

**ECONOMICS AND FOOD MANAGEMENT**  
ECONOMÍA Y GESTIÓN ALIMENTARIA

Degree in Human Nutrition and Dietetics  
Curso 2026-2027

**Code:** 803978

**Module 3**

**Course:** Economics and food management

**Course Type:** Mandatory

**Year:** First

**Semester:** First

**Department:** Forensic Medicine, Psychiatry, and Pathology

**Credits:** 6 ECTS

**Practicum Groups:** up to 50 students per group.

**TEACHING STAFF**

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**BRIEF DESCRIPTION**

Proper nutrition requires a balanced diet. In developed societies, meals are often eaten in social and communal settings, such as nursing homes, hospitals, and schools.

It is therefore logical that the proper organization of supplies, costs, inventory management, product hygiene and quality, allergen management, and so on, must be adequately addressed.

In this course:

- a) Students will learn and apply the economic and management principles that govern human nutrition, particularly in institutional settings.
- b) The foundation is also laid for the future professional practice of dietitians and nutritionists as managers and leaders in nutrition clinics, food companies, and food service establishments.

**SKILLS**

These are the skills associated with the module and course to which this subject belongs

**GENERAL SKILLS**

CG.1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 4.6, 4.7, 6.1, 7.1, 7.4 y 8.1.

**SPECIFIC SKILLS**

CE.M1.3, 1.5, 1.7, 1.8, 3.2, 3.3, 3.5, 3.7, 3.8, 4.04, 4.05, 4.13, 4.14, 4.19 y 4.22.

## OBJECTIVES

- a) To understand the necessary elements and resources for effective management in the food industry.
- b) To gain an understanding of the various types of institutional food service and the technology and systems used.
- c) To develop the skills required to implement basic food safety and quality management standards and systems within the company.
- d) To identify environmental issues and their relationship with the food sector.

## METHODOLOGY

- a) Lectures on the topics covered in the syllabus, with an emphasis on encouraging student participation.
- b) Use of audiovisual resources.
- c) Practical classes involving the analysis of examples and solving given problems.
- d) Guided academic activities.
- e) Tutorials: Students enrolled on the course will have access to faculty members for consultations and to ask any questions they may have.

## TEMARIO

### 1. Introduction

- The importance of food quality management.
- The role of nutritionists in the food industry.
- Structure and classification of the hospitality sector.
- Food service in restaurants. Classification and types.

### 2. Eating Habits

- Consumer motivations.
- Various influences on eating habits: culture, religion, society, age, and social status.

### 3. Cost Analysis and Types. Financial Planning and Management

- Company resources.
- Internal and external accounting.
- Classification of costs.
- Calculation of depreciation.
- Management accounting.

### 4. Purchasing and warehouse management

- Selection and evaluation of suppliers.
- Raw materials management.
- Purchasing and receiving.
- Storage according to different characteristics.
- Warehouse management.
- Warehouse and resource control.
- Placing orders.

### 5. Portion sizes and profit calculation

- Most common portion sizes
- Portion control and costing

- Product specifications

## **6. Diet and menu planning**

- Functions of the menu and its structure
- Types of menus and their development
- Menu design: trends and various influences
- Hospital food service
- School food service
- Food service for the elderly

## **7. Facilities and structures in food service**

- Facilities and basic equipment
- Types of culinary preparation
- Finishing the dish
- Distribution and service
- Types of service

## **8. Technology Applied in Institutional Food Service**

- Hot cooking, on-site cooking,
- Deferred cooking
- Cold cooking
- Sous-vide cooking
- Assembly-line cooking
- Other

## **9. Quality Assurance**

- Standardization
- Quality: definitions and attributes
- Hazard Analysis and Critical Control Points (HACCP)
- Prerequisite programs
- Sensory evaluations
- Quality audits
- Costs of quality
- Benefits of quality

## **10. Hygiene and safety management**

- Applicable Basic Legislation
- Risks present in the establishment, occupational hazards
- Kitchen hygiene and staff hygiene
- Washing and waste disposal equipment. Detergents and disinfectants. Pest control.
- Environmental hygiene

## **11. Product Design and Labelling**

- Market trends and new consumer demands. Labelling and nutritional claims
- Labelling and health claims
- Current legislation
- Allergens

## **12. Food, Environment, and Health**

- Sustainable Development Goals 20–30

- Waste and residue reduction
- Sustainability

## ATTENDANCE

Attendance at lectures is not mandatory, although it is recommended.

Attendance at practical seminars is mandatory. Students may have up to 3 unexcused absences; more than 3 unexcused absences will result in the student failing the continuous assessment and being required to take the final make-up exam directly, which will cover both the theoretical and practical components of the course. This will result in the loss of the opportunity to submit the practical assignment. Absences may be excused due to work, academic, or health-related reasons, or the death of a family member, provided an official document is submitted to verify the absence. An absence may be excused only if the reason coincides with the day and time of the class.

## EVALUATION CRITERIA

Continuous assessment is divided into two parts:

### **Practical assignment (presented orally).**

- Up to 30% of the final grade.
- The practical assignment is completed in groups.
- The oral presentation of the assignments will be done in groups; however, grading will be individual, and all group members must participate.
- Completion of the practical assignment is mandatory; failure to do so results in the loss of the course's continuous assessment.
- The assignment is evaluated using a rubric that will be published in advance on the course's Virtual Campus, which will take into account both the scientific content of the work and its presentation.

### **Written exam.**

- It accounts for 70% of the final grade.
- Theoretical and practical concepts covered in the course will be assessed.

To pass the course through continuous assessment, students must pass both the practical assignment and the written exam.

If students fail the continuous assessment, they must take a makeup exam.

## BASIC BIBLIOGRAPHY / RELATED WEBSITE LINKS

Fera Science Ltd. Science Strategy: Supporting the Global Food System. York: Fera Science; 2021. Disponible en: [https://shop.fera.co.uk/media/wysiwyg/Homepage/Fera-Science-Strategy-2021\\_web\\_1.pdf](https://shop.fera.co.uk/media/wysiwyg/Homepage/Fera-Science-Strategy-2021_web_1.pdf)

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Naciones Unidas. Informe de los Objetivos de Desarrollo Sostenible: Avances en la meta 12.3 de reducción de desperdicio alimentario. Nueva York: ONU; 2024. Disponible en: <https://www.un.org/sustainabledevelopment/es/objetivos-de-desarrollo-sostenible/>

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