 964 946 Ext. -

3.3 Consulting via e-Mail: watcharawish.pe@ssru.ac.th

3.4 Consulting via Social Media (Facebook/Twitter/Line): Line

3.5 Consulting via Computer Network (Internet/Web board): Google
Meet

Section 4 Developing Student's Learning Outcomes

1. Morality and ethics

1.1 Learning outcomes with regard to morality and ethics

- (1) Be aware of values and morality, ethics, generosity, integrity and honesty as well as be able to solve critical problems and disputes;
- (2) Have positive attitudes towards service careers;
- (3) Be able to lead and follow group members, work in team and be a role model for others; and
- (4) Have self-discipline, be punctual, responsibility to self, profession and society.

1.2 Teaching strategies

- (1) Provide examples on ethical and moral behavior in classroom such as the issue of plagiarism in doing assignments;
- (2) Provide case studies that explain ethics in careers in the hospitality industry; and
- (3) Be strict with classroom attendance and participation, classroom rules, students' uniform that have to be complied with the university rules and regulations.

1.3 Evaluation strategies

- (1) Class attendance, class participation, and behavior in class;
- (2) On-time submission of report and assignments and their quality; and
- (3) Students' contribution on group assignments.

2. Knowledge

2.1 Learning outcomes with regard to knowledge

- (1) Have up-to-date knowledge in the management and operation of businesses in the hospitality industry both theories and practices widely, systematically and internationally;
- (2) Have integrated knowledge in other related disciplines.
- (3) Have knowledge and understanding in research process and techniques which will be benefit in solving problems and adding up to the knowledge in the career.

2.2 Teaching strategies

- (1) Use problem-based learning;
- (2) Use cooperative learning techniques; and
- (3) Invite guest speakers who are experts in the field of hospitality management to give special lectures.

2.3 Evaluation strategies

- (1) Quizzes
- (2) Midterm and final examination
- (3) Assignments (Cooking Demonstration and Practical)

3. Cognitive skills

3.1 Learning outcomes with regard to cognitive skills

- (1) Be able to analyze the causes of problems and conflicts as well as be able to solve problems systematically and find out proper solutions to the problems;

- (2) Be able to apply both theoretical and practical knowledge into real-life problem; and
- (3) Be able to apply innovation and knowledge from other related academic fields in developing working skills.

3.2 Teaching strategies

- (1) Problem-based learning
- (2) Cooperative learning techniques
- (3) Case studies (Creativity Base Learning)
- (4) Invite guest speakers who are experts in the field of restaurant business to give special lectures.

3.3 Evaluation strategies

- (1) Quizzes
- (2) Midterm and final examination.
- (3) Assignments (Cooking Demonstration and Practical)

4. Interpersonal skills and responsibility

4.1 Learning outcomes with regard to interpersonal skills and responsibility

- (1) Have responsibility for individual and group assignments as well as be able to help and facilitate others in solving problems.
- (2) Be responsible for the improvement of self-academic learning and the profession continuously.

4.2 Teaching strategies

- (1) Group assignments (Creativity Base Learning)
- (2) Use cooperative learning techniques
- (3) Field trips

4.3 Evaluation strategies

- (1) Students' contribution and behavior in group assignments.

(2) Class presentation

5. Numerical analysis, communication and information technology skills

5.1 Learning outcomes with regard to numerical analysis, communication and information technology skills

- (1) Be competent in foreign languages in listening, speaking, reading, writing and summarizing the main points effectively;
- (2) Be able to communicate with foreigners effectively in the appropriate contexts;
- (3) Be able to use technology to communicate and present effectively; and
- (4) Be able to apply statistical or mathematical knowledge in analyzing and interpreting the data.

5.2 Teaching strategies

- (1) Provide assignments that require students to use numerical analysis skills and knowledge;
- (2) Provide assignments that require students to use information technology skills and knowledge;
- (3) Use e-learning;
- (4) Use group discussions; and
- (5) Use presentation

5.3 Evaluation strategies

- (1) Assignments (Cooking Practical);
- (2) Presentation; and

- (3) Observe from students' use of English and/or other language in discussing with other students and lecturers as well as in presenting in front of the class.

Remark: Symbol ● means 'major responsibility'

Symbol ○ means 'minor responsibility'

No symbol means 'no responsibility'

The above symbols were shown in 'Curriculum Mapping' of TQF 2.
(Program Specification)

Section 5 Lesson Plan and Assessment

1. Lesson Plan

Week	Topic/Outline	Periods	Learning Activities and Medias	Lecturer(s)
1	Unit 1 Introduction to Nutrition <ul style="list-style-type: none"> • Course introduction • Factors influencing food selection • Basic nutrition concepts 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning 	Mr.Watcharawish
2	Unit 1 Introduction to Nutrition <ul style="list-style-type: none"> • Nutritious diet characteristics • Nutrient recommendations • What happens when you eat 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning 	Mr.Watcharawish
3	Unit 2 Using dietary recommendation food guides <ul style="list-style-type: none"> • Dietary Guideline for Thai • MyPyramid • Food Labels • Portion size comparisons 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Student research 	Mr.Watcharawish
4	Unit 3 Carbohydrates <ul style="list-style-type: none"> • Functioning • Simple and Complex carbohydrates • Digestion, absorption, and metabolism 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Youtube 	Mr.Watcharawish

Week	Topic/Outline	Periods	Learning Activities and Medias	Lecturer(s)
5	Unit 4 Lipids: Fats and Oils <ul style="list-style-type: none"> • Functioning • Triglycerides • Essential fatty acids • Cholesterol 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Youtube 	Mr. Watcharawish
6	Unit 4 Lipids: Fats and Oils <ul style="list-style-type: none"> • Lipids and health • Ingredient focus • Food facts: Oils and margarines 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Youtube 	Mr. Watcharawish
7	Unit 5 Protein <ul style="list-style-type: none"> • Structure and functioning • Digestion, absorption, and metabolism • Health effects of protein 	3	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Student research • Youtube 	Mr. Watcharawish
8 Midterm Examination.....			
9	Unit 6 Vitamins <ul style="list-style-type: none"> • Characteristics • Fat-soluble vitamins • Water-soluble vitamins • Ingredient focus • Phytochemicals 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Performance activities • Youtube 	Mr. Watcharawish

Week	Topic/Outline	Periods	Learning Activities and Medias	Lecturer(s)
10	Unit 7 Water and minerals <ul style="list-style-type: none"> • Water functions • Major minerals • Trace minerals • Ingredients focus: Nuts and seeds 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Youtube 	Mr.Watcharawish
11	Unit 8 Foundations of healthy cooking <ul style="list-style-type: none"> • Flavors • Cooking methods and techniques for healthy eating styles 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Cooking demonstrations 	Mr.Watcharawish
12	Unit 9 Healthy menus and recipes <ul style="list-style-type: none"> • Introduction to healthy menus • Recipe modification • Meals and presentations 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Youtube 	Mr.Watcharawish
13	Unit 10 Marketing to Health-Conscious Guests <ul style="list-style-type: none"> • Customers' needs and wants • Adding healthy menu options • Promotion and staff training 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Youtube 	Mr.Watcharawish

Week	Topic/Outline	Periods	Learning Activities and Medias	Lecturer(s)
14	Unit 10 Marketing to Health-Conscious Guests <ul style="list-style-type: none"> • Menu program evaluation • Responding to special guest requests • Plant-based products 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Youtube 	Mr.Watcharawish
15	Cooking Demonstration and menu creations <ul style="list-style-type: none"> • Health-conscious menus • Restaurant and nutrition menus • Healthy cooking 	3 hrs. Online	<ul style="list-style-type: none"> • Direct Instruction • Discussion • Co-operative learning • Class activities 	Mr.Watcharawish
16	Course summary and final examination review <ul style="list-style-type: none"> • Course summary Final examination review	3 hrs. Online	<ul style="list-style-type: none"> • Discussion • Questions and answers 	Mr.Watcharawish
17 Final examination.....			
	Total of Hours	45		Mr.Watcharawish

2. Learning Assessment Plan

	Learning Outcome	Assessment Activities	Time Schedule (Week)	Proportion for Assessment (%)
1	Ethics and Morals (1) Be aware of values and morality, ethics, generosity, integrity and honesty as well as be able to solve critical problems and disputes.	<ul style="list-style-type: none"> • Class attendance checklist • Individual portfolio 	Throughout semester	10%
2	Knowledge (1) Have up-to-date knowledge in the management and operation of businesses in the hospitality industry both theories and practices widely, systematically and internationally.	<ul style="list-style-type: none"> • Midterm and final examination 	8 & 17	20% & 30%
3	Cognitive Skills (1) Be able to apply innovation and knowledge from other related academic fields in developing working skills.	<ul style="list-style-type: none"> • Individual assignment and paper works/self-study 	Throughout semester and week 2,5,10,12	20% (5%-5%-5%-5%)
4	Interpersonal Skills and Responsibilities (1) Be responsible for the improvement of self-academic learning and the profession continuously.	<ul style="list-style-type: none"> • Group work & presentation 	Throughout semester or week 4,10	15%
5	Numerical Analysis, Communication and Information Technology Skills (1) Be able to communicate with foreigners effectively in the appropriate contexts; (2) Be able to use technology to communicate and present effectively.	<ul style="list-style-type: none"> • Group and individual assignment 	Throughout semester	5%

Section 6 Learning and Teaching Resources

1. Textbook and Main Documents

Karen Eich Drummond, Lisa M. Brefere. (2013). *Nutrition for foodservice and culinary professionals*. Published by John Wiley & Sons, Inc., Hoboken, New Jersey.

David Thomson (2010). *Thai Street Food, authentic recipes, vibrant traditional*. Ten Speed Press, Berkeley

2. Important Documents for Extra Study

- None

3. Suggestion Information (Printing Materials/Website/CD/Others)

- <https://tastingthefuture.com/blog/>
- <https://www.foodservicefootprint.com/>

Section 7 Course Evaluation and Revising

1. Strategies for Course Evaluation by Students

Using survey questions to collect information from the students' opinions to improve the course and enhance the curriculum. Examples of questions:

- (1) Content objectives were made clear to the students.
- (2) The content was organized around the objectives.
- (3) Content was sufficiently integrated.
- (4) Content was sufficiently integrated with the rest of the first-year curriculum.
- (5) The instructional materials used were effectively.
- (6) The learning methods appropriate assessed the students' understanding of the content.
- (7) Overall, Students are satisfied with the quality of this course.

2. Strategies for Course Evaluation by Lecturer

2.1 Lecturers team observes the class and discusses the results as follow:

- (1) The lecturer is well prepared for class sessions.
- (2) The lecturer answers questions carefully and completely.
- (3) The lecturer uses examples to make the materials easy to understand.
- (4) The lecturer stimulated interest in the course.
- (5) The lecturer made the course material interesting.
- (6) The lecturer is knowledgeable about the topics presented in this course.
- (7) The lecturer treats students respectfully.
- (8) The lecturer is fair in dealing with students.
- (9) The lecturer makes students feel comfortable about asking question.
- (10) Course assignment is interesting and stimulating.
- (11) The lecturer's use of technology enhanced learning in the classroom.

2.2 The Director /Head of program construct assessment items to evaluate four dimensions of lecturer's competencies: teaching skills, organization and presentation of materials, management of the learning environment, and teaching attitudes.

3. Teaching Revision

Lecturer revises teaching/learning process based on the results from the students' survey questions, the lecturer team's observation, and classroom research.

4. Feedback for Achievement Standards

International College Administrator Committee monitor to assessment process and Grading.

5. Methodology and Planning for Course Review and Improvement

- (1) Revise and develop course structure and process every two years.
- (2) Assign different lecturers teach this course to enhance students' performance.

Curriculum Mapping Illustrating the Distribution of Program Standard Learning Outcomes to Course Level

Courses	1. Morals and Ethics			2. Knowledge			3. Cognitive Skills			4. Interpersonal Skills and Responsibility			5. Numerical Analysis, Communication and Information Technology Skills			
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	4
Major requirement course	● Major Responsibility									○ Minor Responsibility						
IHR4414 Healthy foods	●	○	○	●	○	○	○	○	●	○	●	○	○	●	●	○