

SEMESTER LESSON PLAN (RPS)

(FOOD SCIENCE)



Lecturer:

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**CULINARY EDUCATION STUDY PROGRAM
DEPARTMENT OF FAMILY WELFARE EDUCATION
FACULTY OF TECHNOLOGY AND VOCATIONAL EDUCATION
UNIVERSITAS PENDIDIKAN INDONESIA
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Food Science is a basic course with main topics: staple foods, side dishes from animal, vegetable, vegetable protein sources, fruits, milk and their processed products and seasonings both from Indonesia and from other countries/Oriental/Continental

3. Outcomes of Referenced Study Program Learning (RSPL)

S Demonstrate scientific, educative, and religious attitudes and behaviors contributing to improving the quality of life in society, nation, and state, based on academic norms and ethics

P4 Proficient in theoretical concept research method of Culinary Education

KU 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)

After attending the Food Science course, students are expected to be able to:

M1 Understand basic food ingredients, side dishes from animal protein sources, vegetables, vegetables, milk fruits and their processed products

M2 Distinguish spices both from Indonesia and from foreign countries/Oriental/Continental

M4 Analyze the spices in Indonesian, Oriental, and Continental cuisine

5. Description of Learning Plan

Meeting	Sub-CLO (Course Learning Outcomes Indicators)	Study Modules	Learning Format	Time (minutes)	Assignment and Evaluation	References
1	<p>Sub-CLO: Overview of the course.</p> <p>Indicators : Students can understand the general description and (C1, C4) study rules (C2)</p>	Explanation of lecture descriptions and syllabus	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <p>- Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100	-Enrichment of the understanding of Foodstuff Knowledge from various sources - Assessment is carried out at UTS in the form of a test	a,b,c
2	<p>Sub-CLO: Identify and analyze basic food ingredients, side dishes from protein sources, vegetables, vegetables, fruits, milk and their processed products (S2, P4, KU1)</p>	<p>Staple Food Sources: Food Sources of Carbohydrates:</p> <ul style="list-style-type: none"> - Grains - Tubers <p>Kinds of Flour</p> <ul style="list-style-type: none"> - Processed flour 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p>	100	Past modules apperception, Presentation of the groups receiving the assignment of Food Sources of Carbohydrates, discussions,	a,b,c

	<p>Indicators : Students identify and analyze Staple Food Sources: Food Sources of Carbohydrates:</p> <ul style="list-style-type: none"> - Grains - Tubers - Kinds of Flour - Processed flour <p>(C1, C4)</p>		<ul style="list-style-type: none"> - Lectures, - discussion, - Assignment 		reviews from lecturers	
3	<p>Sub-CLO: Identify and analyze basic food ingredients, side dishes from protein sources, vegetables, vegetables, fruits, milk and their processed products</p> <p>Indicators : Students Identify and analyze Food sources of animal protein: Meat from poultry (chicken, bird, duck, goose), and eggs Poultry carcasses and their use for processed types of Indonesian, oriental, and Continental foods.</p>	<p>Food sources of animal protein: Meat from poultry (chicken, bird, duck, goose), and eggs Poultry carcasses and their use for processed types of Indonesian, oriental, and Continental foods. Processed Poultry results</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <ul style="list-style-type: none"> - Lectures, - discussion, - Assignment 	100	Apperception of the past modules, Presentation of the groups receiving the assignment of Animal Protein Source Food, discussions, reviews from lecturers	a,b,c

	Poultry Products (C1, C4)					
4	<p>Sub-CLO: Identify and analyze basic food ingredients, side dishes from protein sources, vegetables, fruits, milk and their processed products (</p> <p>Indicators : Students determine food sources of animal protein: Meat from 4-legged animals (beef, buffalo, sheep, goat, deer, horse, rabbit), beef carcass and its use for processed types of Indonesian, oriental, and Continental foods. Processed Meat results (C3)</p>	<p>Food sources of animal protein: Meat from 4-legged animals (beef, buffalo, sheep, goat, deer, horse, rabbit), beef carcass and its use for processed types of Indonesian, oriental, and Continental foods. Processed Meat results</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <ul style="list-style-type: none"> - Lectures, - discussion, - Assignment 	100	<p>Apperception of the past modules, Presentation of groups receiving the assignment of Food Source of Protein from 4-legged animals, discussions, reviews from lecturers</p>	a,b,c
5	<p>Sub-CLO: Identify and analyze basic food</p>	<p>Food sources of animal protein: Fish and Sea Food</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p>	100	<p>Apperception of the past modules,</p>	a,b,c

	<p>ingredients, side dishes from protein sources, vegetables, vegetables, fruits, milk and their processed products</p> <p>Indicators : Students Identify and analyze Food sources of animal protein: Fish and Sea Food</p> <p>Types of Fish, Sea food, processed products, function/utilization for types of processed Indonesian, oriental, and Continental foods, as well as the processed products (C1, C4)</p>	<p>Types of Fish, Sea food, processed products, function/utilization for types of processed Indonesian, oriental, and Continental foods, and their products</p>	<p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <ul style="list-style-type: none"> - Lectures, - discussion, - Assignment 		<p>Presentation of the groups receiving the assignment of Protein-Source Food from fish, sea food, discussion, review from the lecturer</p>	
6	<p>Sub-CLO: Identify and analyze basic food ingredients, side dishes from protein sources, vegetables,</p>	<p>Food sources of animal protein: Milk and its processed products (yogurt, cheese, butter)</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p>	100	<p>Apperception of the past modules, Presentation of the groups receiving the</p>	a,b,c

	vegetables, fruits, milk and their processed products (Indicators : Students identify and analyze food sources of animal protein: Milk and its processed products (yogurt, cheese, butter) Storage of fresh meat and processed meat products (C1, C4)	Storage of fresh meat and processed meat	Self study via spot.upi.edu, Discussion forums (group discussion) - Lectures, - discussion, - Assignment		assignment of Protein-Source Food from dairy animals and other processed products, discussions, reviews from lecturers	
7	Sub-CLO: Identify and analyze basic food ingredients, side dishes from protein sources, vegetables, vegetables, fruits, milk and their processed products (Indicators : Students can identify and analyze, classify, food sources of vegetable protein:	Food sources of vegetable protein: <input type="checkbox"/> Legumes <input type="checkbox"/> Nuts <input type="checkbox"/> Processed nuts: Tofu, tempe, oncom, soy milk, coconut oil	<i>Synchronous:</i> Meeting via zoom meeting <i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion) - Lectures, - discussion, - Assignment	100	Apperception of the past modules, Presentation of the groups receiving the assignment of Protein-Source Food from vegetables, discussions, reviews from lecturers	a,b,c

	<input type="checkbox"/> Legumes <input type="checkbox"/> Nuts <input type="checkbox"/> Processed nuts: Tofu, tempe, oncom, soy milk, coconut oil (C1, C4)					
8	MID-TERM EXAM					
9	Sub-CLO: Identify and analyze basic food ingredients, side dishes from protein sources, vegetables, vegetables, fruits, milk and their processed products Indicators : Students can identify and analyze sources of vitamins and minerals:: Vegetables : Vegetables from fruit and flower parts, Vegetables from Leaf and Stem parts	Food Sources of vitamins and minerals: Vegetables : <input type="checkbox"/> Vegetables from fruit, and flower parts <input type="checkbox"/> Vegetables from Leaf and stem parts <input type="checkbox"/> Vegetables from tuber/root parts	<i>Synchronous:</i> Meeting via zoom meeting <i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion) - Lectures, - discussion, - Assignment	100	Apperception of the past modules, Presentation of the groups receiving the assignment of Food Sources of vitamins and minerals from vegetables, discussions, reviews from lecturers	a,b,c

	Vegetables from Tuber/root parts (C1, C4)					
10	<p>Sub-CLO: Identify and analyze basic food ingredients, side dishes from protein sources, vegetables, vegetables, fruits, milk and their processed products</p> <p>Indicators : Students can identify and analyze sources of vitamins and minerals: Fruits from Indonesia: types, functions, and processed products (C3)</p>	Food Sources of vitamins and minerals: Fruits from Indonesia: types, functions, and processed products	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <ul style="list-style-type: none"> - Lectures, - discussion, - Assignment 	100	Presentation of groups receiving assignments Food Sources of vitamins and minerals from local/Indonesian fruits, discussions, reviews from lecturers	a,b,c
11	<p>Sub-CLO: Identify and analyze basic food ingredients, side dishes from protein sources, vegetables,</p>	Food Sources of vitamins and minerals: Exotic and rare fruits: types, functions, and processed products	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p>	100	Presentation of groups receiving assignments of Food Sources of vitamins and minerals from	a,b,c

	<p>vegetables, fruits, milk and their processed products</p> <p>Indicators : Students can identify and analyze food sources of vitamins and minerals: Exotic and rare fruits: types, functions, and processed products (C1, C4)</p>		<p>Self study via spot.upi.edu, Discussion forums (group discussion)</p> <p>- Lectures, - discussion, - Assignment</p>		<p>local/Indonesian foreign fruits, discussions, reviews from lecturers</p>	
12	<p>Sub-CLO: Distinguish spices both from Indonesia and from outside countries</p> <p>Indicators : Students can identify and analyze the definition of spices and herbs.</p> <p>Types and functions of herbs, spices, derived from leaves, flowers, fruit/seeds, stems, skins, various</p>	<p>Definition of Seasoning and Spices.</p> <p>Types and functions of herbs, spices, derived from leaves, flowers, fruit/seeds, stems, skins, various Indonesian dishes.</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <p>- Lectures, - discussion, - Assignment</p>	100	<p>Presentation of the groups receiving local/Indonesian Seasoned Food assignments, discussions, reviews from lecturers</p>	a,b,c

	Indonesian dishes. (C1, C4)					
13	<p>Sub-CLO: Distinguish spices both from Indonesia and from outside countries</p> <p>Indicators : Students can identify and analyze the definition of spices and herbs.</p> <p>Students can Identify and analyze Seasonings and, Spices.</p> <p>Types and functions of herbs, spices, derived from leaves, flowers, fruit/seeds, stems, skins, various foods with “Oriental, Continental dishes (C1, C4)</p>	<p>Definition of Seasoning and Spices.</p> <p>Types and functions of herbs, spices, derived from leaves, flowers, fruit/seeds, stems, skins, various foods with "Oriental and Continental dishes.</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <p>- Lectures, - discussion, - Assignment</p>	100	<p>Presentation of the groups receiving Oriental/Continental Seasoning assignments, discussions, reviews from lecturers</p>	a,b,c

14	<p>Sub-CLO: Students can identify and analyze spices in Indonesian cuisine,</p> <p>Indicators : Students can identify and analyze the spices that exist in Oriental and Continental cuisine (C5)</p>	Seasonings in Indonesian, Oriental, and Continental dishes	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <p>- Lectures, - discussion, - Assignment</p>	100	Presentation of the groups receiving the assignment of Analyzing the spices in Indonesian, Oriental, and Continental cuisine, review from the lecturer	a,b,c
15	<p>Sub-CLO: Students can identify and analyze spices in Indonesian, Oriental and Continental dishes</p> <p>Indicators : Students can identify and analyze spices in Indonesian, Oriental and Continental dishes (C1, C4)</p>	Seasonings in Indonesian, Oriental, and Continental dishes	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu, Discussion forums (group discussion)</p> <p>- Lectures, - discussion, - Assignment</p>	100	Presentation of the groups receiving the assignment of Analyzing the spices in Oriental and Continental cuisine, review from the lecturer	a,b,c .
16	SEMESTER FINAL EXAM					

6. References

- a. The Culinary Institute of America (CIA). 2013. Techniques of Healty Cooking. Publisher: John Wiley and Sons.
- b. Daniel H, Julie S. 2019. The Good Food: A Cookbook of Soups, Stews, and Pastas. Harper Collins Publisher.
- c. Kate Whiteman. 2016. The Best-Ever Fish and Selfish Cookbook. Anness Publishing.

7. Appendix-1 Teaching Materials and Modules

8. Appendix-2 Evaluation Instrument