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| Course Title             | Legumes, Grains and Vegetables                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |               |              |                    |   |
| Course Code              | CCUL-111                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |               |              |                    |   |
| Course Type              | Required                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |               |              |                    |   |
| Level                    | Diploma                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |               |              |                    |   |
| Year / Semester of Study | 1 <sup>st</sup> Year/2 <sup>nd</sup> Semester                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |               |              |                    |   |
| Lecturer's Name          | TBA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |               |              |                    |   |
| ECTS                     | 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Lectures/Week | 1            | Laboratories/ Week | 6 |
| Course Aim               | To acquaint the studetns to be familiar with grains, legumes and vegetables. And to assist them to learn in theory and practice on how to prepare, present and garnish plates with grains, legumes and vegetables                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |              |                    |   |
| Learning Outcomes        | By the end of the course, students are expected to: <ul style="list-style-type: none"><li>• Define the cooking characteristics of Grains.</li><li>• Define the cooking characteristics of Legumes</li><li>• Identify standards of quality in grains and legumes.</li><li>• Recognize cooking characteristics of Grains and Legumes.</li><li>• Identify a variety of cooking methods for Grains and Legumes .</li></ul>                                                                                                                                                                                                                                                                                                                       |               |              |                    |   |
| Prerequisites            | CCUL 104, CCUL 105 CCUL 101                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |               | Corequisites | NONE               |   |
| Course Content           | <div>1. Principles and categories of Grains and Legumes</div> <div>2. Cooking Methods of Grain (Boiling, Steaming, pan steaming)</div> <div>3. Cooking Methds of legumes (Boiling, Steaming, pan steaming)</div> <div>4. Cooking Methods and Glazing of Vegetables</div> <div>5. Prepare a variety of vegetables by broiling, grilling, sautéing, poaching, baking, and deep- frying and pureeing</div> <div>6. Describe the methods of handling fresh vegetables and storage.</div> <div>7. Prepare a variety of traditional and international grain dishes</div> <div>8. Prepare a variety of traditional and international and legumes dishes.</div> <div>9. Prepare a variety of traditional and international of Vegetable dishes</div> |               |              |                    |   |
| Lecturing Methodology    | The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |               |              |                    |   |
| Bibliography             | <b>Required:</b><br><br>Title: Advanced Practical Cookery                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |               |              |                    |   |

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|                                                      | Author(s): Victor Cesserani, Ronald Kinton, David Foscett<br>Publisher: Hodder &Stoughton<br>Edition: Latest<br>ISBN: 0-340-701889                                                                                                                                                                                                                                                                                                                                                                                                        |                        |                                  |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
| Assessment Policy                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 50 %                   | Final Exam / Project             |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 40 %                   | Mid –Term Deliverables           |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 5 %                    | Laboratory Participation         |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 5 %                    | Class Attendance & Participation |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
| ECTS Allocation                                      | <table><tr><td colspan="4">Estimated student’s work time distribution in hours:</td></tr><tr><td colspan="2">Contact hours</td><td colspan="2">Student’s private time</td></tr><tr><td>Lecture / Labs</td><td>89</td><td>Private study</td><td>43</td></tr><tr><td>Mid-Term Test</td><td>1</td><td></td><td></td></tr><tr><td>Final Exam</td><td>2</td><td>Test preparation</td><td>5</td></tr><tr><td></td><td></td><td>Final Exam Preparation</td><td>11</td></tr><tr><td>Total:</td><td>91</td><td>Total:</td><td>59</td></tr></table> |                        |                                  |  |  | Estimated student’s work time distribution in hours: |  |  |  | Contact hours |  | Student’s private time |  | Lecture / Labs | 89 | Private study | 43 | Mid-Term Test | 1 |  |  | Final Exam | 2 | Test preparation | 5 |  |  | Final Exam Preparation | 11 | Total: | 91 | Total: | 59 |
| Estimated student’s work time distribution in hours: |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                        |                                  |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
| Contact hours                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Student’s private time |                                  |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
| Lecture / Labs                                       | 89                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Private study          | 43                               |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
| Mid-Term Test                                        | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                        |                                  |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
| Final Exam                                           | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Test preparation       | 5                                |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Final Exam Preparation | 11                               |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
| Total:                                               | 91                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Total:                 | 59                               |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |
| Language                                             | ENGLISH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                        |                                  |  |  |                                                      |  |  |  |               |  |                        |  |                |    |               |    |               |   |  |  |            |   |                  |   |  |  |                        |    |        |    |        |    |