

Subject Description Form

Subject Code	ABCT5021
Subject Title	Food Preparation and Menu Planning
Credit Value	3
Level	5
Pre-requisite	Nil
Objectives	This subject aims to provide students with the knowledge in basic food science including topics on food materials, food preparation, food safety, food culture, meal services and hospitality with emphasis on the needs of the elderly.
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> a) Identify and describe the nature and characteristics of various food components, and elaborate the various cooking process and techniques; b) Explain the functions of various food agents and relate the functions and characteristics of food agents to a healthy diet, and to make reference to nutritional guidelines; c) Recognize religious and cultural beliefs and practices that impact on food, nutrition and health; d) Plan and prepare diets to meet specifications appropriate for a stated situation for individuals or cohorts (institutional catering) according to age groups especially for the elderly; e) Plan and produce various types of menus for varied foodservice establishments.
Subject Synopsis/ Indicative Syllabus	<p><u>Basic food components</u> Macronutrients - carbohydrates, proteins, lipids; Micronutrients - vitamins, minerals</p> <p><u>Types of fat and product preparation</u> Sources of fat and oils, effect of composition on fat properties, processing methods such as bleaching, deodorization and interesterification, preparation of fat and oil, and salad dressing</p> <p><u>Properties of sugar and starches in food preparation</u> Sources of sugar and starch, caramelization, leavening agents in food processing, preparation of breads and pastries</p> <p><u>Types and composition of different food ingredients:</u> Egg, meat, poultry and fish, milk and cheese; common vegetables, fruits, grains and cereals, common beverages</p> <p><u>Types and composition of common beverages</u> Processing of common beverages including tea, milk, alcohols and soft drinks</p> <p><u>Types and preparation of preserving food, food hygiene and safety</u> Thermal treatment, dehydration, food irradiation, preservatives, guidelines for</p>

	<p>monitoring food safety</p> <p><u>Food culture and dietary patterns in different countries</u> Specific dietary patterns for different population or population subgroups and the food cultures behind</p> <p><u>Meal planning and meal preparation</u> Nutrition recommendations, age-specific meal planning for healthy eating and disease prevention with emphasis on the elderly, cultural aspects of dietary planning</p> <p><u>Institutional catering and operation</u> Operation of the food service system, flow of food production, catering equipment and facility, recipe development and standardization for individuals and large cohorts</p> <p><u>Food sustainability</u> Food insecurity problems in worldwide, hunger and environment connections, sustainable agricultural methods and hunger relief organizations</p>																																															
<p>Teaching/Learning Methodology</p>	<p>Lectures are used to provide general outlines of the key concepts of the subject and to provide guidance on further readings and applications.</p> <p>Guest speakers will be invited to share practical experience in food industry, which facilitate students' learning.</p> <p>Practical cooking sessions are designed to provide students hand-on experience on food production and catering situations in real-life.</p>																																															
<p>Assessment Methods in Alignment with Intended Learning Outcomes</p>	<table border="1" data-bbox="561 1094 1442 1543"> <thead> <tr> <th rowspan="2">Specific assessment methods/tasks</th> <th rowspan="2">% weighting</th> <th colspan="5">Intended subject learning outcomes to be assessed (Please tick as appropriate)</th> </tr> <tr> <th>a</th> <th>b</th> <th>c</th> <th>d</th> <th>e</th> </tr> </thead> <tbody> <tr> <td>1. Individual Assignment</td> <td>25%</td> <td>✓</td> <td>✓</td> <td></td> <td>✓</td> <td>✓</td> </tr> <tr> <td>2. Group Project/Report</td> <td>20%</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> </tr> <tr> <td>2. Group Presentation</td> <td>15%</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> <td></td> </tr> <tr> <td>3. Final Examination</td> <td>40%</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> </tr> <tr> <td>Total</td> <td>100%</td> <td colspan="5"></td> </tr> </tbody> </table> <p>Reports and Assignments: Project/Report for practical cooking classes is used to assess all the learning outcomes. Individual assignments on menu planning are used to assess learning outcomes a, b, d and e.</p> <p>Presentation: Students should give group presentation on the topics of various food preparation methods and meal services in the different settings.</p> <p>Final Examination: It is focused on the analytical and problem-solving skills to tackle issues in meal planning and food production.</p>	Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)					a	b	c	d	e	1. Individual Assignment	25%	✓	✓		✓	✓	2. Group Project/Report	20%	✓	✓	✓	✓	✓	2. Group Presentation	15%	✓	✓	✓			3. Final Examination	40%	✓	✓	✓	✓	✓	Total	100%					
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Student Study Effort Expected	Class contact:	
	▪ Lecture	30 hours
	▪ Seminar	5 hours
	▪ Practical cooking classes	4 hours
	Other student study effort:	
	▪ Reports/Assignments	30 hours
	▪ Self-study	50 hours
	▪ Total student study effort	119 hours
Reading List and References	<p>Brown AC (2019). Understanding food: principles and preparation (Sixth Edition). Boston, MA: Cengage Learning</p> <p>Ellie Whitney and Sharon Rady Rolfes, (2016). Understanding Nutrition (14th ed.). Wadsworth Cengage Learning.</p> <p>McWilliams, M. (2013). Food Fundamentals (10th ed.). Pearson.</p> <p>Vickie Vaclavik, Elizabeth W. Christia. Essentials Of Food Science (fourth Ed.), Springer-Verlag New York</p>	