



## Course Descriptor (FSHN 470 & Internship)

<b>Proposed Academic Year</b>	2021-2022	<b>Last reviewed academic year</b>	2020-21
<b>Course Code</b>	FSHN470	<b>Course Title</b>	Internship
<b>Credit hours</b>	3 (0-3)	<b>Level of study</b>	Degree
<b>College / Centre</b>	College of Applied and Health Sciences	<b>Department</b>	Food Science & Nutrition
<b>Pre-requisites</b>	FSHN F311, FSHN F414, FSHN N370, FSHN N371, FSHN N162 and completed minimum 80 credits	<b>Co-requisites</b>	

### 1. COURSE OUTLINE

Students will participate in 180 hours of industrial or fieldwork experience to gain skills in the areas of Food Chemistry, Food Microbiology, Food Engineering, Food Safety and Sanitation, Food Service Management, Nutritional Assessment, Epidemiological data Sampling in Nutritional status and other applied nutrition field studies. Students will demonstrate their understanding of food science and human nutrition in an industrial, clinical, community and/or laboratory setting and the concepts and skills related to successful learning of teamwork and professional development.

### 2. AIMS

Depending on the variety of placements and the breadth of exposure that the student receives at each food science and nutrition related operation, the student might learn, experience, or accomplish several objectives including a practical involvement in receiving and storage of food, inventory, food safety, sanitation, and security of food items. Work with food production personnel at the site to prepare food; engage in quantity food preparation; work as part of a production team and observe different food preparation/manufacturing, holding/packaging, and transport systems as well as participate in dietetics and nutritional assessment activities in hospitals and labs.

### 3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS (Indicative)

#### For Internships in Food Science

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
1. Identify and assess food safety, sanitation, nutrition, health and wellness needs in the industry/community	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
2. Identify examples of equipment used to control operations, prevent contamination and food spoilage and accidents in food establishments	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
3. Apply temperature and time controls for ensuring biological safety of food	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
4. Review and apply personnel policies and procedures and improved	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>



## Course Descriptor (FSHN 470 & Internship)

understanding of the rationale for these		
5. Plan and organize an effective sanitation management-training programs	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
6. Establish standards for food quality and conduct periodic reviews of the nutritional value of the food	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
7. Demonstrate the connectivity of the food processing operations as well as the dietary impact of the same	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
8. Demonstrate a respect for diversity and collaborate effectively in conducting and reporting on projects	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
9. Demonstrate an ability to apply learning and working in diverse groups through service and group projects.	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
10. Perform laboratory analysis and reporting for the purpose of quality assurance and product development	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>

### For Internships in the Nutrition

<b>Learning Outcomes (Definitive)</b>	<b>Teaching and Learning methods (Indicative)</b>	<b>Assessment (Indicative)</b>
Select food, standardize eating patterns and analyze nutrition information source	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
2. Apply nutrition knowledge and interrelationships for weight management and nutrition- exercise-fitness connection	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
3. Analyze personal lifestyle and food patterns to optimize physical and mental well being	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
4. Manage individual projects in nutrition counseling, identification, delivery and evaluation of nutrition and appropriate food services	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>



## Course Descriptor (FSHN 470 & Internship)

5. Perform Individual and group investigations and find solutions for problems in nutrition science and nutrition education	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
6. Assist and advise clients on dietary information using an inter-disciplinary team approach to individual and group client-centered nutrition counseling	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
7. Assess the current status and legislation of community nutrition programs	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
8. Assess community needs and resources for program planning, funding and evaluation	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
9. Demonstrate an ability to apply learning and working in diverse groups through service and group projects.	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>
10. Perform laboratory analysis and reporting for the purpose of nutritional assessment	Demonstrations and laboratory/on-site trainings	<i>Performance assessment by mentor, Presentations and Report</i>

#### 4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Student Weekly report	20%
Student Internship report	20%
Presentation	20%
Final Exam	40%
<b>TOTAL</b>	<b>100%</b>

#### 5. ACHIEVING A PASS

Students will achieve 3 credit hours for this course by passing **ALL** of the course assessments and achieving a **minimum overall score of 50%**

#### 6. Course Content (Indicative)

##### Instructions for Students

There are two options namely out-of-campus internship and an in-house internship, available both in the food science stream as well as the nutrition stream for this course. Students are given the opportunity for out-of-campus internships based on their overall GPA and their willingness.



## Course Descriptor (FSHN 470 & Internship)

### Out-of-campus internship:

Students are expected to work approximately 30-35 hours/week, during which time they are expected to behave in a professional manner especially when at field sites and remember they are representing ASU. Students are expected to dress professionally. Students are expected to respect the industry (or) patient/client confidentiality. They may be required to sign a confidentiality agreement at your practicum site or with your mentor. Nutrition related internships might include supervised practice experience in clinical, community nutrition and foodservice management. Such structured experiences are provided at hospital, clinic, community and public school sites.

### Practicum Journals

All the students are required complete a weekly practicum journal. Each journal will have:

1. *Objective Observations* – Factual listings of what you did and observed.
2. *Subjective Observations* – Your impressions and reactions to what you did and observed. This is reserved for your opinions and reactions. Compare what you have learned at the university with the “real world” or “a simulated environment”. Consider the atmosphere of the workplace. Explain how you would change things if you were in-charge. Discuss what you like and dislike about the workplace.

Each weekly journal should list the date and practicum location as well as it must contain the log of hours and locations

### Instructions for Supervisors/Mentors

Mentors at the various work sites are asked to evaluate your cooperation and performance during the laboratory experiences.

Evaluation categories may include:

- Quantity of work (volume, speed, manual dexterity, meets time requirements)
- Quality of work (accuracy, neatness, applies principles and techniques, sound judgment)
- Attitude (flexibility, acceptance of suggestions, interpersonal relations, professional conduct)
- Work Habits (orderliness, of work area, sanitation and safety techniques, personal grooming, efficiency of work methods)
- Dependability (attendance, promptness, intuitive, degree of supervision required)

<b>TOTAL HOURS</b>	<b>180</b>
Plus <b>RECOMMENDED INDEPENDENT STUDY HOURS</b>	
<b>TOTAL COURSE HOURS</b>	<b>180</b>

### 7. RECOMMENDED REFERENCES

**Core text/s:**

**Library + online resources:**

**Open Educational Resources:**



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