

## 9 FOOD PREPARATION 3

**Prerequisite:** All food related courses

**Credits:** 4

### Overview

This is a capstone course where students will demonstrate all skills and knowledge acquired during their programme of studies. Emphasis will be on creativity and the use of local and regional products to produce meals for formal dining experiences.

### General Objectives

This course is designed to assist students to:

- 1 develop new dishes with particular attention to the use of local produce, creativity, design and presentation acceptability
- 2 take inventory of previous skills and consciously target a schedule of enhancement
- 3 reinforce safe hygienic practices
- 4 use appropriate commodities economically
- 5 select appropriate equipment for the production of goods
- 6 finish and critically assess products taking into account, design, colour, flavour and portion control.
- 7 become familiar with up-to-date food legislation affecting production and storage of products.

### Learning Outcomes

Upon successful completion of this course, the learner will:

- 1 demonstrate varied cooking techniques.
- 2 design a creative menu.
- 3 prepare a seven-course meal.
- 4 host and manage a formal dinner party.
- 5 plan and execute a work schedule for the dinner party.
- 6 analyze the nutritional content of the seven-course meal.

### Topics

#### 1.0 Menu Design

##### Objective

Upon completion of the topic the student will be able to:

- 1.1 identify the requirements for menu compilation for a formal dining experience

##### Content

- Menu layout and design

#### 2.0 Food Legislation re: Local Commodities

##### Objective

Upon completion of the topic the student will be able to:

- 2.1 apply current food legislation to the assessment of commodities

##### Content

- Relevant provisions of the Food Safety Regulations
- Identification of relevant Hygiene codes of practice
- Application to criteria for vendor ratings
- Inspection systems and records
- Internal audits

#### 3.0 The Practical Use of Food Commodities

##### Objective

Upon completion of the topic the student will be able to:

- 1.1 assess practicability and acceptability in the use of food commodities
- 1.2 discuss potential yields of each commodity

##### Content

- Research techniques applied in customer operations
- Customer post meal evaluation techniques
- Recipe balance and presentation

- Cost implications
- Commodity yields
- Equipment implications and costs
- Seasonal aspects
- Issues relevant to make/buy decisions

#### **4.0 Food Labels and Data**

##### **Objective**

Upon completion of the topic the student will be able to:

- 4.1 interpret labels and other data

##### **Content**

- Additives, i.e. growth promoters in animals
- Food packaging developments
- Implications of production methods

#### **5.0 Menu Engineering**

##### **Objectives**

Upon completion of the topic the student will be able to:

- 5.1 Analyze and adapt menus and other food production schedules
- 5.2 Prepare a menu that is well balanced nutritionally.

##### **Content**

- nutritional implications
- the balance concept
- customer preferences
- menu structure and language

#### **6.0 Storage**

##### **Objective**

Upon completion of the topic the student will be able to:

- 6.1 calculate the storage implications of different ranges of commodities

##### **Content**

- Temperature and humidity control
- Storage materials and equipment
- Information technology applications

#### **7.0 Labour and Food Costing**

##### **Objective**

Upon completion of the topic the student will be able to:

- 7.1 calculate labour and food cost percentages relating to the production of the menu.

##### **Content**

- Food cost control
- Labour cost control

#### **8.0 Wine Selection**

##### **Objective**

Upon completion of the topic the student will be able to:

- 8.1 select the appropriate wines to complement the menu

##### **Content**

- Wines with food

#### **9.0 Dining Room Décor**

##### **Objective**

Upon completion of the topic the student will be able to:

- 1.1 decorate the dining room appropriately, create suitable atmosphere

##### **Content**

- Dining room layout and decoration

## **10.0 Budgeting**

### **Objective**

Upon completion of the topic the student will be able to:

- 10.1 prepare a budget for the formal dinner party.

### **Content**

- Planning the budget

### **Instruction Format**

Lecture  
Demonstration  
Practice

### **Assessment and Evaluation**

The continuous assessment for this course takes the following form:

- Two (2) theory papers which account for 40% of the final mark
- Four (4) practical assessments which account for 60% of the final mark

### **Recommended Text**

Theory of Catering, 9<sup>th</sup> Edition, Kinton, Ceserani and Foskett; published by Hodder and Stoughton.

Fundamentals of Menu Planning, 2<sup>nd</sup> Edition; McVety, Ware and Levesque.

The Theory of Hospitality and Catering, 2011, D Foskett & P Paskins; published by Hodder Education

Practical Cookery: 50 Years of Practical Cookery, 12th Edition 2012, J Campbell (et al); published by Hodder Education

Food and Beverage Service, 9<sup>th</sup> Edition 2014, J Cousins, D Lillicrap & S Weekes; published by Hodder Education

### **Resources**

Menu Planning: Food Purchasing and Management, H Zaccarelli and J Maggiore; published by Purdie University.

### **Attendance**

Students are encouraged to attend all class sessions as all information presented may not be covered in the required text. Participation of students is an integral component of the learning process.