



# Course Specification

## (Bachelor)

Course Title: Principles of Food Quality and Safety

Course Code: APFQ2105

Program: Intermediate Diploma in Food Quality and Safety

Department: Clinical Nutrition

College: Faculty of Applied Colleges

Institution: Umm Al-Qura University

Version: 3

Last Revision Date: 07/10/2024



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## A. General information about the course:

### 1. Course Identification

1. Credit hours: ( ...3..... )

#### 2. Course type

A. ☐ University ☐ College ☒ Department ☐ Track ☐ Others  
B. ☒ Required ☐ Elective

3. Level/year at which this course is offered: (2<sup>nd</sup> Level/1<sup>st</sup> year)

#### 4. Course General Description:

This course addresses the four Fight BAC! principles: Clean, Separate, Cook, and Chill. Fight BAC! is a food safety initiative designed to educate consumers about these four food safety principles. The goal of this initiative is to provide consumers with information and resources to help them reduce the risk of foodborne illness.

#### 5. Pre-requirements for this course (if any):

NA

#### 6. Co-requisites for this course (if any):

NA

#### 7. Course Main Objective(s):

At the end of this course, the student should be able to:

- Possess basic knowledge towards understanding various types of food contamination and factors that contribute to foodborne illness
- Provide a basic knowledge of potentially hazardous foods
- Addresses the four Fight BAC! principles: Clean, Separate, Cook, and Chill

### 2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	3	100%
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> <li>• Traditional classroom</li> <li>• E-learning</li> </ul>		
4	Distance learning		



### 3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	<b>Lectures</b>	45
2.	<b>Laboratory/Studio</b>	
3.	<b>Field</b>	
4.	<b>Tutorial</b>	
5.	<b>Others (specify)</b>	
<b>Total</b>		<b>30</b>

### B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Identify the characteristics of potentially hazardous foods	K2	Lectures Assignments	Midterm exam Rubrics for assignments Final exam
1.2	Describe the dangers of foodborne illness	K2		
1.3	Demonstrate proper personal hygiene procedures with regard to food handling	K2		
2.0	Skills			
2.1	Employ the ability to explore and apply proper food handling techniques that will eliminate possible foodborne illness.	S2	Lecture Case studies with past experiences and current events Emphasis on morality and ethics Group discussion Group	Oral assessment at the end of each project
2.2	Evaluate the ability to discuss the importance of food safety training in the workplace.	S1		
3.0	Values, autonomy, and responsibility			



Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
3.1	Demonstrate collaboration to finish team assignments	V1	<b>Case studies with past experiences and current events</b> <b>Group discussion</b> <b>Group</b>	<b>Participation grades.</b>
3.2	Display Islamic culture, and civilized behavior and use scholarly activities, innovative thinking, and performing well.	V1		
...				

### C. Course Content

No	List of Topics	Contact Hours
1.	Introduction, History of Hygiene and Sanitation: History of Hygiene and Sanitation.	3
2.	General food safety and legislation: Define the terms food safety, food poisoning, food-borne illness, food allergy, contamination, hazard and HACCP.	3
3.	Hygiene hazards: Explain the concept of contamination and give examples of common food contaminants.	3
4.	Food hazards: Microbial, Chemical, and Physical hazards	3
5.	Food spoilage: Definition, Causes of food spoilage, Factors affecting microbial food spoilage	3
6.	<b>Midterm Exam</b>	
7.	Food poisoning: Introduction, Impact of food poisoning, foodborne disease outbreak, Chemical food poisoning, and Bacterial food poisoning	3
8.	Food additives The use of food additives, Effects of food additives, Purposes of add of food additives to foods, and Harmful Colour additives	3
9.	Food toxicity Hazards in food, Toxicological effects of plant toxins, Natural toxins in food, Heavy metals, and Natural Toxicants Allergens	3
10.	Chilling and cold handling.	3
11.	Cooking and reheating.	3
12.	Food allergen hazards.	3
13.	Safe food storage.	3
14.	Cleaning and personal hygiene.	3
15.	Food Safety Management Systems.	3
<b>Total</b>		<b>45</b>



## D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Midterm Exam	6th or 7th	30%
2.	Project	All weeks	20%
3.	Final Exam	Week 12th	50%
...			

\*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

## E. Learning Resources and Facilities

### 1. References and Learning Resources

Essential References	<ul style="list-style-type: none"> <li>• <b>Maur, R.</b> (2021). <i>A closer look at food safety</i>.</li> <li>• <b>Smith, M.</b> (2018). <i>Food safety and inspection: An introduction</i>.</li> <li>• <b>Nash, C.</b> (2006). <i>Food safety first principles</i>. Chartered Institute of Environmental Health.</li> <li>• <b>Schmidt, R., &amp; Rodrick, G.</b> (2003). <i>Food safety handbook</i> (1st ed.). John Wiley &amp; Sons Inc.</li> <li>• <b>Sun, D.-W.</b> (Ed.). (2011). <i>Handbook of food safety engineering</i>. John Wiley &amp; Sons.</li> </ul>
Supportive References	<p><b>Journal of Food Safety - Wiley Online Library</b>  <a href="https://onlinelibrary.wiley.com/journal/17454565">https://onlinelibrary.wiley.com/journal/17454565</a></p> <ul style="list-style-type: none"> <li>• International Journal of Food Safety, Nutrition and Public Health</li> <li>• Journal of food science</li> <li>• Journal of Food Protection</li> <li>• Journal of Dairy Science</li> </ul>
Electronic Materials	<ul style="list-style-type: none"> <li>• <a href="https://www.foodsafety.gov/keep/government/inspections/index.html">https://www.foodsafety.gov/keep/government/inspections/index.html</a></li> <li>• <a href="https://www.fda.gov/default.htm">https://www.fda.gov/default.htm</a></li> </ul>
Other Learning Materials	

### 2. Required Facilities and equipment





Items	Resources
<b>facilities</b> (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	<b>100 class room</b>
<b>Technology equipment</b> (projector, smart board, software)	<b>Data show, and Smart Board</b>
<b>Other equipment</b> (depending on the nature of the specialty)	

## F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	students	Course questionnaire evaluation - Program questionnaire evaluation - Student experience questionnaire evaluation
Effectiveness of Students assessment	students Faculty	Questionnaires of faculty, students and staff
Quality of learning resources	students Faculty	Questionnaires of faculty, students and staff
The extent to which CLOs have been achieved	students	- Course questionnaire evaluation - Program questionnaire evaluation - Student experience questionnaire evaluation
Other		

**Assessors** (Students, Faculty, Program Leaders, Peer Reviewers, Others (specify))

**Assessment Methods** (Direct, Indirect)

## G. Specification Approval

<b>COUNCIL /COMMITTEE</b>	Umm Al-Qura University Council
<b>REFERENCE NO.</b>	851141114462/190392
<b>DATE</b>	22/11/1446

