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جامعة كل العرب

**Course Syllabus
Faculty of Pharmacy**

Academic Department Clinical Nutrition & Dietetics

Academic Year 2021 / 2022 Semester: First semester

Course Title :	Food Preparation
Course No. :	908318
Prerequisite :	908226 (Food Safety and Hygiene)
Concurrent :	_____
Department :	Clinical Nutrition & Dietetics
Coordinator :	Dr. Anfal AL-Dalaeen
Mode of Instruction	Blended Learning - 2 hours in-class (Synonym) learning - 1 hour online asynchronous learning using Edu-Gate

*** Instructor:**

Lecturer	Office Phone	Room No.	Office Hours	E-mail
Dr. Anfal AL-Dalaeen	1134	1134		a_dalaeen@asu.edu.jo

Course Description

This course is designed to provide the student with the nutrient components including, water, proteins, fats, carbohydrates and in food. Study different food groups with respect to their categories, physical, nutritional, bioavailability, and chemical properties. It also includes spoilage and degradation, and various preservation methods and food additives.

Intended Learning Outcomes

Upon the completion of the course, this module should lead to the following learning outcomes:

A. Knowledge and Understanding (Student should):

- A1 - Describe the objectives of the study of food ingredients and preparation.
- 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.

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UF 28 /2 رمز النموذج:

رقم القرار 24 / 233

تاريخ الاعتماد 2021/10/١٨



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A3 Understand and recognize the science of food and nutrition and its relevance to the culinary arts.

B. Cognitive and Intellectual Skills (Student should):

B1 Choose the most appropriate method for the preparation and cooking different foods.

B2 Select, store, prepare and handle foods appropriately.

B3 Effect of processing techniques and ingredients on the quality of final products.

C. Subject Specific Skills (Student should):

C1 Understand differences in food quality resulting from variations in preparation and/or ingredients.

C2 Description recipes including the category, cooking time, techniques, equipments.

C3 instruction, description, and nutrient analysis.

C4 Understand differences in food quality resulting from variations in preparation and/or ingredients.

D. Transferable Skills (Student should):

D1 **Knowledge and thinking** : Adopt safe and hygienic practices in food handling.

D2 **Oral communication skills** : The ability to communicate food science information food science and nutrient availability and evaluate the quality of prepared foods using sensory methods..

D3 **Promotion of intrinsic motivation** : Participation and learning food components in nutritional processes.

D4 **Administrative skills**: The ability to commit and respect the regulations and instructions. (e.g., Attendance , Online Exam, online assignments, report design , online team communication.)

Program Learning Outcomes (PLOs):

PLO.3: Understand the food chemical components and analyze the basic ingredients of foods and the changes that occur during processing, with more focus in the chemical reactions in foods

Course Learning Outcomes Alignment Matrix				
	CLO. 1 (A1-A5)	CLO. 2 (B1-B3)	CLO. 3 (C1-C3)	CLO. 4 (D1-D2)
		All ILOs		



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Course Contents and Schedule

Week	Day and Date	Lecture number	Topics to be covered	Method of instruction	CLOs	PLOs	
1	Oct.2021	2	Evaluation of Food Quality	In-class lecture	A1, B1, C1	PLO3	
		1	Problem Solving	Asynchronous active learning			
			Measuring techniques	Lab			
2	Oct.2021	2	Energy transfer	Lecture	A2, B2, C1, C2	PLO3	
			Cooking method heat transfer	Lab Manual			
3	Oct.2021	2	Vegetables	Ref 1: Ch.6	A2, B2, C1, C.2	PLO3	
			Problem Solving				
			Sensory evaluation of foods and seasonings	Lab Manual			
4	Nov. 2021	2	Fruits	Ref 2: Ch.16	A2,A3, B2, B3, C1- C2	PLO3	
			Fruit and vegetable pigments	Lab Manual			
5	Nov. 2021	2	Grain and nuts	Ref 1: Ch.10	A3, B2, B3, C1- C2	PLO3	
			Assignment				
			Leavening agents	Lab Manual			
6	Nov. 2021	3	Milk and milk products	Ref 1: Ch.11	A2,A3, B2, B3, C1,C2	PLO3	
			Mil+cheese	Lab Manual			
7	Nov. 2021	Midterm exam					
8	Dec. 2021	3	Meat and poultry: Chemistry, freezing, preservation methods, microbial food safety.	Ref 1: Ch.9	A2,A3, B2, B3, C1- C2	PLO3	
			Problem Solving				
			Meat				Lab Manual
9	Dec. 2021	2	Egg	Ref 1: Ch.15	A3, B2, B3, C1, C2	PLO3	
			Egg	Lab Manual			
10	Dec. 2021	2	Baked product	Ref 2: Ch.5	B1-B3, C2,C2 D1-D3		
			Problem Solving				



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						PLO3
			Starch +cereals and flour+	Lab Manual		
11	Jan.2022	2	Oil and fat	Ref 1: Ch.12	A2,A3, B2, B3, C1, C2	
			Emulsions	Lab Manual		
12	Jan. 2022	3	Sugars and sweeteners	Ref 1: Ch.14	A3,A4, B2, B3, C.1,C2	
			Pastry	Lab Manual		
13	Feb. 2022	2	Beverages	Ref 2: Ch.27	A3,A4, B2, B3, C1,C2	PLO3
			Assignment			
			Beverages	Lab Manual		
Final exam						

Grading Plan and Assessment Tools

Assessment Tools	Weights	Due date
Mid-term	30	TBA
Assignments	10	TBA
Quizzes		
Inter active lectures		
Group Work	10	-----
Presentation		
Reports	10	-----
Project		
Case-Study		
Final Exam	40	TBA

Supplementary Reading

Textbook:

- Vickie A. Vaclavik, Elizabeth W, and Christianm Tad Campbell (2021). **Essentials of Food Science**, Fifth Edition.
- Brown, A. C. (2018). **Understanding food: principles and preparation**. Cengage learning.



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3. Potter, N. N. and Hotchkiss, J. H.(1995). **Food Science: Ashort course**, 5 th Eddition, Chapman and Hall, NY, US. ISBN:0-412-06451-0.
4. Campbell-Platt, G. (2009) **Food science and Technology**. John Wiley & Sons, USA, ISBN: 978-0-632-06421-2

Subject Coordinator

Head of Curriculum Committee

Department Head

Faculty Dean

Dr. Abdel Al-Dalal

Signature:

Signature:

Signature:

Signature:

Dr. Feras El Hajji



Copy to:

- Department Head.
- Head of Curriculum Committee.
- Course File.

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