

## **Subject Description Form**

<b>Subject Code</b>	FSN5021
<b>Subject Title</b>	Food Preparation and Menu Planning
<b>Credit Value</b>	3
<b>Level</b>	5
<b>Pre-requisite</b>	Nil
<b>Objectives</b>	This subject aims to provide students with the knowledge in basic food science including topics on food components, food materials, cooking effects, food preparation techniques, food safety, food culture, meal services and hospitality with emphasis on the needs of the elderly.
<b>Intended Learning Outcomes</b>	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> <li>Identify and describe the nature and characteristics of different food components, and elaborate the various cooking process and techniques;</li> <li>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;</li> <li>Recognize the religious and cultural aspects of dietary planning and their influence on food choices, meal planning, and preparation;</li> <li>Plan and prepare diets to meet specifications appropriate for a stated situation for individuals or cohorts (institutional catering) according to age, sex, physical activity, lifestyle, religion, culture, and socio-economic background, especially for the elderly;</li> <li>Plan and produce various types of menus for varied foodservice establishments.</li> <li>Analyze and calculate the nutrient content of foods and diets for individuals or groups</li> </ol>
<b>Subject Synopsis/ Indicative Syllabus</b>	<p><u>Basic food components and analysis methods</u>  Macronutrients - carbohydrates, proteins, lipids;  Micronutrients - vitamins, minerals  Principle techniques of food analysis by using physical, chemical and biological methods</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 materials and ingredients</u>  Egg, meat, poultry and fish, milk and cheese; common vegetables, fruits, grains and cereals; non-nutrient food components (e.g., natural products with health benefits, and food additives); novel foods</p>

	<p><u>Cooking effects on different food ingredients</u> Effects of cooking on major food quality attributes; influence of food matrix on the accessibility and absorption nutrients</p> <p><u>Types and composition of common beverages</u> Processing of common beverages including tea, milk, alcohols and soft drinks, and plant-based dairy alternatives</p> <p><u>Types and preparation of preserving foods, food hygiene and safety</u> Thermal treatment, dehydration, food irradiation, preservatives, guidelines for monitoring food safety</p> <p><u>Food culture and dietary patterns in different countries</u> Religious, cultural beliefs and practices influencing dietary patterns in different population or population subgroups</p> <p><u>Meal planning and meal preparation</u> Apply nutrition recommendations and guidelines to age-specific meal planning for healthy eating and disease prevention, with an emphasis on the elderly population while considering factors such as age, sex, physical activity, lifestyle, religion, culture, and socio-economic background, Analyze and calculate the nutrient content in meals/diet</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>																																															
Teaching/Learning Methodology	<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>																																															
Assessment Methods in Alignment with Intended Learning Outcomes	<table><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><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></table> <p>Reports and Assignments:</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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	<p>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><b>Presentation:</b> Students should give group presentation on the topics of various food preparation methods and meal services in the different settings.</p> <p><b>Final Examination:</b> It is focused on the analytical and problem-solving skills to tackle issues in meal planning and food production.</p>	
<b>Student Study Effort Expected</b>	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
<b>Reading List and References</b>	<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>	

