


SEMESTER LESSON PLAN (RPS)
(DIET FOOD MANAGEMENT)



Lecturer:
Dr. Ellis Endang Nikmawati, M.Si

CULINARY EDUCATION STUDY PROGRAM
DEPARTMENT OF FAMILY WELFARE EDUCATION
FACULTY OF TECHNOLOGY AND VOCATIONAL EDUCATION
UNIVERSITAS PENDIDIKAN INDONESIA
2021

	SEMESTER LESSON PLAN (RPS)	Doc. No. : FPTK-UPI-RPS-E0851-7
	(Diet Food Management)	Revision : 00
		Date : 31 August 2020
	Page:	
Prepared By: Ellis Endang Nikmawati, M.Si NIP. 196303111990012001	Verified By: Dr. Ai Nurhayati, M.Si. NIP. 19671005 199202 2 001	Approved By: Dr. Yulia Rahmawati, M.Si NIP. 19670720 199303 2 009
Lecturer	TPK Prodi	Head of Culinary Education Study Program
SEMESTER LESSON PLAN (RPS)		
1. Course Identity		
Name of Study Program	: Culinary Education	
Name of Course	: Diet Food Management	
Code of Course	: BG 451	
Group of Course	: Optional Culinary Subject (MKKPPS)	
SKS weight	: 2	
Level	: S1	
Semester	: Odd	
Prerequisite	: -	
Status (mandatory/optional)	: Optional	
Lecturer name and code	: Dr. Ellis Endang Nikmawati, M.Si/1415	

2. Course Description

This course is a selected package of Dietetics specialization course. Students who have completed this course are expected to have knowledge, experience, and pioneer a diet food business, make a business plan in the business field relevant to the student's potential needed by consumers, and make a written report on the results. This lecture discusses business elements, types of business activities, business management, diet food business plan including: business identity, vision and mission, business profile, business organization, production system, service system, marketing system, SWOT analysis and food management practices by accepting orders for heavy meals, side dishes, snacks, and healthy drinks Selected approach in the lecture is an expository approach in the form of lectures, presentations, discussions, questions and answers equipped with an LCD. Assignments: individual assignments in groups for the preparation, making of business plans, papers, presentations, and individual assignments on everything related to diet management. Student assessment is carried out through attendance, diet management practices, UTS, UAS, paper assignments and presentations.

Main reference books: **Main Reference Books**

3. Study Program Learning Outcome

S2 Uphold human values in implementing duties based on religion, morals, and ethics;

P4 Proficient in the theoretical concepts of Culinary expertise

KU1 Can apply logical, critical, systematic, and innovative thinking in the context of science and technology development or implementation that pays attention to and applies humanities values corresponding to their area of expertise;

KK1 Can plan, implement, and evaluate the implementation of technology and vocational education in the area of Culinary on a professional basis, both in formal, non-formal, and informal education

4. Course Learning Outcomes CLO)

- M1** Understand the definition of the diet food business, the development of diet food in Indonesia (S2, P4, KU1)
- M2** Understand about business elements, types of business activities (S2, P4, KU1, KK1)
- M3** Students understand the types of business activities, business management (S2, P4, KU1, KK1)
- M4** Students understand about the diet food business plan (S2, P4, KU1, KK1)
- M5** Students understand about: business identity, vision and mission, business profile, business organization, production system, service system, marketing system. (S2, P4, KU1, KK1)
- M6** Students understand about SWOT analysis (S2, P4, KU1, KK1)
- M7** Students carry out business practices by accepting orders for heavy food, drinks, snacks/healthy snacks (S2, P4, KU1, KK1)
- M8** Students present the results of the diet food business practicum ((S2, P4, KU1, KK1)

5. Description of Learning Plan

Meeting	Indicator of Course Learning Outcomes	Study Modules	Learning Format	Time (minutes)	Assignment and Evaluation	References
---------	---------------------------------------	---------------	-----------------	----------------	---------------------------	------------

1	Students understand the description and syllabus of lectures	Explanation of lecture descriptions and syllabus, rules for attending lectures, evaluation system	- Listening to lectures from lecturers, asking questions, doing assignments, and discussing	100	1,2,3,4	1,2,3,4
2	Students understand the definition of diet food business, the development of diet food in Indonesia	Definitions of the diet food business, the development of diet food in Indonesia	- Lectures, - Presentation - discussion, - Assignment	100	Past material apperception, Presentation of the groups receiving the assignments, discussions, reviews from lecturers	1,2,3,4
3	Students understand about business elements, types of business activities	business elements, types of business activities	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions, reviews from lecturers	1,2,3,4
4	Students understand about types of business activities, business management,	types of business activities, business management,	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving	1,2,3,4

					assignments, discussions, reviews from lecturers	
5	Students understand about the diet food business plan	diet food business plan	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions, reviews from lecturers	1,2,3,4
6	Students understand about: business identity, vision and mission, business profile, business organization, production system, service system, marketing system.	business identity, vision and mission, business profile, business organization, production system, service system, ad marketing system.	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions, reviews from lecturers	1,2,3,4
7	Students understand about SWOT analysis	SWOT analysis	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments,	1,2,3,4

					discussions, reviews from lecturers	
8	<i>Mid-Term Exam</i>					
9	Students carry out business practices by accepting orders for healthy heavy meals	Recipe books Menu list	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions, reviews from lecturers	1,2,3,4
10	Students carry out business practices by accepting orders for healthy heavy meals	Recipe books Menu list	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions, reviews from lecturers	Various sources
11	Students carry out business practices by receiving orders for healthy plates of food	Recipe books Menu list	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments,	Various sources

					discussions, reviews from lecturers	
12	Students carry out business practices by accepting orders for healthy traditional snacks	Recipe books Menu list	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions, reviews from lecturers	Various sources
13	Students carry out business practices by accepting healthy drink orders	Recipe books Menu list	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions, reviews from lecturers	1,2,3,4
14	Student present the results of the diet food business practicum	Paper	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions,	1,2,3,4

					reviews from lecturers	
15	Student present the results of the diet food business practicum	Paper	- Lectures, - Presentation - discussion, - Assignment	100	Apperception of past material, Presentation of the groups receiving assignments, discussions, reviews from lecturers	1,2,3,4
16	<i>SEMESTER FINAL EXAM</i>					

6. References

1. Rini Handayani, Diet Ketogenik: Panduan & Resep Sehat, Publisher : Gramedia Pustaka Utama, 2020
2. Lenita Diet Sehat : Mengenal Metode-Metode Diet yang Berbahaya Bagi Kesehatan, No. ISBN 9786022555865 Publisher Flash Books , Date of issue Desember – 2014
3. Raymond J. Cronise, The Healthspan Solution-How And What To Eat-Raymond J. Cronise, Publisher/year: Alpha, 2019
4. Almatsier, S (2014). Diet Guide. Hospital Nutrition Installation. Ciptomangunkusumo and the Indonesian Dietitian Association. Jakarta, Gramedia Pustaka Utama

7. Appendix-2 Evaluation Instrument

**INDONESIAN UNIVERSITY OF EDUCATION
FACULTY OF TECHNOLOGY AND VOCATIONAL EDUCATION
FAMILY WELFARE EDUCATION DEPARTMENT**

MID SEMESTER

Course : Diet Management

Program/Level : Culinary Arts Education Specialization/III

Day/Date : Monday/26 October 2020

Lecturer : Dr. Ellis Endang Nikmawati, M.Si

Answer the following questions :

1. Describe what the diet food business is, the development of diet food in Indonesia (weight 10)
2. Explain about business elements, types of business activities (weight 10)
3. List the types of business activities, and business management in a business (weight 10)
4. Make a diet food business plan (weight 20)
5. **Specify** the business identity, vision and mission, business profile, business organization, production system, service system, and marketing system (weight 10)
6. **Explain by means** of a SWOT analysis on your business plan (weight 20)
7. Make a calculation of the selling price for one of: heavy food, drinks, snacks/healthy snacks that will be used as a menu in your business (weight 10)
8. Describe the results of the diet food business practicum that you have practiced (weight 10)