

BHOS105 Food Preparation

ECTS Value: 6 ECTS
Self-Study Hours: 72

Contact Hours: 30
Assessment Hours: 48

Overall Objectives and Outcomes

This module will introduce students to food preparation as an action which can be carried out either as a self-sustaining daily activity or one which is more oriented towards a provision of a service. In either case, the discussions here will centre on the importance of proper techniques employed so as to reduce the risk of contamination and health hazards while using and processing different types of food to present a final product. This module will also furnish the learner with technical terminologies used during food preparation while it will provide a more explicit understanding of how to instruct other on the types of food commodities.

By the end of this module, the learner will be able to:

Competences

- a. critically review the various responsibilities within the Food Preparation department and the overall effects that a proper structure may have on the Hospitality sector;
- b. assess the importance of keeping a safe and hygienic environment while carrying out tasks related to Food Preparation and production and comprehend the effects such factor may have on both the worker and the client within the Hospitality industry;
- c. systematically develop strategies to properly use food commodities in order to create appropriate menus and analyse the impacts such development may have on the creativity of the overall culinary product.

Knowledge

- a. Establish proprep procedures and instruct on the importance of kitchen attire, and the best practices that should be employed in terms of use and application of kitchen tools;

Indicative content:

- i. kitchen attire - safety and hygiene aspects of chefs' uniform;
 - ii. the effect and transference of heat on food;
 - iii. the use of kitchen knives, tools, equipment and utensils.
- b. Systematically comprehend and advise others on the different types of food, their nutritional value, mode of cooking, including safety measures to be taken when handling specific ingredients;

Indicative content:

- i. different methods of cooking and correct application to different food commodities;
- ii. definition of the different categories of hot and cold basic sauces and methods of production including: sauce produced from the basic sauces; miscellaneous sauces produced and used in the kitchen; classification and categories of Soups and accompaniments served with soups; categories of pasta, including general points of cooking, storing pasta, nutritional and food value of pasta; varieties of rice for culinary use,

- including modes of cooking rice, storage, food safety aspects, nutritional and food value of rice; different types of meats and offals, poultry and game, including the categories of cuts and joints, outlining suitable cooking methods and nutritional food value;
 - iii. the different types of vegetables and fruit, including their seasonality, storage & uses in the kitchen;
 - iv. the various classifications of vegetables and fruit including the different forms of preservation and how perishable products are graded within the EU;
 - v. knowledge about nuts, their uses, quality points and storage.
- c. Establish the necessary knowledge and instruct other on the various dairy products, herbs and oils - from their production, purchase, preparation and presentation;

Indicative content:

- i. knowledge about eggs and egg products, including EU grading standards, food value, storage and other egg products available on the market apart from fresh eggs;
 - ii. the different types of milk and other dairy products including ice creams and different types of creams and their uses;
 - iii. basic knowledge about cheese making, food value, storage and preservation and identifying different types of basic cheeses used in the kitchen.
 - iv. different fats and oils available in the kitchen, understand the difference between each type;
 - v. different pulses and their uses in the culinary world;
 - vi. identification of different herb, including fresh and dried herbs and their association with which particular food. Knowing the difference between soft and hard herbs;
 - vii. point out different spices commonly used and differentiate in between each other;
 - viii. different condiments available and their use.
- d. Obtain the necessary knowledge and instruct others on the structure of the Pastry department, including the core principles when working within the same department such as the different ingredients, their preparation, production and presentation;

Indicative content:

- i. introduction to the Pastry Department;
- ii. pastry Glossary Terms;
- iii. wheat and types of Flours;
- iv. basic pastries - short and sweet;
- v. choux pastry and suet pastry;
- vi. puff pastry and Scotch Pastry;
- vii. yeast – bread production;
- viii. sweet rich fermented Products;
- ix. knowledge about Sponges and Cakes, egg-based desserts, Meringues, ice cream and sorbets.

Skills

- a. operate safely inside a kitchen environment and use proper kitchen terminology, methods of storage and cooking food to diminish risks for both the workers and the client;
- b. apply the appropriate procedures when preparing food in the kitchen using the correct tools in a safe manner;
- c. develop different pastry recipes, their cooking techniques and different methods of presentation;
- d. identify the equipment and tools required at different stages of preparation, cooking and presentation;
- e. identify any hazards within the kitchen and apply correct safety practices and procedures;
- f. identify the points of quality (freshness) of the food commodities, and use the suitable cooking methods;
- g. evaluate various categories of stock, sauce and soups and the derivatives produced;
- h. evaluate the different cuts and joints produced from meats, poultry and game;
- i. analyse whether a certain ingredient is fit for the purpose it is to be used for;
- j. examine whether food is of a good quality;
- k. determine the seasonality of the food product;
- l. determine the range of healthy nutritious food, particularly with products in season;
- m. see that all the correct ingredients are prior to the initiation of the work they are to prepare;
- n. determine if food is cooked or baked correctly and if dessert is set properly prior to serving.
- o. interact and discuss through Q&A sessions;
- p. develop good verbal and written skills to be able to communicate with suppliers in order to purchase the best quality commodities available in the market;
- q. speak more fluently with culinary peers regarding skills and techniques used to prepare centre pieces and dessert buffet items.
- r. undertake various studies by conducting independent research to become familiar with the modes of preparing producing and presenting different food commodities
- s. use different search engines and online libraries to retrieve the right resources in the subject matter;
- t. exchange information with peers and other individuals who are either directly or indirectly involved in Food preparation;
- u. use programmes intended to deliver presentations or write documents, such as PowerPoint, word processor and spread sheets.

Assessment Methods

This module will be assessed through: written assignment and portfolio.

Suggested Readings

Core Reading List:

1. Foskett, D. and Paskins, P., 2017. The theory of hospitality and catering for levels 3 and 4. Hodder Education Group: London.
2. Kindersley, D., 2010. The Cook's Book of Ingredients. DK Publishing: London.
3. Chenhall, C., 2010. Improving Cooking and Food Preparation Skills: A Synthesis of the Evidence to Inform Program and Policy Development:(a Synthesis Paper). Government of Canada. Available at: <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/children/improving-cooking-food-preparation-skills-synthesis-evidence-inform-program-policy-development-government-canada-2010.html>