

Course Syllabus

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| 1 | Course title | Food preparation |
| 2 | Course number | 643322 |
| 3 | Credit hours (theory, practical) | 3 hrs (2 theory, 1 practical) |
| | Contact hours (theory, practical) | 2 hrs/ wk and 3 hrs/ wk for practical |
| 4 | Prerequisites/corequisites | 6033220 or 603231 |
| 5 | Program title | Food Science and Technology |
| 6 | Program code | 042 |
| 7 | Awarding institution | The University of Jordan |
| 8 | School | Agriculture |
| 9 | Department | Department of Nutrition and Food Technology |
| 10 | Level of course | 3 rd year |
| 11 | Year of study and semester (s) | 2019, Fall and spring (first and second) semesters |
| 12 | Final Qualification | BSc |
| 13 | Other department (s) involved in teaching the course | NA |
| 14 | Language of Instruction | English and Arabic |
| 15 | Date of production/revision | Nov., 2019 |

16. Course Coordinator:

Office numbers, office hours, phone numbers, and email addresses should be listed.

Prof Maher Al-dabbas (course coordinator) and Prof. Basem Abdullah

17. Other instructors:

Office numbers, office hours, phone numbers, and email addresses should be listed.

Dept head office, Ex. 22422 email; m.aldabbas@ju.edu.jo

Office hrs: every day 12-13

18. Course Description:

Cookery processes and their properties; structure, composition and nutritive value of foods; the changes that take place during preparation especially those in the nutritive value and the quality of the product

19. Course aims and outcomes:

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| <p>A- Aims:</p> <ol style="list-style-type: none"> 1. To acquire a basic knowledge of food science and their relationship to food preparation. 2. To acquire a basic understanding of nutrients regarding sources, functions, and their role in the art of food preparation. 3. To be familiar with the concept of quality of the food, their nutritional significance and culinary nutrition. 4. To develop an essential understanding of the scope of food preparation and culinary nutrition 5. To acquire a fundamental background of the methods of food preparation, moist-heating and dry-heating methods. 6. To practice the methods and techniques of food preparation at laboratory scale, and to evaluate the student`s produce in each lab. <p>B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to</p> <p>A. Knowledge and Understanding: Student is expected to</p> <p>A1- Describe the objectives of the study of food ingredients and preparation</p> <p>A2- Describe the structure, composition and nutritive value and the roles and uses of the different food groups and ingredients, as well as the changes upon storage and preparation.</p> <p>A3- To understand and recognize the science of food and nutrition and its relevance to the culinary arts.</p> <p>B. Intellectual Analytical and Cognitive Skills: Student is expected to</p> <p>B1- Choose the most appropriate method for the preparation and cooking different foods.</p> <p>B2- Select, store, prepare and handle foods appropriately.</p> <p>B3. Effect of processing techniques and ingredients on the quality of final products.</p> <p>C. Subject- Specific Skills: Students is expected to</p> <p>C1- Understand differences in food quality resulting from variations in preparation and/or ingredients.</p> <p>C2- Description recipes including the category, cooking time, techniques, equipments, instruction, description and nutrient analysis</p> <p>D. Transferable Key Skills: Students is expected to</p> <p>D1- Adopt safe and hygienic practices in food handling</p> <p>D2- Evaluate the quality of prepared foods using sensory methods.</p> <p>D3- Adopt the science and practice of healthy cooking</p> |
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20. Topic Outline and Schedule:

| Topic | Instructor | Week | Achieved ILOs | Evaluation Methods | Reference |
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| Objectives of studying food ingredients and preparation - Cookery processes: dry and moist heat methods; microwave cookery - Methods of heat transfer to the food | Prof. Maher Al-Dabbas | 1 st and 2 wks | ILO/s | Exam, Quiz and assignments | Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. |

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| - Laboratory conduct, safety and hygiene responsibilities | Prof. Maher Al-Dabbas | 1 st wk practical lab. | A1 and B1 | Exam, Quiz and assignments | Laboratory Manual.(prepared by Prof. Salma Tukan) |
| -Vegetables, fruits and legumes: classification, composition and nutritive value; uses, selection and storage; cooking methods and their effects | Prof. Maher Al-Dabbas | 3 rd and 4 th wks | D1 and C1 | Exam, Quiz and assignments | Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. |
| -Demonstration: measuring techniques and food evaluation | Prof. Maher Al-Dabbas | 2 nd wk practical | A2, B1, B2, B3, C1, D2 | Exam, Quiz and evaluation sheet for each lab. | Laboratory Manual.(prepared by Prof. Salma Tukan) |
| -Starches: Types, sources, uses and roles; gelatinization, gel setting and retrogradation; factors influencing cooking | Prof. Maher Al-Dabbas | 5 th wk | C1, D2, A1 | Exam, Quiz and assignments | -Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| - Preparation of vegetables | Prof. Maher Al-Dabbas | 3 rd wk practical | A2, A3, B1, B2, B3, C1,C2 D3 | Exam, Quiz and assignments | Laboratory Manual.(prepared by Prof. Salma Tukan) |
| -Cereals: Types, structure, composition and nutritive value, cereal products; principles of cooking; storage | Prof. Maher Al-Dabbas | 6 th wk | C1, D2, A1 | Exam, Quiz and assignments | Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| - Dried legumes cookery and table setting | Prof. Maher Al-Dabbas | 4 th wk | A1, A2, A3, B1, B2, B3, C1,C2 D3 | Exam, Quiz and evaluation sheet for each lab. | Laboratory Manual.(prepared by Prof. Salma Tukan) |
| Eggs: Structure, composition and nutritive value; quality, deterioration, egg flaws and storage; properties and uses, egg dishes and hygienic handling | Prof. Maher Al-Dabbas | 7 th wk | A2, B1, B2, B3, C1,C2 D1, D2, D3 | Exam, Quiz and assignments | Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| Starches | Prof. Maher | 5 th wk | A1, A2, A3, B1, | Exam, Quiz and | Laboratory Manual.(prepared by Prof. Salma |

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| | Al-Dabbas | | B2, B3, C1,C2, D1, D2, D3 | assignments | Tukan |
| Meat, poultry and fish: structure, composition and nutritive value; storage; factors affecting tenderness; cuts of meats and methods of cooking and changes upon cooking; offal and meat products | Maher Al-Dab | 8 th and 9 th wk | A2, B1, B2, B3, C1,C2 D1, D2, D3 | Exam, Quiz and assignments | -Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| - cereals cookery | Prof. Maher Al-Dabbas | 6 th wk | A1, A2, A3, B1, B2, B3, C1,C2, D1, D2, D3 | Exam, Quiz and evaluation sheet for each lab. | Laboratory Manual.(prepared by Prof. Salma Tukan |
| Fats and oils: Types, composition, sources, and crystals; selection, uses in food preparation and safe handling; storage | Prof. Maher Al-Dabbas | 10 th wk | A2, B1, B2, B3, C1,C2 D1, D2, D3 | Exam, Quiz and assignments | -Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| - Eggs and custards | Prof. Maher Al-Dabbas | 7 th wk | A1, A2, A3, B1, B2, B3, C1,C2, D1, D2, D3 | Exam, Quiz and assignments | Laboratory Manual.(prepared by Prof. Salma Tukan |
| Flour mixtures: main ingredients, their types and roles and substitution; main methods and changes during baking, causes of failure | Prof. Maher Al-Dabbas | 11 th and 12 th wk | A2, B1, B2, B3, C1,C2 D1, D2, D3 | Exam, Quiz and assignments | -Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| Meat and poultry cookery | Prof. Maher Al-Dabbas | 8 th wk | A1, A2, A3, B1, B2, B3, C1,C2, D1, D2, D3 | Exam, Quiz and evaluation sheet for each lab. | Laboratory Manual.(prepared by Prof. Salma Tukan |
| Milk and dairy products: Composition, nutritive value and | Prof. Maher | 13 th | A2, B1, B2, B3, C1,C2 D1, D2, | Exam, Quiz and assignments | -Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, |

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| care; types of milk and dairy products, uses in food preparation and changes during cooking | Al-Dabbas | | D3 | | London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| Deep-fat frying | Prof. Maher Al-Dabbas | 9 th wk | A1, A2, A3, B1, B2, B3, C1,C2, D1, D2, D3 | Exam, Quiz and assignments | Laboratory Manual.(prepared by Prof. Salma Tukan |
| Sugars and sweeteners: forms, types, properties and uses. | Prof. Maher Al-Dabbas | 14 th | A2, B1, B2, B3, C1,C2 D1, D2, D3 | Exam, Quiz and assignments | Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| Pastry and biscuits | Prof. Maher Al-Dabbas | 10 th wk | A1, A2, A3, B1, B2, B3, C1,C2, D1, D2, D3 | Exam, Quiz and evaluation sheet for each lab. | Laboratory Manual.(prepared by Prof. Salma Tukan |
| Hot beverages: types and their preparation | Prof. Maher Al-Dabbas | 15 th wk | A2, B1, B2, B3, C1,C2 D1, D2, D3 | Exam, Quiz and assignments | Brown A. Understanding Food: Principles and Preparation.2008. 3 rd ed. Thomson Wadsworth, London. - Potter & Hotchkiss. Food science. 1995. 5 th Ed. New York: Chapman & Hall |
| Cakes and cookies | Prof. Maher Al-Dabbas | 11 th wk | A1, A2, A3, B1, B2, B3, C1,C2, D1, D2, D3 | Exam, Quiz and assignments | Laboratory Manual.(prepared by Prof. Salma Tukan |
| Yeast-leavened breads | Maher Al-Dab | 12 th wk | A2, B1, B2, B3, C1,C2 D1, D2, D3 | Exam, Quiz and assignments | Laboratory Manual.(prepared by Prof. Salma Tukan |

21. Teaching Methods and Assignments:

Development of ILOs is promoted through the following teaching and learning methods:

Lectures and discussion with assignments strengthen through practice (laboratories related to each topic). Creative thinking through questions given during lectures and ability of solving and analysing problems related to each topic.

22. Evaluation Methods and Course Requirements:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

Exams, Quizzes and ability to analyze problems using on the spot questions or requirement of assignments.

23. Course Policies:

A- Attendance policies: **Attendance sheet for each lecture and each lab.**

B- Absences from exams and handing in assignments on time: **Make up if there is an official excuse, assignment not accepted after specified date.**

C- Health and safety procedures: **Well seated without any drink on lecture**

D- Honesty policy regarding cheating, plagiarism, misbehavior: **Subjected to students punishment committee**

E- Grading policy: **According to average and University policy**

F- Available university services that support achievement in the course: **Requested before the course and available or provided on request.**

24. Required equipment: (Facilities, Tools, Labs, Training....)

Suitable lecture room well equipped lab. With needed tools, and training in suitable organization related to the field of study at graduation time .

25. References:

Required book (s), assigned reading and audio-visuals:

References available in library, text and handled sheets, movies related to specific subjects may be provided

Recommended books, materials, and media:

Main text

Brown A. **Understanding Food: Principles and Preparation**.2008. 3rd ed. Thomson Wadsworth, London.

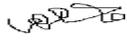
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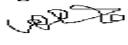
1. Pellett, P and Shaderevian, S 1970. **Food Composition Tables for Use in the Middle East**. Beirut.
2. حميض، محمد علي و خليل، وجيهة و بشناق، عصام. 2001. إعداد الأظعمة وإدارة الوجبات. جامعة القدس المفتوحة، عمان.
3. Potter & Hotchkiss. **Food science**. 1995. 5thEd. New York: Chapman & Hall.

26. Additional information:

None

Name of Course Coordinator: Prof Maher Al-Dabbas. Signature:  Date: 25th Nov., 2019

Head of curriculum committee/Department: Prof Maher Al-Dabbas. Signature: 

Head of Department: Prof Maher Al-Dabbas Signature: 

Head of curriculum committee/Faculty: ----- Signature: -----

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