

## 29216 - Culinary Technology

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 29216 - Culinary Technology

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 441 - Degree in Human Nutrition and Dietetics

**ECTS:** 9.0

**Year:** 3

**Semester:** Annual

**Subject Type:** Compulsory

**Module:** ---

### 1.General information

#### 1.1.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

#### 3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, seminars, laboratory sessions, assessment tasks and autonomous work and study.

#### 4.2.Learning tasks

This 9 ECTS course is organized as follows:

- **Lectures** (4.5 ECTS: 45 hours). Students are expected to participate actively in the class throughout the year. Teaching materials will be available for the students via Moodle.
- **Seminars** (1 ECTS: 10 hours).
- **Laboratory sessions** (3,5 ECTS): 35 hours of cooking laboratory.
- **Assessment tasks**
- **Autonomous work and study**

#### 4.3.Syllabus

This course will address the following topics:

### **Section I: Basic aspects**

- Topic 1: Culinary Technology: an introduction
- Topic 2: Quality in cooking and foodservice.
- Topic 3: Equipment and facilities in foodservice.

### **Section II: Scientific and technological principles of cooking**

- Topic 4: Food chemistry in the kitchen
- Topic 5: Heat and mass transfer in cooking
- Topic 6: Miscellaneous culinary procedures
- Topic 7: Cooking in water and steam
- Topic 8: Frying
- Topic 9: Roasting, grilling and baking
- Topic 10: Sous vide cooking
- Topic 11: Microwave cooking
- Topic 12: Modernist cuisine: new tools for cooking
- Topic 13: Effect of culinary techniques on nutritive value of food

### **Module III: Cooking techniques for different ingredients**

- Topic 14: Baking and pastry
- Topic 15: Cooking meat and seafood
- Topic 16: Cooking plant foods

### **Module IV: Culinary techniques in diet therapy**

- Topic 17: Cooking for diet therapy I
- Topic 18: Cooking for diet therapy II
- Topic 19: Cooking for diet therapy III

## **4.4.Course planning and calendar**

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sport Sciences website and Moodle.

## **4.5.Bibliography and recommended resources**

[http://biblos.unizar.es/br/br\\_citas.php?codigo=29216&year=2019](http://biblos.unizar.es/br/br_citas.php?codigo=29216&year=2019)