

Subject Description Form

Subject Code	FSN2004
Subject Title	Food Materials and Preparation
Credit Value	3
Level	2
Pre-requisite	FSN1002 Basics of Food Science OR FSN2416 Introduction to Food Science
Objectives	This subject is intended to provide students with a sound understanding of raw food materials of plant and animal origins and the basics of food preparation. This subject will provide students with the skills and practices that are required for foundational food preparation skills. Sustainability for a global society, kitchen and meal management, traditions and trends in food consumption and resource management are addressed.
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> understand the nature and characteristics of raw food materials of plant and animal origins; understand the basics of food preparation as well as the principles of food preservation and processing methods; apply and incorporate knowledge and skills learned to identify and solve problems associated with raw food materials and food preparation; recognize the safety regulations and current issues in connection with raw food materials.
Subject Synopsis/ Indicative Syllabus	<p><u>Introduction</u> Introduction to the concept of food chain - “From Farm to Folk”; aspects of quality in raw food and their evaluation; the current situation (global and local) in the production and supply of different categories of raw food materials.</p> <p><u>Food science and nutrition</u> - Food selection and evaluation - Food composition</p> <p><u>Food Service</u> - Food Safety - Food Preparation Basics (Methods of heating foods, mixing techniques, measuring techniques, food presentation) - Meal Management</p>

	<p><u>Raw food materials of plant origin</u></p> <ul style="list-style-type: none"> - Fruits and vegetables - Grains – rice, wheat, corns, etc - Flours - semi-processed products of cereal grains - Legumes – beans and peas <p><u>Raw food materials of animal origin</u></p> <ul style="list-style-type: none"> - Meat – beef, pork, poultry, etc. - Aquatic products – marine and fresh-water - Milk and milk products - Poultry eggs 																																																												
Teaching/Learning Methodology	<p>Lectures are designed to provide students with general outlines of the subject and the essential practical knowledge.</p> <p>Apart from lectures, tutorials are designed to demonstrate students on formulating dietary advice and designing recipes and menus to fit the nutritional needs of various health conditions.</p> <p>Guest speakers will be invited to share practical experience in food service which facilitate students' learning.</p> <p>Practical cooking sessions are designed to provide students hand-on experience on food preparation in real-life.</p>																																																												
Assessment Methods in Alignment with Intended Learning Outcomes	<table border="1"> <thead> <tr> <th rowspan="2">Specific assessment methods/tasks</th><th rowspan="2">% weighting</th><th colspan="6">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></th><th></th></tr> </thead> <tbody> <tr> <td>1. Test</td><td>20%</td><td>✓</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><td></td></tr> <tr> <td>3. Reports</td><td>15%</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td></tr> <tr> <td>3. Final examination</td><td>50%</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td></tr> <tr> <td>Total</td><td>100 %</td><td colspan="6"></td></tr> </tbody> </table> <p>Explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes:</p>							Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)						a	b	c	d			1. Test	20%	✓	✓		✓			2. Group Presentation	15%	✓	✓	✓	✓			3. Reports	15%	✓	✓	✓	✓			3. Final examination	50%	✓	✓	✓	✓			Total	100 %						
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	<p>1. Test: It is used to assess the students' understanding of the food materials and food preparation. It is used to assess the learning outcomes a, b and d.</p> <p>2. Presentation: Students should give group presentation on the topics of various food preparation methods and meal services in different settings. It is used to assess the learning outcomes a, b, c and d.</p> <p>3. Reports: Individual reports for practical cooking classes are used to assess the learning outcomes a, b, c and d.</p> <p>4. Examination: It is focused on analytical and problem-solving skills to tackle issues in raw food materials and food production. It is used to assess the learning outcomes a, b, c and d.</p>	
Student Study	Class contact:	
	▪ Lectures	30 hours
	▪ Tutorials	3 hours
	▪ Seminar	4 hours
	▪ Practical cooking classes	4 hours
	Other student study effort:	
	▪ Reports	20 hours
	▪ Self-study	60 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>McWilliams, M. (2014). Food Fundamentals (10th international Edition). Pearson.</p>	