

Academic Year/course: 2022/23

29216 - Culinary Technology

Syllabus Information

Academic Year: 2022/23

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

2. Learning goals

3. Assessment (1st and 2nd call)

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, seminars, laboratory sessions, assessment tasks and autonomous work and study.

4.2. Learning tasks

This 9 ECTS course is organized as follows:

- **Lectures** (45 hours). Students are expected to participate actively in the class throughout the year. Teaching materials will be available for the students via Moodle.
- **Seminars** (17 hours). These activities will take place in classrooms.
- **Laboratory sessions** (28 hours): 35 hours of cooking or laboratory.
- **Assessment tasks**
- **Autonomous work and study**

4.3. Syllabus

This course will address the following topics:

Section I: Basic aspects

- Topic 1: Culinary Technology: an introduction
- Topic 2: Quality in cooking and foodservice.
- Topic 3: Equipment and facilities in foodservice.

Section II: Scientific and technological principles of cooking

- Topic 4: Food chemistry in the kitchen
- Topic 5: Heat and mass transfer in cooking
- Topic 6: Gels, emulsions and foams
- Topic 7: Baking and pastry
- Topic 8: Miscellaneous culinary procedures
- Topic 9: Cooking in water and steam
- Topic 10: Frying
- Topic 11: Roasting, grilling and baking
- Topic 12: Sous vide cooking
- Topic 13: Microwave cooking
- Topic 14: Modernist cuisine: new tools for cooking
- Topic 15: Effect of culinary techniques on nutritive value of food

Module III: Culinary techniques in diet therapy

- Topic 16: Cooking for diet therapy I
- Topic 17: Cooking for diet therapy II
- Topic 18: Cooking for diet therapy III

4.4. Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sport Sciences website and Moodle.

4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=29216>