

29216 - Culinary Technology

Información del Plan Docente

Academic Year	2017/18
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.Introduction

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.Learning goals

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

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

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives.

Several teaching and learning tasks are implemented as theory sessions, seminars, cooking sessions, an assignment, and also autonomous work.

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Students are expected to participate actively in the class throughout the year.

5.2.Learning tasks

This course includes 9 ECTS organized according to:

- Theory sessions (4,5 ECTS): 45 hours
- Seminars (1 ECTS): 10 hours
- Cooking an laboratory sessions (3,5 ECTS): 35 hours
- Assignments as autonomous and/or group assignment

Teaching materials will be available for the students via Moodle.

5.3.Syllabus

Module I: Basic aspects

- 1: Culinary Technology: an introduction
- 2: Quality in cooking and foodservice.
- 3: History of cooks and cooking
- 4: Equipment and facilities in foodservice.

Module II: Scientific and technological principles of cooking

- 5: Food chemistry in the kitchen
- 6: Heat and mass transfer in cooking
- 7: Miscellaneous culinary procedures
- 8: Cooking in water and steam
- 9: Frying
- 10: Roasting, grilling and baking

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11: Sous vide cooking

12: Microwave cooking

13: Modernist cuisine: new tools for cooking

14: Effect of culinary techniques on nutritive value of food

Module III: Cooking techniques for different ingredients

15: Baking and pastry

16: Cooking meat and seafood

17: Cooking plant foods

Module IV: Culinary techniques in diet therapy

18: Cooking for diet therapy I

19: Cooking for diet therapy II

5.4.Course planning and calendar

For further details concerning timetable, classroom and further information regarding this course please refer to "Facultad de las Ciencias de la Salud y del Deporte" web site. <https://fccsyd.unizar.es/>

More information will be provided via Moodle.

5.5.Bibliography and recommended resources