**MAKERERE UNIVERSITY BUSINESS SCHOOL**

**FACULTY OF TOURISM, HOSPITALITY AND LANGUAGES**

**DEPARTMENT OF LEISURE AND HOSPITALITY**

**COURSE OUTLINE**

**PROGRAMME :** DIPLOMA IN CATERING AND HOTEL MANAGEMENT

**COURSE NAME :** FOOD MATERIALS AND COMMODITIES

**COURSE CODE : DCH1102**

**YEAR OF STUDY :** ONE **SEMESTER :**ONE, AY 2023/24

**Level : 1 Credit Units : 4**

**Contact Hours : 60**

**Facilitator : Fred Waako**

**Course Description**

The course helps students to deepen their understanding of food commodities, understand the Chef’s ability to select commodities used in food preparation and production. It exposes students to the skills and expertise necessary for them to become good Chefs through hard work, boundless energy, total commitment, dedication and thorough underpinning knowledge (hands on). The course covers the following areas: Knowledge of different food commodities, classifications, quality purchasing points, cuts etc. Practically, students gain skills in selection of different items used for preparation and presentation of various dishes. Menu knowledge is emphasized here.

**Course Objectives**

The objectives of the course are to:

* Equip students with skills in the selection of quality food commodities.
* Enable students to classify the different classifications of food commodities.
* Enable students to use the purchasing cycle

**Learning Outcomes:**

At the completion of this course, students should be able to:

* Explain the different classifications of food commodities.
* Describe the common purchasing methods.
* Knowledge of quality purchasing points.
* Identify various cuts and joints of beef, chicken and fish.
* Prepare, cook and present food based on a’la cate, table d’hote or buffet arrangements.

**Detailed Course Content**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NO** | **TOPICS** | **SUB TOPICS** | **CONTACT HOURS** | **NO. OF WEEKS** |
| **1** | **Knowledge of food commodities** | * Definition
* classifications
* Nutrition and healthy eating – balanced diet
* Nutrients – body building, energy giving, body-protection, water
* Effect of heat on different nutrients
 | **8** |  |
| **2** | **Food purchasing** | * Storage and control
* Methods of purchasing
* Concept of portion control
* Standard recipe and dish costing
* Store keeping and cost control
 | **8** | **1** |
| **3** | **Eggs**  | * Classification
* Quality points
* Uses
* Special dishes prepared from eggs
 | **8** | **2** |
| **4** | **Pasta and Rice** | * Classification
* Quality points
* Uses
* Special dishes prepared from eggs
 | **8** | **1** |
| **5** | **Fish** | * Classification
* Quality points
* Uses
* Special dishes prepared from Fish
 | **8** | **1** |
| **6** | **Meat** | * Classification
* Quality points
* Uses
* Special dishes prepared from meat
 | **8** | **2** |
| **7** | **Poultry** | * Classification
* Quality points
* Uses
* Special dishes prepared from poultry
 | **8** | **2** |
| **8** | **Vegetables and Fruits** | * Classification
* Quality points
* Uses
* Special dishes prepared from vegetables
 | **8** | **2** |
| **9** | **Practicals** | * Cuts of meat and poultry
* Assorted salads
* Salad dressing
* Fruits
* Dessert preparations and presentations
 | **11** | **4** |
|  | **TOTAL** |  | **75** | **15** |

**Mode of Delivery**

* Straight Lectures
* Class Discussions and Assignments
* Practical Sessions

**Mode of Assessment**

Tests & Course works 20

Practical Sessions 10

End of Semester Examination 70

**Total mark 100%**

**Reading List**

Titus A. M. Msagati (2012) [The Chemistry of Food Additives and Preservatives](https://remotexs.ntu.edu.sg/user/login?url=https://app.knovel.com/web/toc.v/cid:kpCFAP000C/viewerType:toc//root_slug:chemistry-food-additives?b-cat-name=Food%20Science&b-cat-slug=composites&b-cat-id=216&b-order-by=release_date&b-sort-by=descending&b-filter-by=my-subscription)

ISBN: 9781118274149

Parthena Kotzekidou (2016) [Food Hygiene and Toxicology in Ready-to-Eat Foods](https://remotexs.ntu.edu.sg/user/login?url=https://app.knovel.com/web/toc.v/cid:kpFHTREF0A/viewerType:toc//root_slug:food-hygiene-toxicology?b-cat-name=Food%20Science&b-cat-slug=composites&b-cat-id=216&b-order-by=release_date&b-sort-by=descending&b-filter-by=my-subscription)

ISBN: 9780128019160

# Corinne T. Netzer (2011) The Complete Book of Food Counts, 9th Edition

Karen J Nolan Ph.D (2012) The Complete Food Counter, 4th Edition

## [[Jessica Gavin](https://www.amazon.com/Easy-Culinary-Science-Better-Cooking/dp/1624144845?tag=uuid10-20" \t "_blank)](https://bookauthority.org/author/Jessica-Gavin) [(2018) Easy Culinary Science for Better Cooking](https://www.amazon.com/Easy-Culinary-Science-Better-Cooking/dp/1624144845?tag=uuid10-20" \t "_blank)

Arjun B. C., Rafiqul M., I (2008) Food Production and Processing, Nova.

Cesserani V., Ronald K., and Foskett D (2000*) Practical Cookery* 10th ed. ELST**.**

Clark. D and Habert E (1982) ***Food facts.***

Roy H., and CTc (1995) *Food preparation and cooking-* MacMillan press-New York.

Roy H., and CTc (1995) The dry process- *Food craft* –MacMillan.

Ramdane Dris, and S. Mohan Jain (2004). Production Practices **and Quality Assessment of Food crops**