

SEMESTER LESSON PLAN (RPS)

(BASICS CULINARY)



Lecturer:

Dr. Ai Nurhayati, M. Si
Dr. Rita Patriasih, M. Si

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

2021

2. **Course Description**

This is a basic course in the field of study for the S1 Culinary Education program. After completing this course students are expected to be able to understand the basic concepts of food, the functions and sources of nutrients, the need and adequacy of food for the body, the preparation of a balanced menu, food for various family members (infants, toddlers, teenagers, pregnant women, nursing mothers), List of food ingredients (DKBM), analyze food ingredients, analyze exchange ingredients, foodstuff needs for family members, serving on the dining table for the family.

3. **Outcomes of the 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

P3 Proficient in theoretical concepts in the 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 their area of expertise.

KK3 Can apply various food processing in accordance with food processing principles

4. **Course Learning Outcomes (CLO)**

M1 Can understand the fundamental essence of culinary

M2 Can understand how to select food ingredients and cuts

M3 Can analyze the use of spices and cooking techniques

M4 Can understand daily meal recommendations

M5 Can understand the function and source of food substances

M6 Can understand the concept of the need and adequacy of food for the body

M7 Can compose menu for family

M8 Can analyze family menu

M9 Can make dishes for the family

5. **Description of Learning Plan**

Meeting	Indicators of Course Learning Outcomes	Study Modules	Learning Format	Time	Assignment and Evaluation	References
1	Students can explain the basic concepts of food, including the definition, the relationship between food and health, the benefits of food for health and the selection of food ingredients	<p>The Fundamental Essence of Culinary</p> <ul style="list-style-type: none"> The fundamental definition of culinary The relationship between food and health The benefits of food for health Selection of nutritious food 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
2	Students can explain about food substances	<p>Nutrients</p> <ul style="list-style-type: none"> Carbohydrates (monosaccharides, 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi

	(carbohydrates, proteins)	disaccharides, polysaccharides, food sources, and carbohydrates function <ul style="list-style-type: none"> • Protein (protein digestibility, protein function, and protein-containing material sources) 	Self study via spot.upi.edu Discussion forums (group discussion) Listening to lectures from lecturers, asking questions, doing assignments, and discussing		The assignment of inventorying food sources containing carbohydrates and protein	Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. <ul style="list-style-type: none"> • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
3	Students can explain about food substances (fats, vitamins)	Nutrients <ul style="list-style-type: none"> • Fats (various fats, functions of fats and sources of fat-containing foodstuffs) • Vitamins (Vitamin A, D, E, K Vitamin C, and Vitamin B) 	<i>Synchronous:</i> Meeting via zoom meeting <i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> • Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. • Lilis Banowati. 2014.

			Listening to lectures from lecturers, asking questions, doing assignments, and discussing			Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
4	Students can explain about food substances (minerals, water, cellulose)	Nutrients • minerals (calcium, phosphorus, ferrum, iodine, cuprum, flour, sodium, potassium • water • cellulose	<i>Synchronous:</i> Meeting via zoom meeting <i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion) Listening to lectures from lecturers, asking questions, doing assignments, and discussing	100'	Oral quiz at the end of class	• Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam

						Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
5	Students can explain about the needs and adequacy of food for the body)	<ul style="list-style-type: none"> • nutritional requirements for athletes • adequacy of nutrients food for the body • factors that affect nutritional adequacy 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> • Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
6	Students can explain how to prepare a balanced- healthy	Prepare a balanced-healthy menu	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> • Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi

	menu for the family	<ul style="list-style-type: none"> the definition of a balanced-healthy menu techniques for compiling a balanced-healthy menu factors that affect compiling a balanced-healthy menu 	<p>Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>			<p>Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama.</p> <ul style="list-style-type: none"> Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
7	Students can explain food for infants and toddlers (food requirements, ingredient selection, needs, feeding patterns)	<p>Food for babies and toddlers</p> <ul style="list-style-type: none"> baby and toddler food requirements selection of food ingredients for babies and toddlers food benefit for babies and toddlers 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking</p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. Lilis Banowati. 2014. Ilmu Gizi Dasar.

		<ul style="list-style-type: none"> adequate nutrition for infants and toddlers feeding patterns for babies 	questions, doing assignments, and discussing			<p>Yogyakarta: Deepublish, CV Budi Utama.</p> <ul style="list-style-type: none"> Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
8	MID-TERM EXAM					
9	Students can explain Food for Teenagers (food requirements, ingredient selection, needs	<p>Food for teenagers</p> <ul style="list-style-type: none"> teenage food requirements food benefit for teenagers adequate nutrition for teenagers 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. Moesijati Soekarti, Sunita. 2013. Gizi

						Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
10	Students can explain food for pregnant women (food requirements for pregnant women, food needs for pregnant women)	Food for pregnant and lactating women <ul style="list-style-type: none"> • food requirements for pregnant women • food needs for mother • menu for pregnant women 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> • Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
11	Students can explain food for breastfeeding/lacta	Food for pregnant and lactating women	<p><i>Synchronous:</i> Meeting via zoom meeting</p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> • Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar

	<p>tion (food requirements for lactating/breastfeeding mothers, food requirements for breastfeeding/lactation mothers)</p>	<ul style="list-style-type: none"> • food requirements for breastfeeding mothers • food needs for breastfeeding mothers • menu for breastfeeding mothers 	<p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>			<p>Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama.</p> <ul style="list-style-type: none"> • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
--	--	---	--	--	--	---

12	Students can explain about the List of Foodstuff Composition and analyze food ingredients	<ul style="list-style-type: none"> • List of Foodstuff composition • analyze foodstuffs including elements of calories, carbohydrates, protein, fat, vitamins, minerals and water analyzing food ingredients • Types of wheat, tubers • Nuts and seeds • Meat, eggs, fish, shellfish, crab, dang, vegetables • milk and its products • oil and fat • various 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> • Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
13	Students can explain about the List of Foodstuff Composition and	<ul style="list-style-type: none"> • List of Foodstuff composition • analyze foodstuffs 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> • Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan

	analyze food ingredients	including elements of calories, carbohydrates, protein, fat, vitamins, minerals and water analyzing food ingredients <ul style="list-style-type: none"> • Types of wheat, tubers • Nuts and seeds • Meat, eggs, fish, shellfish, crab, dang, vegetables • milk and its products • oil and fat • miscellaneous 	Self study via spot.upi.edu Discussion forums (group discussion) Listening to lectures from lecturers, asking questions, doing assignments, and discussing			Masyarakat. Yogyakarta: Deepublish CV Budi Utama. • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
14	Students can explain and calculate about exchange ingredients	Analyze exchange ingredients <ul style="list-style-type: none"> • Source of carbohydrates • Source of protein • Source of vitamins and minerals 	<i>Synchronous:</i> Meeting via zoom meeting <i>Asynchronous:</i> Self study via spot.upi.edu Discussion forums (group discussion)	100'	Oral quiz at the end of class	• Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama.

			Listening to lectures from lecturers, asking questions, doing assignments, and discussing			<ul style="list-style-type: none"> • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
15	<ul style="list-style-type: none"> • Students can explain the way of serving on the dining table for the family • Students can explain the systematic planning of practicum for lunch for family members 	<ul style="list-style-type: none"> • Explain the way of serving on the dining table for the family • practical planning • Chapter 1 Introduction • Chapter II (composing menus, meal recommendations in one day, distribution of meals for 3 meals, exchange ingredients, 	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i> Self study via spot.upi.edu</p> <p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing</p>	100'	Oral quiz at the end of class	<ul style="list-style-type: none"> • Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama. • Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama. • Moesijati Soekarti, Sunita.

		analysis of foodstuffs, shopping lists, tools used, division of duties, evaluation, and bibliography)				2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.
16	<i>SEMESTER5 FINAL EXAM</i>					

6. **References**

a. Main reference books

Vilda Ana V S dan Eko Hartini. 2018. Buku Ajar Dasar Ilmu Gizi Kesehatan Masyarakat. Yogyakarta: Deepublish CV Budi Utama.

Lilis Banowati. 2014. Ilmu Gizi Dasar. Yogyakarta: Deepublish, CV Budi Utama.

Moesijati Soekarti, Sunita. 2013. Gizi Seimbang dalam Daur Kehidupan. Jakarta: PT Gramedia Pustaka Utama.

b. References :

Deborah D.C, Rebecca DeYoung. 2021. The Profession of Dietetics. [S.l.] : JONES & BARTLETT LEARNING

Ahmad Suhaimi. 2019. Pangan, Gizi dan Kesehatan. Yogyakarta: Deepublish Publisher: CV Budi Utama.

Andi Eka, Sanya, Nining. 2021. Ilmu Gizi Dasar. Jakarta: Yayasan Kita Menulis.

Sulfianti., dkk. 2021. Penentuan Status Gizi. Jakarta: Yayasan Kita Menulis.