

Fundamentals of Food Production

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| Course Title | Fundamentals of Food Production | | | | |
| Course Code | TCUA-102 | | | | |
| Course Type | This course serves as both Elective and Requirement, according to the program. | | | | |
| | Culinary Diploma/Higher Diploma | | Requirement | | |
| | All Programs | | General Elective | | |
| Level | Diploma (Short Cycle) | | | | |
| Year / Semester | Year 1, B' Semester | | | | |
| Teacher's Name | Marinos Kyriakou | | | | |
| ECTS | 5 | Lectures / week | | Laboratories / week | 4 |
| Course Purpose and Objectives | <p>This module is the basis for learning food preparation techniques. The course widens the horizon of students to the theoretical and practical aspects of food preparation, providing them the excessive theoretical information and practical familiarity to basic cooking preparations.</p> <p>Students will develop basic skills and become familiar with major cooking techniques. Students will also learn to follow cooking recipes and identify the basic factors influencing the quality of culinary ingredients. Additionally the course will help students to develop a professional attitude and appearance and to behave in a professional manner with the acquired professional skills.</p> | | | | |
| Learning Outcomes | <p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> 1. Identify all the cooking methods and techniques; 2. Understand the dangers in the kitchen environment and learn how to prevent them. 3. Explain the significance of the use of stocks, soups, sauces, gravies and thickening agents in production areas of food service operations. 4. Apply food preparation principles to flavor, texture, color and presentation. 5. Develop professional responsibility by recognizing and practicing common sanitary procedures needed to prevent food borne illness. 6. Distinguish the tools, equipment and layout of the kitchen laboratory and efficient ways to organize work to be done. 7. Establish fundamental food production skills using recipes, knives, measurement and seasonings. | | | | |

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| Prerequisites | TCUA – 100 Introduction to Gastronomy & Culinary Theory | Required | |
| Course Content | <ol style="list-style-type: none"> 1. Professionalism, food safety, sanitation & hygiene, use of tools and equipment, knife skills 2. Principles of cooking, cooking methods and techniques (meat, poultry, fish, starches and vegetable) 3. Stocks (white & brown) – derivatives, leading and derivative sauces 4. Hot sauces and cold sauces, definitions, classifications, possible menu suggestions, gravies 5. Soups, classifications and possible menu suggestions, thickening agents 6. Egg cooking 7. Maintaining sanitary conditions, standards in personal grooming and hygiene 8. Food contamination: types, causes and prevention, procedures for sanitizing/storing work Areas/equipment 9. Safe use of chemicals, sanitizers and cleaning agents, safe food handling 10. Hazard Analysis Critical Control Point (HACCP) 11. Sanitation/receiving, storage, production, service, clean-up 12. Preventing food-borne illnesses | | |
| Teaching Methodology | The course is delivered through lectures, demonstrations, and kitchen practice. | | |
| Mode of delivery | Face to face. | | |
| Bibliography | Required | | |
| | <ol style="list-style-type: none"> 1. The Culinary Institute of America, Professional Chef, 8th ed., John Willey & Sons, 2008. | | |
| | Recommended | | |
| | <ol style="list-style-type: none"> 1. Foskett, D., Campbell, J., Ceserani V., Paskins P., Practical Cookery: Foundation Student Book Level 1, Hodder Education, 2009. 2. Ceserani, Victor, Foskett David, Campbell John, Practical Cookery, 11th ed., Oxford University Press, 2008. 3. Labensky S. and Hause A., On-cooking, 4th ed., Upper Saddle River, New Jersey, 2006. 4. Kinton, R., Ceserani, V., The Theory of Catering, 11th ed., Trans-Atlantic Publications, 2007. | | |

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| <p>Assessment</p> | <p>The following assessment methods are employed to assess this course:</p> <table border="1" data-bbox="517 255 1369 512"> <tr> <td data-bbox="517 255 943 327">30 – 50 %</td> <td data-bbox="943 255 1369 327">Final Exam</td> </tr> <tr> <td data-bbox="517 327 943 398">20 – 40 %</td> <td data-bbox="943 327 1369 398">Mid –Term / Tests / Quizzes</td> </tr> <tr> <td data-bbox="517 398 943 470">10 – 30 %</td> <td data-bbox="943 398 1369 470">Assignments / Projects</td> </tr> <tr> <td data-bbox="517 470 943 512">0 – 10 %</td> <td data-bbox="943 470 1369 512">Class Attendance & Participation</td> </tr> </table> | 30 – 50 % | Final Exam | 20 – 40 % | Mid –Term / Tests / Quizzes | 10 – 30 % | Assignments / Projects | 0 – 10 % | Class Attendance & Participation |
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| <p>Language</p> | <p>English</p> | | | | | | | | |