

## 29216 - Culinary Technology

### Syllabus Information

**Academic year:** 2023/24

**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

The objective is for the student to acquire an applied knowledge of cooking processes and to understand and evaluate the changes that food undergoes during the application of these processes. It is approached both from the domestic kitchen and from the commercial and collective catering. In this way, they will be able to use individualized culinary resources and to adapt them to the diet of healthy and sick individuals.

These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the 2030 Agenda of United Nations (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to the achievement of: Goal 3 (Objective 3.4), Goal 10 (Objective 10.2) and Goal 12 (Objectives 12.3 and 12.5)

### 2. Learning results

**The student, in order to pass this subject, must demonstrate the following results:**

- 1) Knows the culinary techniques, facilities and equipment used in the kitchen and food services.
- 2) Understands the processes applied in the kitchen and the changes they exert on the nutritional and organoleptic characteristics of food.
- 3) Applies cooking resources to obtain dishes adequate to the nutritional requirements in healthy eating, situations of diet therapy and special feeding, preserving their organoleptic characteristics.

### 3. Syllabus

**Module I: Introduction and basic aspects:** Introduction to Culinary Technology. Quality in Catering. Systems of production in kitchen. Installations in collective catering.

**Module II: Scientific and Technological bases of cooking processes:** Food chemistry in the kitchen. Processes of heat and mass transfer in cooking. Dispersed systems: Gels, foams, emulsions and masses. Cooking types (wet, fat media, dry, mixed, vacuum and microwave). New tools. Cooking and nutrients.

**Module III: Cooking applied to diet therapy:** cooking with sugar, fat and salt reduction. Dysphagia and modified texture. Cooking and cancer. ACKD cuisine. PKU cuisine. Other pathologies.

### 4. Academic activities

**Participative theoretical classes** (45 classroom hours). The basic theoretical contents of the subject are presented.

**Practical classes in the classroom** (17 classroom hours). They will take place in the assigned classroom. The students, working in groups or individually, will solve questions related to the subject syllabus

**Practical laboratory classes** (28 classroom hours). They will take place in kitchens or laboratories. Activities of a practical nature aimed at understanding cooking processes and their effects on food.

**Completion of a supervised practical work** (35 hours of non-attendance).

**Personal study and work** (95 non-face-to-face hours)

**Evaluation tests** (5 classroom hours)

## 5. Assessment system

**A) Continuous evaluation system.** 3 items to be evaluated:

- 1) Written tests 2 tests consisting of open-ended and essay questions on theory and practice. 60% of the final grade. Minimum grade 5 out of 10 for each test.
- 2) Delivery of a portfolio composed of various activities. 20% of the grade. Minimum grade 5 out of 10.
- 3) Supervised practical work. 20% of the final grade. Minimum grade 5 out of 10.

In addition, students must attend **2/3** of the practices and submit **all** portfolio assignments. Anyone who commits plagiarism will be excluded from the system.

**B) Global test.** For those students who discard the continuous or have not passed any of the items of the continuous evaluation.

3 items to be evaluated:

- *Theoretical exam*: written test on the theoretical contents of the subject consisting of short open-ended questions . 70% of the final grade. Minimum grade 5 out of 10.
- *Practical exam*: written test on practices consisting of True/False questions and practical assumptions. 15% of the final grade. Minimum grade 5 out of 10.
- *Delivery of an original and individual written work*. 15% of the final grade. Minimum grade 5 out of 10.

### **C) Assessment by apprenticeship contract**

Exceptionally, an evaluation may be followed by an apprenticeship **learning contract**. It will be personalized and will be specified in writing. Failure to comply will result in removal from this evaluation system.