

Food, Diet & Nutrition

NEW higher level short courses

City College Brighton and Hove is offering a new and exciting higher level short course designed for managers and supervisors of catering establishments and for those who are looking to progress their careers in the catering or hospitality industries.



Food, Diet & Nutrition

This new short course is validated by the University of Brighton and offers successful applicants excellent value for money. You will be taught by experienced tutors with many years of teaching and industry experience, using the College's facilities.

What topics are covered?

- » History of food, diet and nutrition in the UK
- » The impact of new technology on nutrition
- » The holistic role of diet, ethos of diets and diet facts
- » The therapeutical use of foods and diet
- » Key culinary herbs, food labelling and safety

How will the learning be delivered?

These courses have been designed to be studied alongside your work commitments. 10 x 4 hour taught lessons over 10 weeks plus time for self study.

What do I get at the end of it?

A record of your achievement from the University of Brighton.

You will also increase your skills, knowledge and confidence to work at a senior level within the Catering and Hospitality industry and be able to demonstrate this in your workplace.

When?

Courses start in April, June and September 2010.

How much?

£500 per person.

Entry requirements:

All applicants should have a good standard of literacy and numeracy as well as good ICT skills and appropriate professional experience.

How is this assessed?

Participants are expected to complete two research projects:

- » Investigate a current topic of food, nutrition and diet
- » Report on nutritional and dietary elements related to the working environment

Are you interested?

For more information please contact Dawn Howard on 01273 667788 ext.471 or email dh1@ccb.ac.uk

