

Food Preparation and Treatment 110502323

Lecturer: Dr. Mahmoud Abughoush

- **Office No.:** 2768, Medical Building

- **The main goal:**

The course will introduce the student to the principles of food preparation in commercial operations. Topics will deal with food selection, evaluation, and labeling; standard and other types of recipes; care and use of equipment; and how to receive raw materials and store them. Basic food preparation skills will be taught using healthy cooking methods. Emphasis will be placed on the basic food preparation of entrees: fat and oils, milk, eggs, meats, poultry, fish, vegetables, fruits and sweeteners.

- **Textbooks:**

- Brown, A. 2004. *Understanding Food Principles*, 2nd Ed, Wadsworth.

- **References:**

- Kerr, G. and Armentrout, J. 2000. *The Professional Chef's Techniques of Healthy Cooking*, 2nd ed. John Wiley and Sons, New York.
- Mcvety, P. *et al.* 2001. *Fundamentals of Menu Planning*. 2nd ed, John Wiley and Sons, New York
- Freeland-Graves, J. and Peckham G. 1996. *Foundation of Food Preparation*. 6th Ed, Prentice Hall.

- **Course assessment:**

First exam	25%
Second exam	25%
Attendance and Participation	10%
Final exam	40%

100

- **Exams' Dates:**

Will be announced latter.

- **Attendance:**

It should be regular and punctual. Anyone misses more than 15% of total lectures will be deprived from the final.

- **Course content:**

<i>Week</i>	<i>Subject</i>
1	Introduction
2	Food science and nutrition <ul style="list-style-type: none"> - Food composition - Food selection and evaluation
3	Food service: <ul style="list-style-type: none"> - Meal management, planning and service: <ul style="list-style-type: none"> ○ Meal planning ○ Recipe forms ○ Budgeting and time management ○ Foodservice organization
4	- Heating and equipment: <ul style="list-style-type: none"> ○ Heating foods ○ Food preparation equipment
5-6	- Food preparation basics: <ul style="list-style-type: none"> ○ Methods of heating foods ○ Mixing techniques ○ Measuring techniques ○ Food presentation ○ The yield test
7-15	- Food Items <ul style="list-style-type: none"> - Fats and oil - Vegetables and fruits - Milk and cheese - Eggs - Meat, poultry and fish - Baked products

Food Preparation and Treatment Lab 110502324

The main goal:

Basic food preparation skills will be taught using healthy cooking methods. Emphasis will be placed on the basic food preparation of entrees: fat and oils, milk, eggs, meats, poultry, fish, vegetables, fruits and sweeteners.

• **Course assessment:**

Mid Exam	30%
Final exam	40%
Lab reports	10%
Participation	10%
Quizzes	5%
<u>Attendance</u>	<u>5%</u>
Total	100%

Food preparation lab Outline

- 1) Introduction
- 2) Food labeling, menu planning and standard recipe
- 3) Cooking terms and measuring techniques
- 4) Fats and oils
- 5) Emulsions
- 6) Fruits and vegetables and pigments
- 7) Milk and cheese
- 8) Eggs
- 9) Meat and poultry
- 10) Legumes
- 11) Cereals and flour
- 12) Evaluation lab
- 14) Scientific visit to hospitals and hotels kitchen