

Postgraduate Diploma in Dietetics & Food Safety



Pioneer in Professional Education

COTHM
College of Tourism & Hotel Management
GROUP OF COLLEGES

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Since 2002



COURSE OVERVIEW

A Postgraduate Diploma in Dietetics and Food Safety is a specialized program designed to develop advanced knowledge and practical skills in the field of food safety, nutrition and dietetics. The practical elements, such as recipe development, dietary counseling, and supervised clinical and industrial placements will provide invaluable hands-on experience. Successful completion will lead to professional international certification and enhance career opportunities in diverse settings, including hospitals, clinics, schools, corporate wellness programs, and in food industry as well.




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Postgraduate Diploma in Dietetics & Food Safety

 **ENTRY LEVEL**
BS IN HEALTH SCIENCES OR
ENROLLED IN 8TH SEMESTER OF BS

 **DURATION**
1 YEAR

 **2 SEMESTERS**
3 MONTHS EACH

 **CLINICAL & INDUSTRIAL INTERSHIP**
6 MONTHS (COMPULSORY)

SEMESTER - I

| S.NO | COURSE CODE | COURSE NAME | CREDIT HOURS |
|------|-------------|--|--------------|
| 1 | PGD-101 | Advance Clinical Nutrition and Dietetics I | 3 |
| 2 | PGD-103 | Science of Diet and Exercise | 2 |
| 3 | PGD-104 | Food Safety and Quality Management | 2 |

SEMESTER - II

| S.NO | COURSE CODE | COURSE NAME | CREDIT HOURS |
|------|-------------|--|--------------|
| 1 | PGD-102 | Advance Clinical Nutrition and Dietetics II | 3 |
| 2 | PGD-105 | Food Psychology | 2 |
| 3 | PGD-106 | Consultation Techniques & Behavioural Change | 3 |



Why
PGD in
Dietetics &
Food Safety
at COTHM?



The **only Institute** in Pakistan offering
Post-Graduate Degree in Dietetics and Food Safety
with **International Certification**



COTHM NEW GARDEN TOWN: (BRANCH & HEAD OFFICE)
185, Abu Bakar Block, Canal Road, New Garden Town, Lahore

Ayesha Iftikhar  0320-4190092  ayesha@cothm.edu.pk



UK Level 2 Award in Food Safety for Catering

WHO REQUIRES THIS QUALIFICATION?

By law, food business operators must ensure that food handlers receive the appropriate supervision and training in food hygiene.

This qualification is suitable for those working in a catering environment who are responsible for handling food. It is also the most popular food safety qualification accepted by enforcement officers and auditors.

Course Fee: 24,000/- PKR

Bank Details:

All International Certification & Examination Charges Shall be deposited by the student into the below mentioned dedicated bank account .

Title of Account: COLLEGE OF TOURISM & HOTEL MANAGEMENT

Account NO: 0011-0081-037212-01-4

Address: Bank Al Habib Gulberg Branch Lahore

IBAN: PPK20 BAML 0011 0081 0372 1201

Contact Details:

Mob: 0320-4190092

Email: ayesha@cothm.edu.pk

 **Duration: 1 Day**

 **Time: 9:00 am - 5:00 pm**

 **185, Abu Bakar Block, Canal Road,
New Garden Town, Lahore**

WHAT DOES THE QUALIFICATION COVER?

Topics include:

- the importance of food safety procedures and complying with the law
- microbiological, chemical, physical and allergenic hazards and their control
- good temperature control and stock rotation
- the importance of good personal hygiene and preventing contamination, including handwashing, protective clothing, cuts and reporting illness
- keeping work areas and equipment clean and safe
- safe waste disposal
- pest control



UK Level 3 Award in Food Safety for Catering

WHO REQUIRES THIS QUALIFICATION?

Supervisors/managers and future supervisors and managers.

The training of food handlers is a legal requirement, and the key to profitability and high standards of food safety is to train supervisors and managers and ensure their competency.

Course Fee: 45,000/- PKR

Bank Details:

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Address: Bank Al Habib Gulberg Branch Lahore

IBAN: PPK20 BAML 0011 0081 0372 1201

Contact Details:

Mob: 0320-4190092

Email: ayesha@cothm.edu.pk

 **Duration: 3 Day**

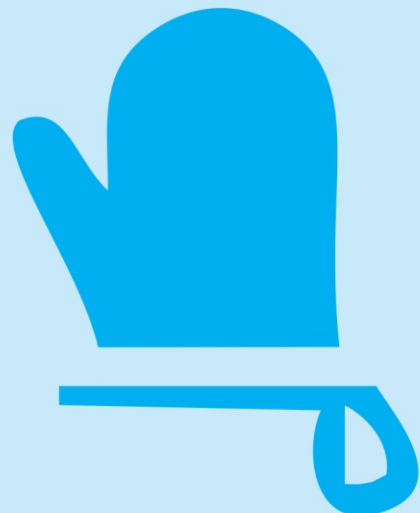
 **Time: 9:00 am - 5:00 pm**

 **185, Abu Bakar Block, Canal Road,
New Garden Town, Lahore**

WHAT DOES THE QUALIFICATION COVER?

Topics include:

- the importance of food safety management procedures and complying with the law
- the role of the supervisor in maintaining food safety
- ensuring that microbiological, chemical, physical and allergenic hazards are controlled
- ensuring good temperature control and stock rotation
- the importance of ensuring good personal hygiene and preventing contamination, including handwashing, protective clothing, cuts, training and reporting illness
- ensuring that work areas and equipment are kept clean and safe
- ensuring safe waste disposal and pest management
- implementing food safety management systems



UK Level 2 International Award in Nutrition and Health

Who is this qualification for?

This qualification has been designed for those involved in the provision of food or healthcare, allowing them to gain a good understanding of food, nutrition and its relationship with health.

What topics are covered?

Topics include:

- Introduction to food, nutrition and healthy diet
- Health problems related to poor diet
- Knowledge about fluid, nutrients and energy requirements
- Introduction to macro and micro-nutrients, their sources and requirements
- Different food groups and malnutrition
- Process of digestion and absorption
- Special diets
- Food intolerance, allergies and vulnerable groups
- Nutrition in different life stages
- Assessment exam
- Exciting food competition
- Macro counted recipes development
- Food tasting

Course Fee: 25,000/- PKR

Bank Details:

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Address: Bank Al Habib Gulberg Branch Lahore

Contact Details:

Email: ayesha@cothm.edu.pk

Mob: 0320-4190092

Mob: 0316-3338360



Duration: 2 Days



Time: 9:00 am - 5:00 pm



**185, Abu Bakar Block, Canal Road,
New Garden Town, Lahore**

UK Level 3 International Award in Nutrition and Health

Who is this qualification for?

This qualification has been designed for those involved in the provision of food or healthcare, allowing them to gain a good understanding of food, nutrition and its relationship with health.



Duration: 3 Days



Time: 9:00 am - 5:00 pm



**185, Abu Bakar Block, Canal Road,
New Garden Town, Lahore**

What topics are covered?

Topics include:

- Fundamental elements of nutrition
- Different food groups
- Nutritional requirements for different age groups
- Factors that affect food intake and food choices
- Nutrition related health disorders
- Therapeutic diets
- Healthy meal pattern and cooking methods that help preserve the nutritional value of the food.

Course Fee: 45,000/- PKR

Bank Details:

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Healthy Food & Special Diets

UK Level 2 Award in Healthy Food and Special Diets

This qualification is ideal for anyone who prepares and serves food, as it provides learners with a basic understanding of nutrition and the requirements of special diets to enable the planning and provision of well-balanced meals that will have a positive impact on health.

How long will it take me to achieve this qualification?

One day

How is the qualification assessed?

It is assessed by a multiple-choice examination, where the candidate must answer at least 14 out of 20 questions correctly. The examination will take a maximum of 30 minutes to complete

What is the Eligibility for this course ?

Matric & Above

Course Fee: 25,000/- PKR

Bank Details:

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Title of Account: COLLEGE OF TOURISM & HOTEL MANAGEMENT

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HACCP

UK Level 2 Award in HACCP for Catering

The highfield level 2 Award in HACCP for Catering is aimed at those working in food catering environment and other food handlers. The qualification is intended for candidates already working in catering and those who are preparing to work in the industry.

The objective of the qualification is to provide an introduction to HACCP, and also support those who are or will be part of a HACCP team within a catering environment.

How long will it take me to achieve this qualification?

One day

How is the qualification assessed?

This qualification is assessed by a 30 minutes, 15 questions multiple-choice examination, where then learner must answer at least 9 out of the 15 questions correctly to pass.

What is the Eligibility for this course ?

Matric & Above

Course Fee: 25,000/- PKR

Bank Details:

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HACCP

UK Level 2 Award in HACCP for Food Manufacturing

This qualification is aimed at those working in a food manufacturing environment. The qualification is intended for learners already working in food manufacturing and those who are preparing to work in the industry. The qualification is especially useful for those involved in maintaining HACCP in a manufacturing environment, and for those who are or will be part of a HACCP team.

This qualification covers the principles of HACCP including the procedures required to develop HACCP and how the principles are applied in a food production environment

How long will it take me to achieve this qualification?

One day

How is the qualification assessed?

This qualification is assessed by a 30 minutes, 15 questions multiple-choice examination

What is the Eligibility for this course ?

Matric & Above

Course Fee: 25,000/- PKR

Bank Details:

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Title of Account: COLLEGE OF TOURISM & HOTEL MANAGEMENT

Account NO: 0011-0081-037212-01-4

Address: Bank Al Habib Gulberg Branch Lahore

IBAN: PK 21 BAHU 0011008102867001

Contact Details:

Mob: 0320-4190092

Email: ayesha@cothm.edu.pk

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HACCP

UK Level 3 Award in HACCP for Caterers

The Highfield Level 3 Award in HACCP for Caterers (RQF) has been developed for caterers to gain a better understanding of how HACCP can be simply applied to the catering environment. This one-day qualification will also be useful for those learners who already hold a level 3 or level 4 food safety qualification as a means of demonstrating CPD. It may also suit some enforcement officers who mainly inspect catering premises.

How long will it take me to achieve this qualification?

Two Days

How is the qualification assessed?

This qualification is assessed by multiple-choice examination.

What is the Eligibility for this course ?

Intermediate & Above

Course Fee: 45,000/- PKR

Bank Details:

All International Certification & Examination Charges Shall be deposited by the student into the below mentioned dedicated bank account.

Title of Account: COLLEGE OF TOURISM & HOTEL MANAGEMENT

Account NO: 0011-0081-037212-01-4

Address: Bank Al Habib Gulberg Branch Lahore

IBAN: PK 21 BAHF 0011008102867001

Contact Details:

Mob: 0320-4190092

Email: ayesha@cothm.edu.pk

COTHM: 185, Abu Bakar Block, Canal Road, New Garden Town, Lahore

HACCP

UK Level 3 Award in HACCP for Food Manufacturing

This qualification is aimed at those responsible for assisting in the development and maintenance of HACCP systems in a food manufacturing environment.

The objective of the qualification is to provide learners with the knowledge necessary to be an integral part of a HACCP team in manufacturing and other related industries, for example those involved in distribution and storage. The qualification is aimed at learners who are already working in food manufacturing with knowledge of food hazards and controls.

How long will it take me to achieve this qualification?

Three Days

How is the qualification assessed?

This qualification is assessed by a 60 minute multiple-choice examination

What is the Eligibility for this course ?

Intermediate & Above

Course Fee: 45,000/- PKR

Bank Details:

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IBAN: PK 21 BAML 0011008102867001

Contact Details:

Mob: 0320-4190092

Email: ayesha@cothm.edu.pk

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HACCP

UK Level 4 Award in HACCP for Management (CODEX Principles)

The Highfield Level 4 Award in HACCP for Management (CODEX Principles) (RQF) is aimed at learners who are working at management level within food manufacturing and catering environments, quality assurance staff or members of the HACCP team. This qualification would also be useful for trainers, auditors, enforcers and other food safety professionals.

The objective of the qualification is to provide learners with the knowledge needed to develop, implement and evaluate CODEX-based HACCP food safety procedures.

How long will it take me to achieve this qualification?

Five days

How is the qualification assessed?

This qualification is assessed by a written examination that must be completed within 2.5 hours. The examination consists of 2 sections. Learners must achieve 60% in each section to be awarded an overall pass.

What is the Eligibility for this course ?

Bachelors & Above

Course Fee: 75,000/- PKR

Bank Details:

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Title of Account: COLLEGE OF TOURISM & HOTEL MANAGEMENT

Account NO: 0011-0081-037212-01-4

Address: Bank Al Habib Gulberg Branch Lahore

IBAN: PK 21 BAHL0011008102867001

Contact Details:

Mob: 0320-4190092

Email: ayesha@cothm.edu.pk

COTHM: 185, Abu Bakar Block, Canal Road, New Garden Town, Lahore



HACCP

UK Level 4 Award in HACCP Management for Food Manufacturing

The objective of the qualification is to give learners the skills to assist in the implementation of a HACCP system, to critically evaluate HACCP plans and to understand the importance of having an effective HACCP system in place.

How long will it take me to achieve this qualification?

Five Days

How is the qualification assessed?

This qualification is assessed by an examination consisting of two sections with a combined total duration of three hours.

Section 1 is a critical evaluation of a HACCP plan in the form of a case study, which equates to 90% of the final mark.

Section 2 is a series of short questions which equates to 10% of the final mark.

Marks from both sections are combined to determine the learner's grade. A learner will pass if they achieve 60% overall, a Merit at 70% overall and a Distinction at 80% overall.

What is the Eligibility for this course ?

Bachelors & Above

Course Fee: 75,000/- PKR

Bank Details:

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HACCP

UK Level 4 International Award in Managing HACCP for Catering

This qualification is aimed at learners who are working at a management level in a catering or retail business or are members of the HACCP team. It would also be useful for trainers, auditors, enforcers and other food safety professionals involved in catering or retailing operations. It gives learners the skills to assist in the implementation of a HACCP system, to critically evaluate HACCP plans and to understand the importance of having an effective HACCP system in place in a catering business.

How long will it take me to achieve this qualification?

Five days

How is the qualification assessed?

This qualification is assessed by an examination consisting of two sections with a combined total duration of 2.5 hours.

Section A: It is advised that learners take approximately 90 minutes to complete all questions in this section. Learners will need to achieve at least 36 out of a possible 60 marks to achieve a pass.

Section B: It is advised that learners take approximately 60 minutes to complete 2 of the possible 3 questions in this section. Learners will need to achieve at least 24 out of a possible 40 marks to achieve a pass.

What is the Eligibility for this course ?

Bachelors & Above

Course Fee: 75,000/- PKR

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Allergens

UK Level 2 Award in Food Allergen Awareness and Control in Catering

This qualification is aimed at food handlers and other staff involved in food preparation and service who work within the catering industry. The objective of the qualification is to support a role in the workplace. It is designed to provide knowledge and understanding of food allergens and foods commonly causing intolerances, their characteristics and effects, the importance of effectively communicating information regarding allergenic ingredients to customers, and how staff can minimise the risk of cross-contamination from allergenic ingredients.

How long will it take me to achieve this qualification?

1-day

How is the qualification assessed?

This qualification is assessed by an end of course 15 question multiple choice exam paper. The pass mark for the paper is 9 out of 15 questions correct (60%).

What next?

Successful learners may wish to progress in the following qualifications
 Highfield Level 3 Award in Food Allergen Management in Catering
 Highfield Level 2 Award in Food Safety in Catering (RQF).

What is the Eligibility for this course ?

Matric & Above

Course Fee: 25,000/- PKR

Bank Details:

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Allergens

UK Level 3 Award in Food Allergen Management in Catering

This qualification is aimed at learners responsible for the purchase, delivery, production and service of food in the catering industry. It is also suitable for those owning/managing a smaller catering business.

This course is meant for supervisor and manager & their role. Topics covered in ensuring food ingredients are effectively managed, accurate. Communication of ingredient information from supplier to consumer, the importance of practical controls to reduce the risk of allergenic contamination and methods of managing ingredient controls and procedures.

How long will it take me to achieve this qualification?

3-days

How is the qualification assessed?

This qualification is assessed through a 30-question multiple-choice examination. The duration of the examination is 1 hour. To achieve a pass grade, learners must score at least 18 out of 30

What is the Eligibility for this course ?

Intermediate & Above

Course Fee: 45,000/- PKR

Bank Details:

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Title of Account: COLLEGE OF TOURISM & HOTEL MANAGEMENT

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Infection Control

UK Level 2 Award in the Prevention and Control of Infection for Housekeeping

The objective of this qualification is to support a role in the workplace and is aimed at team members working in the hospitality industry needing to develop their underpinning knowledge of how to prevent and control the spread of infection in their workplace.

The content of this qualification includes common infections, correct hand washing procedures, principles of personal protective equipment, the decontamination process, waste management procedures and roles and responsibilities in preventing infection.

How long will it take me to achieve this qualification?

One Day

How is the qualification assessed?

This qualification is assessed by a 20-question, multiple-choice question test.

What is the Eligibility for this course ?

Matric & Above

Course Fee: 25,000/- PKR

Bank Details:

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Infection Control

UK Level 2 Award in the Prevention and Control of Infection in Health and Care Settings

The objective of this qualification is to support a role in the workplace and is aimed at current or new staff who work in health and care settings (such as care homes, health centres, surgeries and childcare settings) and give them underpinning knowledge of how to prevent and control the spread of infection.

The content of this qualification includes common infections and the chain of infection, correct hand washing procedures, principles of personal protective equipment, the decontamination process, waste management procedures and roles and responsibilities in preventing infection.

How long will it take me to achieve this qualification?

One Day

How is the qualification assessed?

This qualification is assessed by a 25-question, multiple-choice question test.

What is the Eligibility for this course ?

Matric & Above

Course Fee: 25,000/- PKR

Bank Details:

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Infection Control

UK Level 2 Award in the Prevention and Control of Infection for the Workplace

The objective of this qualification is to support a role in the workplace and is aimed at anyone working in any industry needing to develop their understanding and knowledge of how to prevent and control the spread of infection in their workplace.

The content of this qualification includes common infections, correct hand washing procedures, principles of personal protective equipment, waste management procedures and roles and responsibilities in preventing infection.

How long will it take me to achieve this qualification?

One day

How is the qualification assessed?

This qualification is assessed by a 15-question, multiple-choice question test.

What is the Eligibility for this course ?

Matric & Above

Course Fee: 25,000/- PKR

Bank Details:

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Auditing & Inspection

UK Level 3 Award in Effective Auditing and Inspection

This qualification is aimed at supervisors, team leaders, chefs, QA staff and managers working in a variety of industries where verification, auditing (including internal auditing and supplier auditing) or inspection is undertaken. Industries may include all sectors of the food industry, consumer products, hospitals, laboratories, pharmaceuticals, warehousing and retail. The qualification is also suitable for student environmental health officers.

This qualification will provide learners with theoretical knowledge on how to effectively carry out audits/inspections, including: the purpose of audits/inspections and the role of the auditor/inspector, how to methodically approach the planning of audits/inspections, how to collect and analyse data and the purpose and content of an audit/inspection report.

How long will it take?

2- days

Assessment method

This qualification is assessed by a multiple-choice examination.

What is the Eligibility for this course ?

Intermediate & Above

Course Fee: 45,000/- PKR

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