

The Hashemite University  
Faculty of Allied Health Sciences  
Department of Clinical Nutrition and Dietetics  
Course Syllabus  
Food Preparation and Treatment/ Practical part

**Course objectives:**

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. Different therapeutic diets will be prepared by using the acquired skills.

**Teaching tools:**

Lecture presentations, Groups discussion, Classroom and online activities, Handouts, and Worksheets.

**Laboratory activities:**

The lab will account for 100%, and your grades will be based on your lab exams, reports, quizzes, attendance and activity. The quizzes will be **UN announced** to insure that the students in this class read the laboratory procedure prior to coming to lab. There will be a **10% penalty** for each day the lab report is turned in late. The students during the semester will be asked to do assignments and reports that will be announced each on time.

**Tentative schedule of laboratory activities:**

Week	Topic
1	Introduction and Safety rules & Cooking terms and Measuring Techniques
2	Sensory evaluation of food and Emulsions
3-4	Fruits, vegetables, & pigments
5	Milk & cheese and Eggs
6-7	Meat & poultry and Legumes
8-9	Cereals & flour and Pastry
10-11	Meal Management: Meal Planning, Cycle Menu Writing, Recipe Forms and Standardized Recipe
12	Yield Calculation
13	Hospitalized Menus: Regular, Diabetic, Renal, Coronary and other diseases

**Required readings:**

- Brown, A. 2018. **Understanding Food Principles**, 4<sup>th</sup> ed, Wadsworth.
- Food Preparation and Treatment Manual.
- Handouts distributed in the class.

**Additional readings:**

- Kerr, G. and Armentrout, J. 2000. **The Professional Chef's Techniques of Healthy Cooking**, 2<sup>nd</sup> ed, John Wiley and Sons, New York.
- Mcvety, P. et al. 2010. **Fundamentals of Menu Planning**. 6<sup>th</sup> ed, John Wiley and Sons, New York
- Freeland-Graves, J. and Peckham G. 2012. **Foundation of Food Preparation**. 11<sup>th</sup> ed, Prentice Hall.

**Policy:**

- Students are encouraged to prepare for class, using the scheduled outline: your understanding in class will be greatly enhanced if you are familiar with the information ahead of time.
- Students missing any class time are responsible for obtaining all information, including assignments and schedule changes.
- Students misses more than **15%** of total lectures will be deprived from the final exam.
- There will be **NO** make-up exams except in cases of emergency.
- Assignments and reports will **NOT** be accepted after they are due.
- Several of the Lab. Sessions will require students to **WORK IN GROUP** or pairs. This does not mean one student doing one part and another student doing a completely independent part. Each student should help his/her partner on one particular aspect, so as to be familiar with all aspects of the experiment.
- All students should have the same opportunity to learn. There will be times throughout this course you will be encouraged to share personal experiences and opinions and likewise to listen to other students' comments. Friendly, courteous, respectful behavior and positive attitude will be expected from all students each day. There will be **NO** tolerance for any disrespect towards other students, the subject, or the instructor, otherwise, the misbehaved student will be asked to leave the classroom.
- All cellphones are to be set to an **inaudible tone** for the duration of the class.

**Laboratory assessment:**

Grads will be based on the following percentages:

Assignment	05%
Quizzes	10%
Activity & Attendance	05%
Mid-Term Exam	30%
Final Exam	50%

**Good Luck**