1. OVERVIEW

Subject Area	Work Placement 1
Degree	Bachelor's Degree in Human Nutrition and Dietetics
School/Faculty	Biomedical and Health Sciences
Year	3º
ECTS	6ECTS
Type	Compulsory
Language(s)	Spanish
Delivery Mode	On-campus and blended
Semester	Semester 4
Coordinating professor	Dr Ángela Patricia Morales Cerchiaro

2. INTRODUCTION

The objective of this subject area is for students to acquire the knowledge and skills of a dietician/nutritionist in a professional setting within the discipline. Students will learn how to incorporate the professional values and skills typical of clinical, administrative or public health professions, in relation to human nutrition and dietetics.

Work placements in the second year align with the subject areas completed so far. With knowledge of Bromatology, Basic Nutrition 1, and Kitchen and Culinary Technology, together with concepts of safety and quality in the food industry, students will carry out a work placement at a location that provide mass catering services within the food industry.

3. SKILLS AND LEARNING OUTCOMES

Key skills (CB, by the acronym in Spanish):

- CB2: Students can apply their knowledge to their work professionally and possess the necessary skills, usually demonstrated by forming and defending opinions, as well as resolving problems within their study area.
- CB3: Students have the ability to gather and interpret relevant data (usually within their study area) to form opinions which include reflecting on relevant social, scientific or ethical matters.
- CB4: Students can communicate information, ideas, problems and solutions to both specialist and non-specialist audiences.
- CB5: Students have developed the learning skills necessary to undertake further study in a much more independent manner.

General skills (CG, by the acronym in Spanish):

- CG1: Understand the core elements of the work of dietitians and nutritionists, including ethical principles, legal obligations and the exercise of the profession, and apply the principle of social justice to professional practice to demonstrate respect for people, their habits, beliefs and cultures.
- CG2: Carry out professional activity with regard to other health professionals, acquiring teamwork skills.
- CG3: Be aware of the need to maintain and update professional skills, paying special attention to continuous self-learning of emerging knowledge and to discover new products and techniques in nutrition and food, with the aim of improving quality.
- CG4: Be aware of the limits of the profession and your skills, identifying when it is necessary to carry out interdisciplinary treatment, or to refer to another professional.
- CG5: Communicate effectively, both spoken and in writing, with individuals, health professionals or industry and the media, knowing how to use information and communication technology, especially that related to nutrition and lifestyle.
- CG7: Be able to write reports and complete records related to the professional activity of dieticians/nutritionists.
- CG13: Understand and assess the relationship between food and nutrition in situations of health and situations of illness.
- CG14: Apply scientific knowledge of physiology, pathophysiology, nutrition and food to dietary planning and advice for individuals and groups of all ages, including both healthy and unwell people.
- CG21: Be able to take part in activities that promote health and aim to prevent disorders and diseases related to nutrition and lifestyle, specifically by educating the population about food and nutrition.
- CG23: Advise on the development, commercialisation, labelling, communications and marketing of food products in line with societal needs, scientific knowledge and governing law.
- CG26: Create, manage and cooperate in the planning of menus and diets tailored to the characteristics of the target group.
- CG28: Provide appropriate training on health, hygiene, dietetics and nutrition to staff involved in catering services.

Cross-curricular skills (CT, by the acronym in Spanish):

- CT1: Communication: ability to engage in active listening, ask questions and respond in a clear and concise way, as well as to effectively express ideas and concepts. This includes concise and clear written communication.
- CT2: Leadership: ability to offer ideas, approaches and interpretations through strategies which offer solutions to real-life problems.
- CT3: Teamwork: ability to integrate and collaborate actively with other people, areas and/or organisations to reach common goals, evaluate and integrate contributions from the rest of the group members and create a good working environment.
- CT4: Adaptability: ability to detect, interpret and respond to a changing environment. Ability to equip themselves and work effectively in different situations and/or with different groups or individuals. This means adapting to change depending on circumstances or needs. It involves the confidence to take on crucial challenges on a personal or group level, maintaining a good physical and mental health to allow work to be carried out effectively.

- CT5: Initiative: ability to undertake difficult or risky actions with resolve.
- CT6: Problem solving: ability to solve an unclear or complex issue or situation which has no established solution and requires skill to reach a conclusion.
- CT7: Decision making: ability to choose between different options or methods to effectively solve different problems or situations.
- CT8: Planning and organization: ability to set objectives and choose the right means to fulfil them through the efficient use of time and resources.
- CT9: Ability put knowledge into practice, using the skills acquired in the classroom to mock situations based on real life experiences that occur in the relevant profession.
- CT10: Independent learning: the ability to govern your own development by choosing the most effective lines of action, strategies, tools and opportunities to independently learn and apply knowledge to practice.

Specific skills (CE, by the acronym in Spanish):
- CE156: Know how to make a diet plan for different groups: catering establishments, hospitals, schools, nursing homes.
- CE157: Know how a nutrition service works and is managed, including its staff.
- CE159: Understand and apply the knowledge and skills acquired in the Bachelor's Degree in Human Nutrition and Dietetics.
- CE160: Prepare and defend arguments and solve problems related to working in the food industry.
- CE161: Understand and apply the knowledge and skills acquired in the degree.

Learning outcomes (RA, by the acronym in Spanish):

- RA1: Write technical/administrative reports on the design, organisation and management of food services, and the implementation of food quality systems.
- RA2: Assess the nutritional, technical and culinary aspects of the planning and use of menus in mass catering according to age group.
- RA3: Analyse the food product development and design process in the food industry.
- RA4: Identify systems of food production, processing and preservation, and distinguish between different cooking techniques and food technology.
- RA5: Describe the food quality and safety management system in the food industry/catering business.
- RA6: Use the appropriate sources to find scientific information and apply it to professional practice in the area of mass catering and the food industry.
- RA7: Demonstrate ethical conduct and professional responsibility when working in daily practice with regard to the professional team and service users.
- RA8: Use the technical language used in mass catering.

The following table shows how the skills developed in the subject area match up with the intended learning outcomes:

Skills	Learning outcomes
CB2, CB3, CB5, CG4, CG5, CG7, CG23, CG28, CE157, CE159, CE 160, CE161, CT1, CT2, CT3, CT6, CT7, CT8, CT9, CT10	**RA1:** Write technical/administrative reports on the design, organisation and management of food services, and the implementation of food quality systems. **RA2:** Assess the nutritional, technical and culinary aspects of the planning and use of menus in mass catering according to age group.
CB2, CB3, CB4, CB5, CG3, CG4, CG5, CG7, CG23, CG28, CE156, CE159, CE160, CE161, CT1, CT2, CT3, CT4, CT5, CT8, CT9, CT10	**RA2:** Assess the nutritional and technical aspects of menus designed for mass catering and advise on the development of food products in the food industry. Assess the nutritional and technical aspects of menus designed for mass catering and analyse the development of food products in the food industry.
CB5, CG3, CG7, CG23, CG26, CG28, CE159, CE161, CT2, CT4, CT9, CT10	**RA3:** Analyse the food product development and design process in the food industry. **RA4:** Identify systems of food production, processing and preservation, and distinguish between different cooking techniques and food technology.
CB2, CB3, CB4, CB5, CG2, CG4, CG5, CG7, CG28, CE159, CE160, CE161, CT2, CT3, CT5, CT6, CT7, CT8, CT9, CT10	**RA5**: Describe the food quality and safety management system in the food industry/catering business.
CB3, CB4, CB5, CG1, CG2, CG3, CE159, CE161, CT1, CT5, CT6, CT7, CT8, CT9, CT10	**RA6:** Use the appropriate sources to find scientific information and apply it to professional practice in the area of mass catering and the food industry.
CB4, CG1, CG2, CG4, CG5, CG17, CG21, CE158, CE159, CE161, CT1, CT2, CT3, CT4, CT5, CT9, CT10	**RA7:** Demonstrate ethical conduct and professional responsibility when working in daily practice with regard to the professional team and service users. **RA8:** Use the technical language used in mass catering.

4. CONTENTS

Everything related to the nutritional aspects of menus and products, as well as food quality and safety from a practical approach.

4.1. Mass Catering Food Services

➢ Technical/administrative assessment of food services.
➢ Production process of a food service: factory floor, production areas, flow chart, organisation chart, machinery, equipment, utensils.
➢ Human resources involved in the production process of a food service.
➢ Characteristics of the customer/diner/patient.
➢ Record of documentation

4.2. Nutritious Food Planning

➢ Menu planning according to customer/diner/patient.

- ➢ Nutritional quality assessment of menus.
- ➢ Sensory and culinary assessment of menus.
- ➢ Cooking techniques as key to sensory and culinary quality.

4.3. Food Handling. Food Quality and Safety

- ➢ Hazard prevention systems.
- ➢ Quality certifications.
- ➢ Food handling programme.
- ➢ Food safety programme.

4.4. The Food Industry

- ➢ Introduction to the structure and organisation of a food company.
- ➢ Stages of designing and creating a food product.
- ➢ Legislation
- ➢ Identifying added value

5. TEACHING/LEARNING METHODS

The types of teaching/learning methods are as follows:
- Collaborative learning
- Problem-based learning
- Simulated environments

6. LEARNING ACTIVITIES

The types of learning activities, plus the amount of time spent on each activity, are as follows:

On campus and blended:

Learning activity	Number of hours
Independent working	50
Report writing	10
Practice in simulated environments	6
Internships	72
Tutorials	12
TOTAL	**150**

7. ASSESSMENT

The assessment methods, together with their respective weighting towards the final grade for the subject, are as follows:

On campus and blended:

Assessment method	Weighting
Activity 1. Tutor's report on work experience	40%
Activity 2. Student's work experience report	30%
Activity 3. Reflective journal	30%

On the Virtual Campus, when you open the subject area, you can see all the details of your assessment activities, including the deadlines and assessment procedures for each activity.

8. BIBLIOGRAFÍA

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Online resources and websites:

- Agencia Española de Consumo, Seguridad Alimentaria y Nutrición (AECOSAN): http://www.aecosan.msssi.gob.es/AECOSAN/web/home/aecosan_inicio.htm

- European Food Safety Authority (EFSA): http://www.efsa.europa.eu/

- Restauración colectiva. El portal de referencia para los profesionales del sector: https://www.restauracioncolectiva.com/

- Guías de autocontrol para la industria alimentaria. http://todoguiasappcc.icoval.org/

- Guías del sector de comidas preparadas. http://todoguiasappcc.icoval.org/sectores/guias-del-sector-de-comidas-preparadas/

- Federación Española de Hostelería (FEHR) http://www.fehr.es/
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- Food Authority (Australia). Guidelines for food service to vulnerable persons (2015). http://www.foodauthority.nsw.gov.au/_Documents/industry/guidelines_vulnerable_persons.pdf
- Sociedad Española de Nutrición Básica y Aplicada. http://www.sennutricion.org
- Sociedad Española de Dietética y Ciencias de la Alimentación. http://www.nutricion.org/
- Federación Española de Sociedades de Nutrición, Alimentación y Dietética. http://www.fesnad.org/

- Restauración Colectiva. Portal de referencia para profesionales del sector. http://www.restauracioncolectiva.com/es/?pag=categoria&cid=17

- FDA (U.S. Food and Drug Administration) Food Code. http://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/ucm374275.htm

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