

|                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |               |      |                    |     |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|------|--------------------|-----|
| Course title              | Fundamentals of Culinary Arts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |               |      |                    |     |
| Course code               | CCUL-101                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |      |                    |     |
| Course type               | Required                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |      |                    |     |
| Level                     | Diploma                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |               |      |                    |     |
| Year / Sememster of study | 1 <sup>st</sup> year/1 <sup>st</sup> semester                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |               |      |                    |     |
| Lecturer's name           | TBA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |               |      |                    |     |
| ECTS                      | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Lectures/Week | 2    | Laboratories/ Week | N/A |
| Course Aim                | This module covers the fudamentals of culinary arts. Students learn about culinary tools, equipment, basic cooking procedures, recipe structure, recipe use and basic kitchen sanitation and safety procedures. Emphasis is given to the structure and history of each food group in order for students to be ready to understand the different methods of cooking. Practical experience is also included, which enables students to understand how a modern kitchen is organized and operated.                                                                                                                                                                                                                                                                                                                                                                     |               |      |                    |     |
| Learning outcomes         | <p>By the end of the course, students are expected to:</p> <ul style="list-style-type: none"><li>• Develop a sense of professional responsibility to the public health by recognizing and practicing common sanitary procedures needed to prevent food borne illness.</li><li>• become familiar with culinary tools, equipment and layout of the kitchen laboratory and use efficient ways to organize kitchen work that needs to be performed.</li><li>• understand how foods react as they do when mixed, cooked or otherwise processed.</li><li>• develop fundamental skills using recipes, measurements and seasonings.</li><li>• accumulate knowledge and skills necessary to prepare a simple menu of recipes.</li><li>• be able to work as a team in the kitchen.</li><li>• be able to use all the equipment in a professional and modern Kitchen.</li></ul> |               |      |                    |     |
| Prerequisites             | NONE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Corequisites  | NONE |                    |     |
| Course Content            | <ol style="list-style-type: none"><li>1. Introduction to gastronomy.</li><li>2. History of cuisine</li><li>3. Culinary Terminology</li><li>4. Professionalism, Food Safety and Sanitation.</li><li>5. Tools and Equipment,</li><li>6. Different types of Knife and their uses</li><li>7. Briefly explanation of the different cooking methods</li><li>8. Kitchen outline.</li><li>9. Measurements and Conversions, Recipe Conversion.</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                     |               |      |                    |     |
| Lecturing Methodology     | The course is delivered through lectures, discussion, assignments, presentations, case studies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |               |      |                    |     |
| Bibliography              | <b>Required:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |               |      |                    |     |

|                                                      | Title: Practical Cookery<br>Author(s): Victor Ceserani, Ronald Kinton and David Foskett<br>Publisher: Hodder and Stoughton<br>Edition: Latest<br>ISBN: 0-340- 749415                                                                                                                                                                                                                                                                                                                                                                                                   |                                   |                                  |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------------|--|--|------------------------------------------------------|--|--|--|---------------|--|------------------------|--|---------|----|---------------|----|---------------|---|-----------------------------------|----|------------|---|------------------|----|--|--|------------------------|----|--------|----|--------|----|
| Assessment Policy                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 50 %                              | Final Exam                       |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 30 %                              | Mid –Term                        |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 10 %                              | Tests / Quizzes Homework         |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 10 %                              | Class Attendance & Participation |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
| ECTS Allocation                                      | <table><tr><th colspan="4">Estimated student’s work time distribution in hours:</th></tr><tr><th colspan="2">Contact hours</th><th colspan="2">Student’s private time</th></tr><tr><td>Lecture</td><td>23</td><td>Private study</td><td>46</td></tr><tr><td>Mid-Term Test</td><td>1</td><td>Homework / Assignments / Projects</td><td>20</td></tr><tr><td>Final Exam</td><td>2</td><td>Test preparation</td><td>10</td></tr><tr><td></td><td></td><td>Final Exam Preparation</td><td>18</td></tr><tr><td>Total:</td><td>26</td><td>Total:</td><td>94</td></tr></table> |                                   |                                  |  |  | Estimated student’s work time distribution in hours: |  |  |  | Contact hours |  | Student’s private time |  | Lecture | 23 | Private study | 46 | Mid-Term Test | 1 | Homework / Assignments / Projects | 20 | Final Exam | 2 | Test preparation | 10 |  |  | Final Exam Preparation | 18 | Total: | 26 | Total: | 94 |
| Estimated student’s work time distribution in hours: |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                   |                                  |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
| Contact hours                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Student’s private time            |                                  |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
| Lecture                                              | 23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Private study                     | 46                               |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
| Mid-Term Test                                        | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Homework / Assignments / Projects | 20                               |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
| Final Exam                                           | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Test preparation                  | 10                               |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Final Exam Preparation            | 18                               |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
| Total:                                               | 26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Total:                            | 94                               |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |
| Language                                             | ENGLISH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                   |                                  |  |  |                                                      |  |  |  |               |  |                        |  |         |    |               |    |               |   |                                   |    |            |   |                  |    |  |  |                        |    |        |    |        |    |