





**SEMESTER LESSON PLAN (RPS)
INDONESIAN STAPLE FOODS
BG 202**



**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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	INDONESIAN STAPLE FOODS	Date : 27 Oct 2021
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1. Course Identity

Name of Study Program : Culinary Education
 Name of Course : Indonesia Staple Food
 Code of Course : BG 202
 Group of Course : Study Program Expertise Course (MKK)
 SKS weight : 2
 Level : S1
 Semester : Odd
 Prerequisite : -
 Status (mandatory/optional) : Mandatory
 Lecturer name and code : Dra. Elly Lasmanawati, W. M.Si
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2. Course Description

This course is a course of expertise (MKK) Study Program studying the Processing and Presentation of Staple Foods including ingredients, tools, processing techniques, and serving of staple foods. The main ingredients of staple foods include grains, seeds, tubers, sago, and noodles. The tools used to process staple foods are *cobek*, pan, *sodet*, *boboko*, *hawu/wooden stove*, stove, *asepan*, steamer, cormorant, *langseng/soblugan*, *risopan*, *kastrol*, pot, and *rice cooker*. Methods for processing staple foods include roasting, steaming, boiling, roasting, half-boiling, full steaming or *aubinmarie*, and frying. The technique of serving staple foods is either wrapped or served directly. The learning process uses a

scientific and inquiry approach in the form of *problem-based learning* and *project-based learning* models, with lecture, discussion, question and answer methods and practicum related to the problems discussed in accordance with the progress in the field. The student mastery stage is evaluated through attendance, assignments, practicums, Practicum Exams, Mid-Semester Exams (MSE), and Final Exams.

3. Study Program Learning Outcomes (PLO)

- 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
- P1 Proficient in the theoretical concepts of educational science, strategy, lesson planning, media, methodology and evaluation of learning and educational psychology
- P3 Proficient in theoretical concepts in the area of Culinary education
- P4 Proficient in the theoretical concepts of Culinary in the area of Culinary expertise
- 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
KK 2 Can plan, implement, and imitate the learning outcomes of technology and vocational education in the field of culinary arts education in formal and non-formal education units

4. Course Learning Outcomes (CLO)

- M1 Students understand the concept of Staple Foods Processing and Serving (S, P1, KU, KK1)
- M2 Students analyze the processing and presentation of staple foods from cereals and grains (S, P3, KU, KK1)
- M3 Students analyze the processing and presentation of staple foods from tubers (S, P3, KU, KK1)
- M4 Students analyze the processing and presentation of staple foods from noodles (S, P3, KU, KK1)
- M5 Students practice processing and serving staple foods from cereals (S, P3, KU, KK1)
- M6 Students practice processing and serving staple foods from grains (S, P3, KU, KK1)
- M7 Students practice processing and serving staple foods from tubers (S, P3, KU, KK1)
- M8 Students practice processing and serving staple foods from noodles (S, P4, KU, KK1)

5. Description of Lesson Plan

Meeting	Sub-CLO and Course Learning Outcome Indicators	Study Modules	Learning Format	Time	Student Learning Experience	Assignment and Evaluation	References
1	<ul style="list-style-type: none"> ● Sub-CLO: Understand lecture rules, basic concepts of processing and serving Staple Foods ● Indicators <ol style="list-style-type: none"> 1. Students can understand the rules of staple foods processing and serving 2. Students can analyze the principles of basic food processing carefully 3. Students can analyze the principles of serving staple foods properly 4. Students can analyze the scope of staple foods processing and serving 	<ol style="list-style-type: none"> 1. Overview of lectures 2. Principles of basic food processing 3. Principles of staple foods serving 4. The scope of staple food processing and serving 5. Classification of staple foods processing and serving 	Online via SPOT or zoom meeting or Google Classroom with <i>problem-based learning model</i> , question and answer method	100'	-Obtain an overview of lectures, including course achievements, expected competencies, subjects, models, methods, and evaluations in lectures, and the rules for participating in Staple Food Processing and Serving lectures	The exercise assignment is to analyze the principles of staple foods processing and serving from youtube videos	1,2,3,4,5,6,7

	5. Students can analyze the classification of staple foods processing and serving						
2	<p>Sub-CLO: Analyze the processing and serving of staple foods from cereals</p> <p>Indicators students can</p> <ol style="list-style-type: none"> carefully analyze the technique of processing staple foods from cereals Students can analyze the technique of serving staple foods from grains appropriately Students can prepare staple foods from cereals appropriately Students can prepare tools for processing staple foods from cereals appropriately Students can process staple foods from cereals carefully 	<ol style="list-style-type: none"> Techniques for processing staple foods from cereals Techniques for serving staple foods from cereals The staple food from cereals Staple food processing equipment from cereals Stages of processing staple food from cereals Factors to consider in serving staple foods from cereals 	Online via SPOT or Google Classroom with <i>problem-based learning</i> , question and answer method	100'	Develop analytical skills, evaluate students in analyzing Indonesian cakes from sticky rice and glutinous rice flour	The exercise assignment is to classify cakes made from glutinous rice and glutinous rice flour based on their function	1,2,3,4,5,6,7

	6. Students can serve staple foods from cereals properly						
3	<p>Sub-CLO:</p> <p>Analyze the processing and serving of staple foods from tubers</p> <p>Indicators students can</p> <ol style="list-style-type: none"> 1. carefully analyze the technique of processing staple foods from tubers 2. Students can analyze the technique of serving staple foods from tubers appropriately 3. Students can prepare staple food ingredients from tubers appropriately 4. Students can prepare basic food processing tools from tubers appropriately 5. Students can process staple foods from tubers carefully 	<ol style="list-style-type: none"> 1. Techniques for processing staple foods from tubers 2. Technique of serving staple food from tubers 3. Staple food ingredients from tubers 4. Staple food processing equipment from tubers 5. Stages of processing staple food from tubers 6. Factors to consider in serving staple foods from tubers 	Online via SPOT or zoom meeting or Google Classroom with <i>problem-based learning</i> model, question and answer method	100'	Develop analytical skills, evaluate students in analyzing staple food from tubers	The exercise assignment is to classify the main ingredients used in the manufacture of Indonesian cakes and drinks	1,2,3,4,5,6,7

	6. Students can serve staple foods from tubers properly						
4.	<p>Sub-CLO:</p> <p>Analyze the processing and serving of staple foods from noodles</p> <p>Indicators students can</p> <ol style="list-style-type: none"> 1. carefully analyze the basic food processing techniques of noodles 2. Students can analyze the technique of serving staple food from noodles appropriately 3. Students can prepare staple food ingredients from noodles appropriately 4. Students can prepare basic food processing tools from noodles appropriately 5. Students can process the staple food from noodles carefully 6. Students can serve the staple food from noodles properly 	<ol style="list-style-type: none"> 1. Techniques for processing staple foods from noodles 2. The technique of serving staple food from noodles 3. The staple food ingredients from noodles 4. The staple food processing equipment from noodles 5. Stages of processing staple food from noodles 6. Factors to consider in serving staple foods from noodles 	Online via SPOT or Google Classroom with <i>problem-based learning</i> model, question and answer method	100'	Develop analytical skills, evaluate students in analyzing staple food from noodles	The exercise assignment is to classify the main ingredients used in the manufacture of staple foods from noodles	1,2,3,4,5,6,7

5	<p>Sub-CLO: Analyze the processing and serving of staple foods from rice</p> <p>Indicators students can</p> <ol style="list-style-type: none"> 1. Carefully analyze the technique of processing staple foods from rice 2. Students can analyze the technique of serving staple food from rice appropriately 3. Students can prepare staple food ingredients from rice appropriately 4. Students can prepare staple food processing tools from rice appropriately 5. Students can process staple food from rice carefully 6. Students can serve staple food from rice properly 	<ol style="list-style-type: none"> 1. The technique of processing staple food from rice 2. The technique of serving staple food from rice 3. Staple food ingredients from rice 4. Staple food processing equipment from rice 5. Stages of processing staple food from rice 6. Factors to consider in serving staple food from rice 	<p>Online via SPOT or zoom meeting or Google Classroom with <i>problem-based learning</i> model, question and answer method</p>	100'	<p>Develop analytical skills, evaluate students in analyzing staple food from rice</p>	<p>Identify and explore staple foods from rice in the vicinity</p>	1,2,3,4,5,6,7
6	<p>Sub-CLO:</p>	<ol style="list-style-type: none"> 1. The technique of processing seasoned rice staple food 	<p>Online via SPOT or Google Classroom with <i>problem-based learning</i></p>	100'	<p>Develop analytical skills,</p>	<p>Identify and explore the staple food</p>	1,2,3,4,5,6,7

	<p>Analyze the processing and serving of staple foods from seasoned rice</p> <p>Indicators students can</p> <ol style="list-style-type: none"> Carefully analyze the basic food processing techniques of seasoned rice Students can analyze the technique of serving staple food from rice appropriately Students can prepare staple food for seasoned rice appropriately Students can prepare seasoned rice staple food processing tools appropriately Students can process staple food from rice carefully Students can serve the seasoned rice staple food properly 	<ol style="list-style-type: none"> The technique of serving spiced rice staple food Seasoned rice staple food Seasoned rice staple food processing equipment Stages of processing seasoned rice staple food Factors to consider in serving seasoned rice staple food 	<p>model, question and answer method</p>		<p>evaluate students in analyzing seasoned rice staple food</p>	<p>of spiced rice around students</p>	
7	<p>Sub-CLO:</p> <p>Analyze porridge processing and serving</p>	<ol style="list-style-type: none"> Porridge processing technique 	<p>Online via SPOT or zoom meeting or Google Classroom with <i>problem-based learning</i></p>	100'	<p>Develop analytical skills, student</p>	100'	1,2,3,4,5,6,7

	<p>Indicators students can</p> <ol style="list-style-type: none"> 1. carefully analyze the porridge processing technique 2. Students can analyze the technique of serving porridge appropriately 3. Students can prepare porridge ingredients appropriately 4. Students can prepare porridge processing equipment appropriately 5. Students can process porridge carefully 6. Students can serve porridge properly 	<ol style="list-style-type: none"> 2. Porridge serving technique 3. Ingredients for making porridge 4. Porridge making processing equipment 5. Stages of processing porridge 6. Factors to consider in serving porridge 	<p>model, question and answer method</p>		<p>evaluations in analyzing porridge</p>		
8	Uts		Online via SPOT	100'			1,2,3,4,5,6,7

9	<p>Sub-CLO: Practice the processing and serving wrapped and unwrapped rice</p> <p>Indicators students can</p> <ol style="list-style-type: none"> 1. apply the technique of handling processed rice wrapped carefully 2. practice the technique of serving processed rice wrapped properly 3. prepare ingredients for making processed rice properly wrapped 4. prepare processing equipment for processed rice properly wrapped 5. handle processed rice carefully wrapped 6. serving processed rice properly wrapped 	<p>Manufacturing Practices:</p> <ol style="list-style-type: none"> 1. <i>Kupat</i> 2. <i>Lontong</i> (Rice cake) 3. <i>Burasa</i> 4. <i>Buras</i> 5. <i>Sumpil</i> 6. <i>Arem-arem</i> 7. <i>Bakcang</i> 8. <i>Pengkang</i> 	Practicum	100'	Develop analytical skills, evaluate, and make staple food products	Make practicum plans and carry out practicum	1. 1,2,3,4,5,6,7
10	<p>Sub-CLO: practice the processing and serving of Indonesian rice dishes</p> <p>Indicators students can</p>	<p>Manufacturing Practices:</p> <ol style="list-style-type: none"> 1. <i>Gandul</i> Rice 2. <i>Jamblang</i> Rice 3. <i>Grombyang</i> Rice 4. <i>Kapau</i> Rice 5. <i>Bogana</i> Rice 6. <i>Sego Lengko</i> 	Practicum	100'	Develop analytical skills, evaluate, and make staple food products	Make practicum plans and carry out practicum	1,2,3,4,5,6,7

	<ol style="list-style-type: none">1. apply the proper technique of processing Indonesian rice dishes2. practice the technique of serving Indonesian rice dishes appropriately3. prepare ingredients for making Indonesian rice dishes carefully4. prepare the proper tool for processing Indonesian rice dishes5. handle processed Indonesian rice dishes carefully6. Indonesian rice dishes properly						
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11	<p>Sub-CLO: Practice the processing and serving of seasoned rice dishes</p> <p>Indicators students can</p> <ol style="list-style-type: none"> 1. apply the technique of processing seasoned rice dishes appropriately 2. practice the technique of serving seasoned rice dishes appropriately 3. carefully prepare the ingredients for the seasoned rice dish 4. prepare the spiced rice dish processing equipment properly 5. carefully handle processed seasoned rice dishes 6. Properly seasoned rice serving 	<p>Processing Practice</p> <ol style="list-style-type: none"> 1. Yellow Rice 2. <i>Uduk</i> Rice 3. <i>Kebuli</i> Rice 4. <i>Ulam</i> Rice 5. Full Steamed rice 6. Fried Rice 7. <i>Liwet</i> Rice 	Practicum	100'	Develop analytical skills, evaluate, and make staple food products	Make practicum plans and carry out practicum	1,2,3,4,5,6,7
12	<p>Sub-CLO: Practice the processing and serving of rice dishes wrapped in leaves and rice wrapped in bamboo properly</p>	<p>Manufacturing Practices:</p> <ol style="list-style-type: none"> 1. <i>Pepes</i> Rice 2. <i>Jamlang</i> Rice 3. <i>Langgi</i> Rice 4. <i>Krawu</i> Rice 5. <i>Lemang</i> 	Practicum	100'	Develop analytical skills, evaluate, and make staple food products	Make practicum plans and carry out practicum	1,2,3,4,5,6,7

	<p>Indicators students can</p> <ol style="list-style-type: none"> 1. apply the technique of processing rice dishes wrapped in leaves and rice wrapped in bamboo properly 2. practice the technique of serving rice dishes wrapped in leaves and rice wrapped in bamboo properly 3. carefully prepare the ingredients for making rice dishes wrapped in leaves and rice wrapped in bamboo 4. prepare the tool for processing rice dishes wrapped in leaves and rice wrapped in bamboo properly 5. handle processed rice dishes wrapped in leaves and rice wrapped in bamboo carefully 6. Serve rice dishes wrapped in leaves and rice in bamboo properly 	<ol style="list-style-type: none"> 6. <i>Jaha</i> Rice 7. Roasted Rice 					
13	Sub-CLO:		Practicum	100'	Develop analytical skills, evaluate,	Make practicum plans and	1,2,3,4,5,6,7

	<p>Practice porridge processing and serving</p> <p>Indicators students can</p> <ol style="list-style-type: none"> 1. apply porridge processing techniques appropriately 2. practice porridge serving techniques appropriately 3. prepare the ingredients for making porridge carefully 4. prepare porridge processing equipment properly 5. handle the processed porridge carefully 6. Serve porridge properly 	<p>Manufacturing Practices</p> <ol style="list-style-type: none"> 1. Chicken Porridge 2. Manado Porridge 3. <i>Rumbi</i> starch porridge 4. Kalimantan spicy porridge 5. Brown Rice Porridge 6. <i>Ase</i> Porridge 7. <i>Bassang</i> porridge 8. Champion porridge 9. <i>Manggul</i> porridge 10. <i>Mengguh</i> porridge 11. Spicy porridge 12. Sago porridge 13. Marrow porridge 			<p>and make staple food products</p>	<p>carry out practicum</p>	
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14	<p>Sub-CLO: Practice the processing and serving of processed noodles</p> <p>Indicators students can</p> <ol style="list-style-type: none"> 1. apply processed noodle handling techniques appropriately 2. practice the noodle serving technique appropriately 3. prepare the ingredients for making noodles carefully 4. prepare the noodle processing equipment appropriately 5. handle processed-noodles carefully 6. Serving noodles properly 	<p>Practice of making noodle dishes</p> <ol style="list-style-type: none"> 1. Fried noodles 2. Boiled noodles 3. <i>Arem-arem</i> noodles 4. Croquette noodles 5. <i>Skotel</i> noodles 	Practicum	100'	Develop analytical skills, evaluate, and make staple food products	Make practicum plans and carry out practicum	1,2,3,4,5,6,7
15	Sub-CLO:	<p>Practice making</p> <ol style="list-style-type: none"> 1. Javanese Noodles 2. <i>Golosor</i> noodles 3. <i>Celor</i> noodles 	Practicum	100'	Develop analytical skills, evaluate, and make	Make practicum plans and	1,2,3,4,5,6,7

	<p>Practice the processing and serving of processed noodles</p> <p>Indicators students can</p> <ol style="list-style-type: none"> 1. apply processed noodle handling techniques appropriately 2. practice the noodle serving technique appropriately 3. prepare the ingredients for making noodles carefully 4. prepare the noodle processing equipment appropriately 5. handle processed-noodles carefully <p>Serving noodles properly</p>	<ol style="list-style-type: none"> 4. Aceh noodle 5. Koclok noodles 6. Shake noodles 			staple food products	carry out practicum	
16		Semester Final Exam					

6. References

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