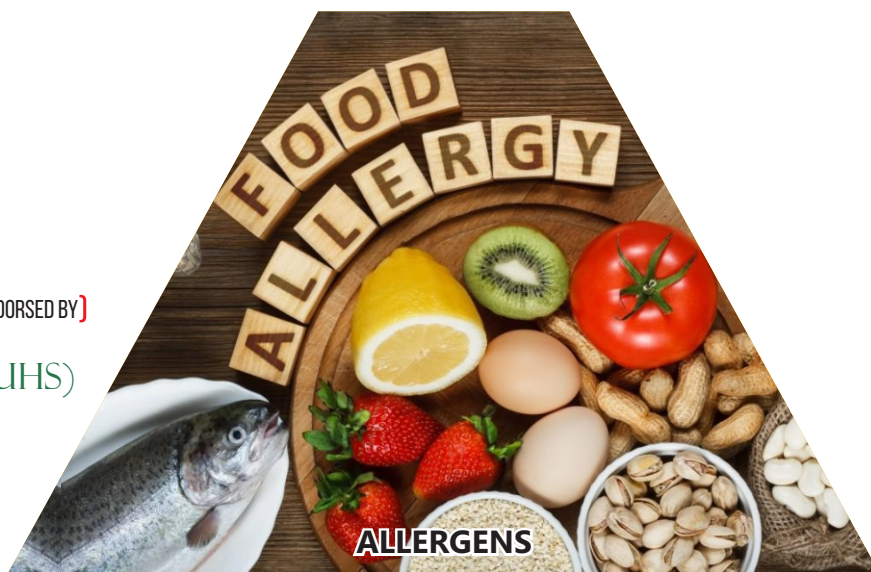




(HIGHFIELD UK QUALIFICATIONS OFFICIALLY ENDORSED BY)  
**UNIVERSITY OF  
HEALTH SCIENCES (UHS)**  
LAHORE



# DEPARTMENT OF FOOD, NUTRITION AND SAFETY SCIENCES



Pioneer in Professional Education  
**COTHM**  
College of Tourism & Hotel Management  
GROUP OF COLLEGES

★★★★★  
Since 2002

STAY CONNECTED WITH COTHM  
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www.cothm.edu.pk

**Diet**  
Studio

**DEGREE**  
With **SKILLS**



**ABOUT COTHM**

Established in the year 2002, COTHM has unveiled new career horizons for the youth by offering for them an array of programs covering hospitality management, culinary arts, baking & patisserie, travel, tourism & airline management, food, nutrition & safety sciences and languages & finishing arts. It has maintained the standards of excellence in education and training delivery in collaboration with its internationally-recognized British, European, American and Canadian academic partners.

**WHY FOOD, NUTRITION & SAFETY SCIENCES?**

As the society has evolved over time, our food system has also evolved spanning over the centuries into a global system of immense size and complexity. In this context, the demand for qualified and competent food and nutrition science professionals has emerged in various economic sectors around the globe such as hospitality, catering, airlines, food manufacturing, healthcare, beverage, pharmaceutical, retail, INGOs and a host of multinational companies. So, millions of new, exciting and exceptional career opportunities around the globe await the food, nutrition, and safety sciences graduates.

**THE TRAINING FACILITY**

Studying Food, Nutrition & Safety Sciences is a combination of hands on learning coupled with conceptual knowledge of the subject. COTHM provides fully-equipped, state-of-the-art labs for practical training and theoretical learning of the students.

**AN INSIGHT INTO FOOD, NUTRITION & SAFETY SCIENCES PROGRAMS**

Our prime goal is to equip the students with the skills necessary to turn their dream careers into a reality. You will learn five core areas of food namely food chemistry, food microbiology, food processing, food engineering, and food analysis. You will learn to apply a wide range of scientific knowledge to maintain a high quality, abundant food supply in commercial operations across various industries. The crux of the programs is preparation of the students to assume managerial and leadership roles in the field of food, nutrition & safety sciences.

The Exponential growth & development in the Food & Nutrition sector globally, is looking for people like you to be a part of the leading professional Food Safety & Nutrition teams!



A GATE WAY TO A  
HEALTHY  
FUTURE!



Our Diet Studio is dedicated to serve you with the food choices to live a healthy life with calculated, nutritious food. Our meals don't contain any refined carbohydrates, sugars, or chemical food preservatives. Our customers are our topmost priority and we are determined to deliver the best quality healthy food. For adding further value to our services, we also provide internationally-recognized training & certifications in nutrition & health as well as nutrition consultancy to the sufferers and non-sufferers. Our menus can be tailored to cater for all kinds of special dietary requirements, from coming up with yummy veggie and vegan options to developing dishes for people with difficulties. We believe that a healthy and nutritious diet is essential for a healthy life!



**TRAINING PHILOSOPHY**

"Degree with Skills" is the cross-cutting theme of education and training at COTHM. The training philosophy of the Food, Nutrition & Safety Sciences Programs is centered on the professional development of the students to bring them at par with the minimum industry requirements. This is achieved through rigorous conceptual and hands on training in an interactive mode. Side by side with the technical skills, the soft skills development is also addressed to align the learning outcomes with the industry needs.

**CARING FOR YOU FROM EDUCATION TO INTERNSHIP AND JOB PLACEMENT**

We believe in empowering our students by ensuring their internship and job placement in the fastest growing hospitality & tourism, food service, food manufacturing, catering, retail, pharmaceutical, and the healthcare industry locally as well as internationally.

Our dedicated International Office in Dubai, having its presence in Pakistan too, is on the move to develop networking with the internationally-renowned hotel chains and brands to connect our graduates with the internship and job opportunities, leading them to a scintillating career.

INTERNATIO







## ACADEMIC PARTNERS



## HIGHFIELD AWARDS



## INDUSTRIAL PARTNERS IN EXCELLENCE





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## EXECUTIVE DIPLOMA IN FOOD SAFETY & QUALITY MANAGEMENT



- ENTRY LEVEL**  
14-YEAR EDUCATION OR ENROLLED IN 5TH SEMESTER OF BS (Hons.)
- DURATION**  
6 MONTHS
- 2 SEMESTERS**  
3 MONTHS EACH
- INTERNSHIP**  
OPTIONAL
- QUALIFICATION AWARDED**
  1. Certificate by COTHM
  2. Certificates by Highfield-UK
  3. Certificate by Typsy Australia
  4. GPDP Certificate by COTHM Dubai

### COURSE OVERVIEW:

Achieving food safety and quality management is the prime objective of companies in a services and manufacturing operation. This highly-desired objective can only be achieved with a qualified, skilled and competent team of professionals. The 'Executive Diploma in Food Safety & Quality Management', endorsed by the internationally-acclaimed awarding body of the UK, prepares you for an exciting and sustainable career across various economic sectors.

#### SEMESTER-I

Sr.#	COURSE CODE	COURSE TITLE
1	FSQM-101	Food Safety & Quality Management
2	FLAT-102	Food Labelling, Authenticity & Traceability
3	CB-103	Consumer Behavior

#### SEMESTER-II

Sr.#	COURSE CODE	COURSE TITLE
1	FLRA-104	Food Laws, Regulations and Auditing
2	PHN-105	Public Health and Nutrition
3	SCM-106	Supply Chain Management

2

## POST GRADUATE DIPLOMA IN NUTRITION & DIETETICS



- ENTRY LEVEL**  
14-YEAR EDUCATION OR ENROLLED IN 5TH SEMESTER OF BS (Hons.)
- DURATION**  
6 MONTHS
- 2 SEMESTERS**  
3 MONTHS EACH
- INTERNSHIP**  
OPTIONAL
- QUALIFICATION AWARDED**
  1. Certificate by COTHM
  2. Certificates by Highfield-UK
  3. Certificate by Typsy Australia
  4. GPDP Certificate by COTHM Dubai

### COURSE OVERVIEW:

Post Graduate Diploma in Nutrition & Dietetics is an amazing program of study which emphasizes on developing evidence-based dietetic practice and nutrition research. This course encompasses physiological, biochemical and social aspects of food and discusses relationship between metabolites and human health. The knowledge of nutrition under this program empowers students with knowledge and skills to utilize food as a powerful tool for physical, mental, and social wellbeing.

#### SEMESTER-I

Sr.#	COURSE CODE	COURSE TITLE
1	PGD-101	Advanced Clinical Nutrition and Dietetics
2	PGD102	Medical Nutrition Therapy and Meal Planning
3	PGD-103	Public Health and Life Cycle Nutrition

#### SEMESTER-II

Sr.#	COURSE CODE	COURSE TITLE
1	PGD-104	Advanced Clinical Nutrition and Dietetics
2	PGD-105	Medical Nutrition Therapy and Meal Planning
3	PGD-106	Public Health and Life Cycle Nutrition

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## INTERMEDIATE IN NUTRITION SCIENCES & HYGIENE



- ENTRY LEVEL**  
MATRIC
- DURATION**  
2 YEARS
- ANNUAL SYSTEM**
- INTERNSHIP**  
4 MONTHS
- QUALIFICATION AWARDED**
  1. Diploma by PBTE (Equivalent to Inter.)
  2. Certificate by ICM-UK
  3. Certificate by Highfield-UK
  4. Certificate by Typsy Australia
  5. GPDP Certificate by COTHM Dubai
  6. Certificate by CAP

### COURSE OVERVIEW:

Intermediate in Nutrition Sciences & Hygiene has been designed to develop competent professionals with a strong foundation and understanding of basic nutrition, meal management, and the role of food in the body health and disease. It also emphasizes the scientific fundamentals of nutrition and metabolism throughout the lifecycle. A combination of theory and practical, this course will equip you with lifelong learning in order to grab exciting career opportunities at supervisory and managerial level.

#### SEMESTER-I

Sr.#	COURSE TITLE
1	English (I)
2	Urdu (I)
3	Islamic Studies /Civics (For Non-Muslim)
4	Introduction to Human Nutrition
5	Supervising Food Safety
6	Computer Fundamentals
7	Research Project* (I)

#### SEMESTER-II

Sr.#	COURSE TITLE
1	English (II)
2	Urdu (II)
3	Pak Studies
4	Nutrition in the life cycle
5	Meal Management
6	Research Project (II)

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## GRADUATE INTERNSHIP PROGRAM



- ENTRY LEVEL**  
14-YEAR EDUCATION OR ENROLLED IN 5TH SEMESTER OF BS (Hons.)
- DURATION**  
1 MONTH
- QUALIFICATION AWARDED**
  1. Certificate by COTHM
  2. Certificates by Highfield-UK

### COURSE OVERVIEW:

The objective of the program is to provide graduates with the hands-on practical experience & leadership that influences and contributes to the food and nutrition arena. After successful completion of this graduate internship program you will have sound knowledge to make them ready for the local and international job market. They will be able to utilize new knowledge to reduce nutrition-related chronic diseases and promote nutrition and wellness.

#### INTENDED SKILL-SET TO BE DELIVERED

Sr.#	COURSE TITLE
1	UK-Level 3 Food Safety
2	UK-Level 3 Nutrition & Health
3	UK=Level 3 Auditing & Inspection
4	UK-Level 3 Allergens
5	GHP, GMPS, TQM & Meal Planning



# UK TRAINING QUALIFICATIONS & CERTIFICATIONS

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## FOOD SAFETY



**ENTRY LEVEL**  
MATRIC TO MASTER'S

**DURATION**  
1 -10 DAYS

**QUALIFICATION AWARDED**  
Highfield Uk

### QUALIFICATION OVERVIEW:

The law requires that all food handlers need to be trained according to their food handling work activities. Should an employee achieve a Highfield food safety qualification, which is suitable for the work they do, it will assist food business operators in proving that they have displayed due diligence and are therefore compliant in the eyes of the law. Highfield's food safety qualifications are intended for anyone working in catering, hospitality or manufacturing settings where food hygiene is essential as food is prepared, cooked, served or produced.

Sr.#	LEVELS OF QUALIFICATION
1	UK LEVEL-1 For Beginners
2	UK LEVEL -2 FOR High risk Food Handlers
3	UK LEVEL-3 For Supervisors & Jr. Managers
4	UK LEVEL-4 For Sr. Managers & Executive Chefs

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## NUTRITION & HEALTH



**ENTRY LEVEL**  
MATRIC TO MASTER'S

**DURATION**  
1 -10 DAYS

**QUALIFICATION AWARDED**  
Highfield Uk

### QUALIFICATION OVERVIEW:

This qualification will benefit anyone who prepares and serves food as it is designed to provide a basic understanding of nutrition and the requirements of special diets to enable the planning of well-balanced meals that have a positive impact on health. This could include chefs, kitchen porters, waiting staff, health care workers and child minders.

Sr.#	LEVELS OF QUALIFICATION
1	UK-LEVEL-2 FOR BEGINNERS (Nutrition & Health Awareness)
2	UK-LEVEL-2 in Healthy Foods & Special Diets (Beginners)
3	UK-LEVEL-3 For Supervisors & Jr. Managers

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## ALLERGENS



**ENTRY LEVEL**  
MATRIC TO MASTER'S

**DURATION**  
1 -5 DAYS

**QUALIFICATION AWARDED**  
Highfield Uk

### QUALIFICATION OVERVIEW:

A food allergy results in a person having an atypical response to a particular food. This course equips you with the knowledge skills and abilities to manage food in commercial scenarios to help avoid individuals suffering from various kind of allergies. It is essential for all those responsible for the purchase, delivery, production and serving of food in the commercial food service industry to have an excellent knowledge of allergens and their control.

Sr.#	LEVELS OF QUALIFICATION
1	UK LEVEL -2 For Beginners
2	UK Level- 3 For Supervisors & Jr. Managers

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## HACCP



**ENTRY LEVEL**  
MATRIC TO MASTER'S

**DURATION**  
1 -10 DAYS

**QUALIFICATION AWARDED**  
Highfield Uk

### QUALIFICATION OVERVIEW:

HACCP qualifications are vital for both food handlers and supervisors working in most food operations. Earning a HACCP qualification will give you a firm understanding of the principles of HACCP and ensure the cost-effective implementation of a food-safety management system. This will equip you with the knowledge and ability to manage the risk of food poisoning and food complaints in a commercial food service operations.

Sr.#	LEVELS OF QUALIFICATION
1	UK LEVEL -2 FOR Beginners
2	UK-LEVEL-3 FOR Supervisors & Jr. Managers
3	UK-LEVEL-4 FOR Sr. Managers/Executive Chefs

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## AUDITING & INSPECTON



**ENTRY LEVEL**  
MATRIC TO MASTER'S

**DURATION**  
3 DAYS

**QUALIFICATION AWARDED**  
Highfield Uk

### QUALIFICATION OVERVIEW:

This is a vital certification to be able to implement a professional food safety system in commercial food service operations. There is an increasing requirement to employ individuals with knowledge and skills linked to audits and inspections, especially in the field of food safety. This is largely as a result of several high-profile food-borne disease outbreaks where the business causing the outbreak had recently passed an audit.

Sr.#	LEVELS OF QUALIFICATION
1	UK-Level-3 For Supervisors/Jr. Managers

## AWARDS & ACHIEVEMENTS



**Lamp of Knowledge Award**  
for an Outstanding International Hospitality Educator, USA  
SUPPORTED BY:  
Cornell University, USA



**Highfield UK Award**  
International Training Centre of Excellence  
'The Queen's Award for Enterprise'



**Eurhodip Challenge Award 2020**  
First Position Holder amongst the top European Hotel Schools' Competition



**Prime Minister's Achievement Award**  
Best Hotel School of Pakistan



**Government of Sindh Award**  
Best Hotel School of Pakistan



**Chefs' Association of Pakistan Award**  
Best Hotel School of Pakistan, 2015-2018



**Consumer Choice Award**  
Best Hotel School of Pakistan 2015-16-17-18-19

## COTHM

### Brand Ambassadors

CERTIFIED FOOD SAFETY PROFESSIONALS  
REPRESENTING US WORLDWIDE



**Zainab Shahjahan**  
PAKISTAN



**Zainab Muzammil**  
PAKISTAN



**Summaiya Iftikhar**  
PAKISTAN



**Jamshaid Sajjad**  
PAKISTAN



**M. Bilal Akhtar**  
DUBAI-UAE



**Ayesha Shakoor**  
PAKISTAN



**Muttaal Tahir**  
GERMANY



**Sheroz Babar**  
PAKISTAN

## OUR CLIENTS' TESTIMONIALS

Highfield works with some of the world's most recognized companies. Listed below are examples of work we have conducted with just a few of these companies.

Highfield worked with the McDonalds team to develop unique training materials covering food safety and health and safety company policy whilst supporting Management to achieve an HABC Level 3 Food Safety qualification. Management build on their current food safety knowledge using a customized workbook and the Level 3 Supervising Food Safety book by RA Sprenger.



"Thank you very much for your efforts and professional work. We appreciate working together with you as a team, and your consistent and good communication has ensured high quality outcomes".



At Highfield we work with government departments around the world. We have close ties with the Ministry of Defence (MOD) and the Defence Logistic School Food Services Wing became a Highfield centre in 2010. Since this time this relationship has grown from strength-to-strength and this case study outlines the positives that the Food Services Wing has benefited from by choosing Highfield as their awarding organisation of choice.



The advantage of customisation, in-house photography and illustration has added lots to the subject, producing products fit for purpose that our girls and boys in the store can benefit from and more importantly, protect our brand.



Staff at Highfield really do listen and are really supportive. Customer Service at its best!



Highfield's SMEs developed a customized package that was successfully used to train UK Environmental Health Practitioners/Enforcement Officers on the effective implementation of the food safety management system SFBB.



## ACADEMIC PARTNERS

All qualifications offered at COTHM are awarded by its international academic partners in excellence, which lends these qualifications an international recognition in the hospitality & tourism industry.



### COTHM NEW GARDEN TOWN: (BRANCH & HEAD OFFICE)

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New Garden Town, Lahore  
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✉ info@cothm.edu.pk

### COTHM GLOBAL:

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✉ info@cothmglobal.com  
🌐 www.cothmglobal.com

### COTHM DUBAI:

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🌐 www.cothm.ae

## FOR ADMISSIONS CALL (ALL CENTERS): 03-111-113-114

### COTHM GULBERG JAIL ROAD:

5-C, Main Gulberg II, Ayesha Saddiqa  
Road, Jail Road, Lahore  
Mob: 0322- 4090092, 042-35870012-13  
Email: admissions.jr@cothm.edu.pk

### COTHM KARACHI (Main Campus):

92 Block 7 & 8 Jinnah C.H.S, Shaheed  
Millat & Tipu Sultan Road, Karachi  
Mob: 0336-6624157  
E-mail: info.khi@cothm.edu.pk

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### COTHM FAISALABAD:

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,Madina Town, Faisalabad  
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### COTHM GUJRANWALA:

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House No: 18/B-1, Model Town-A, Bahawalpur  
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E-mail: info.bwp@cothm.edu.pk

### COTHM SARAI ALAMGIR:

Al-Ghani Plaza Main GT, Road, Sarai Alamgir  
Mob: 0300-8400115  
E-mail: info.sa@cothm.edu.pk

### COTHM SKARDU:

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Gilgit-Baltistan  
Mob: 0355-5035380  
E-mail: info.skd@cothm.edu.pk

### COTHM SIALKOT:

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Mob: 0332-4331111  
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