



## Course Syllabus of Principles of Food Preparation

Faculty : Medicine and Health sciences

Department: Health Sciences

Program : Bachelor in Clinical Nutrition and Dietetic

### I. General information about the course instructor :

Name	Dr. Sadeq Hasan	Office Hours(3 Hours Weekly)					
Location & phone number	0096774726464	Sat	Sun	Mon	Tue	Wed	Thu
Email	Sadek_975@yahoo.co					✓	

### II. General information about the course :

1.	Course Title:	Principles of Food Preparation				
2.	Course Code and Number :	BND244				
3.	Credit Hours	Lecture	Seminar/Tutorial	Practical	Training	Total
		2	-	1	-	3
4.	Study Level and Semester:	2 <sup>nd</sup> year / 2 <sup>nd</sup> semester				
5.	Pre-requisites :	BND233				
6.	Co-requisites :	None				
7.	Program in which the course is offered	Bachelor in Clinical Nutrition and Dietetic				
8.	Teaching Language:	English				
9.	Instruction Location	University of Science and Technology, Sana'a, Yemen.				

### III. Course Description :

This course provide student with basic knowledge and skill of food preparation process using the latest standards of food quality control measures. It involves both theoretical and practical sessions to allow the students to master up-to date skills of food Selection, purchase , storage and food preparation techniques and be able to value the effect of preparation on food components ant the factors affecting food acceptance. The teaching strategies will include lectures, practical sessions, self-learning and assignment. The student will be evaluated through report, written exam and practical exam. Principle of Food Science is a pre-requisite course

عميد الكلية:  
د. عبدالله المخلافي

رئيس القسم:  
د. عبد الحبيب ردمان

16/10

المراجع :

د. فؤاد حسان  
د. مجاهد نصار

الموصف :  
د. صادق الشراجي

APPROVED

**IV. Course aims:** This course is aimed to:

1. Enable the student to list and purchased food according to food law and standard.
2. Learn student to value the appropriate food preparation techniques.
3. Provide students the skills to demonstrate the effect of preparation on food components .
4. Assess student to identify factors affecting food acceptance, food sanitation and hygiene.

**V. Course Intended Learning Outcomes (CILOs) :**

1. Recognize the general criteria for food selection, purchase and storage
2. Identify the different method and technique of food preparation.
3. Outline factors affecting food acceptance, sanitation and hygiene.
4. Categorize appropriate meals for individuals based on age, weight, height and gender.
5. Design nutritional programs based on the contents of food.
6. Prepare different cycle menu based on local food.
7. Formulate/Plan normal/Balance diets for different life cycle.
8. Familiarize with food preparation literature and information resources.



١٦ / ١١

المراجع :  
د. فؤاد حسان  
د. مجاهد نصار

الموصف :  
د. صادق الشراجي

I. Course Content				
First: Theoretical Aspects				
No.	Course Topics/Units	Sub-topics	No. of Weeks	Contact Hours
1	Overview of course content Food Selection, Purchase and Storage	Food selection and purchase -Non-perishable foods General criteria selection Cereals—wheat, rice and millets Pulses Sugar -Semi-perishable Foods Processed cereals and pulse products Roots and tubers Fats and oils -Perishable foods Vegetables and fruits Milk and milk products Eggs, poultry, fish and meat -Storage of food Storage of non-perishable Foods Storage of semi-perishable foods Storage of perishable foods	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	6
2	Food Preparation	-Reasons for cooking foods -Quality of food -Preliminary treatment of foods seasoning -Food preparation techniques -Methods of food preparation -Choice of fuel -Medium of food preparation Water Steam Oil or fat Air Combination of methods	4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup>	6
3	Midterm exam		7 <sup>th</sup>	2
4	Effect of Preparation on Food Components	-Carbohydrates Starches Sugars Pectin and Gums Celluloses and Hemicelluloses -Proteins -Oils and fats -Minerals -Vitamins -Pigments -Flavor components -Retention of Nutritive Value During Preparation	8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup>	6

١٦ / ١٢

المراجع :

د. فؤاد حسان  
د. مجاهد نصار

PP  
ن

الموصف :  
د. صادق الشراحي

س  
م

جامعة العلوم والتكنولوجيا  
مادة التصوير وضمان جودة  
معتمة  
APPROVED

5	Factors Affecting Food Acceptance	- Colour in food Colour Added to Foods -Texture in Food Cereals Fruits & Vegetables Meat -Flavor in Food Odor Touch Taste -Flavoring substances Salt Acids Herbs and spices Flavoring extracts Use of spices and flavorings	11 <sup>th</sup> , 12 <sup>th</sup>	4
6	Food Sanitation and Hygiene	-Water Sources of contamination of water Treatment of water -Food Food handling Food contamination -Equipment -Control of insects and rodents -Practical rules for food sanitation -Laboratory and practical work	13 <sup>th</sup> , 14 <sup>th</sup> , 15 <sup>th</sup>	6
7		Final exam	16 <sup>th</sup>	2
<b>Total number of weeks and hours</b>			<b>16</b>	<b>32</b>

Second: Practical/Tutorial/Clinical Aspects			
No.	Practical/Tutorial/Clinical topics	No. of Weeks	Contact Hours
1	Introduction and orientation to the kitchen equipment, house hold measurements and conversions.	2 <sup>nd</sup>	2
2	Overview on traditional and modern stoves	3 <sup>rd</sup>	2
3	Design different cycle menu based on local food	4 <sup>th</sup> ,5 <sup>th</sup>	4
4	Formulate/Plan normal/Balance diets for life cycle: Pregnancy Lactation Infancy Childhood Adolescence Adulthood	6 <sup>th</sup> ,7 <sup>th</sup> ,8 <sup>th</sup> ,9 <sup>th</sup> ,10 <sup>th</sup> ,11 <sup>th</sup>	12

١٦ / ١٣

المراجع :

د. فؤاد حسان  
د. مجاهد نصار

*(Handwritten signature)*

الموصف :  
د. صادق الشراجي

*(Handwritten signature)*

	And the Older/Later Years Based on physiological change and Recommended Dietary Allowances		
5	Routine hospital diets: Clear liquid diet Full fluid diet Soft diet Cold semi liquid diets	12 <sup>th</sup> , 13 <sup>th</sup>	4
6	Visit to nutrition rehabilitation center/hospital	14 <sup>th</sup>	2
	Lab exam	15 <sup>th</sup>	2
Total number of weeks and hours		14	28

١٦ / ١٤

المراجع :  
د. فؤاد حسان  
د. مجاهد نصار

الموصف :  
د. صادق الشراحي

