

**SEMESTER LESSON PLAN (RPS)**

**(CULINARY COUNSELING)**



**Lecturer:**

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



## SEMESTER LESSON PLAN (RPS)

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### (CULINARY COUNSELING)

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## SEMESTER LESSON PLAN (RPS)

### 1. Course Identity

Name of Study Program : Culinary Education Study Program  
 Name of Course : Culinary Counseling  
 Code of Course : BG 419  
 Group of Course Area of study : Study Program Expertise Course (MKKIPS)  
 SKS weight : 2 SKS (Semester Credit Unit)  
 Level : S1  
 Semester : Even  
 Prerequisite : Basic courses have been taken  
 Status (mandatory/optional) : Mandatory  
 Lecturer name and code : Dr. Ellis Endang Nikmawati, M. Si / 1415  
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## **2. Course Description**

This Culinary Counseling Course is a mandatory course for undergraduate students of the Culinary Education Study Program. This lecture discusses the definition, goals, scope, approaches and techniques of Extension in the area of Culinary and their application in family, school, and community life.

## **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 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;
- KK3 Can apply various food processing in accordance with food processing principles
- KK4 Can create innovation and creativity of culinary arts products

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

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- Can analyze situations and find solutions to make appropriate decisions based on the results of inter- and multi-disciplinary studies in solving problems in culinary arts education and learning and can work together in teams to solve the problem. (4)
- Have the skills and abilities to make appropriate and professional decisions based on the results of information and data analysis, and can choose various alternative solutions independently and in groups to solve the problems

## **5. Description of Learning Plan**

Meeting	Indicators of Course Learning Outcomes	Study Modules	Learning Format	Time	Assignment and Evaluation	References
1	Students can understand: Lecture plans, assignments, class rules	Lecture Plan	<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 explanations from lecturers, asking questions, and discussing.</p>	100'	Searching some learning resources related to Culinary Extension	<p>Melly Sri Sulastri Rifai (1988). <i>Family Extension</i>. Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i> Bandung: Publisher PT Eresco Referensi</p>

2	Definition, objectives, and principles of Culinary Extension	Definition, objectives, and principles of Culinary Extension	<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 explanations from lecturers, asking questions, and discussing.</p>	100'	Q&A at the end of class	<p>Melly Sri Sulastri Rifai (1988). <i>Family Extension.</i> Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques.</i> Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i> Bandung: Publisher PT Eresco Referensi</p>
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3	Students can explain the problem of Culinary Extension	Culinary Arts Extension Problems	<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'	<p>Searching some learning resources related to the courses that are taught to be consulted with the lecturer</p> <p>Quiz at the end of class</p>	<p>Melly Sri Sulastri Rifai (1988). <i>Family Extension</i>. Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i>. Bandung: Publisher PT Eresco Referensi</p>
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4	Students can explain the scope of Culinary Extension	Scope of Culinary Extension	<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'	<p>Searching some learning resources related to the courses that are taught to be consulted with the lecturer</p> <p>Oral quiz and end of class</p>	<p>Melly Sri Sulastri Rifai (1988). <i>Family Extension</i>. Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i>. Bandung: Publisher PT Eresco Referensi</p>
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5	Students can understand Culinary Extension Approach	Culinary Extension Approach	<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'	Searching some learning resources related to the courses that are taught to be consulted with the lecturer	<p>Melly Sri Sulastri Rifai (1988). <i>Family Extension</i>. Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i>. Bandung: Publisher PT Eresco Referensi</p>
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6	Students can understand Culinary Extension Process	Culinary Extension Process	<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'	Searching some learning resources related to the courses that are taught to be consulted with the lecturer	<p>Melly Sri Sulastri Rifai (1988). <i>Family Extension</i>. Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i> Bandung: Publisher PT Eresco Referensi</p>
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7	Students can understand the Techniques for Compilation of the Culinary Extension Report	Techniques for Compiling Culinary Extension Report	<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'	<p>Searching some learning resources related to the courses that are taught to be consulted with the lecturer</p> <p>Oral quiz and end of class</p>	<p>Melly Sri Sulastri Rifai (1988). <i>Family Extension</i>. Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i> Bandung: Publisher PT Eresco Referensi</p>
8	<b>MID-TERM EXAM</b>					

<p><b>9</b></p>	<p>Students can understand Culinary Extension for: -----</p> <ul style="list-style-type: none"> <li>- Bumil</li> <li>- Busui</li> <li>- Toddler Mothers</li>   <li>- Culinary Extension for Toddlers</li>   <li>- Culinary Extension for School / Elementary School Children</li>   <li>- Culinary Extension for Young Boys</li>   <li>- Culinary Extension for Young Girls</li>   <li>- Culinary Extension for the Elderly</li> </ul>	<p>Culinary Extension for Bumil/Busui/Toddler Mothers</p> <p>Culinary Extension for Toddlers</p> <p>Culinary Extension for Teenagers</p> <p>Culinary Extension for the Elderly</p>	<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>	<p>100'</p>	<p>Searching some learning resources related to the courses that are taught to be consulted with the lecturer</p> <p>Oral quiz at the end of class</p>	<p>Melly Sri Sulastri Rifai (1988). <i>Family Extension</i>. Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata , Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i> Bandung: Publisher PT Eresco Referensi</p>
<p><b>10</b></p>			<p><i>Asynchronous:</i></p>	<p>100'</p>		<p>Melly Sri Sulastri Rifai</p>

	<p>Students can prepare Culinary Extension Proposals for: -----</p> <ul style="list-style-type: none"> <li>- Bumil</li> <li>- Busui</li> <li>- Toddler Mothers</li>   <li>- Culinary Extension for Toddlers</li>   <li>- Culinary Extension for School / Elementary School Children</li>   <li>- Culinary Extension for Young Boys</li>   <li>- Culinary Extension for Young Girls</li>   <li>- Culinary Arts Extension for the Elderly</li> </ul>	<p>Culinary Extension for Bumil/Busui/Toddler Mothers</p> <p>Culinary Extension for Toddlers</p> <p>Culinary Extension for Teenagers</p> <p>Culinary Extension for the Elderly</p>	<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>Searching some learning resources related to the courses that are taught to be consulted with the lecturer</p>	<p>(1988). <i>Family Extension</i>. Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata , Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Psikologi Bimbingan</i> Bandung: Publisher PT Eresco Referensi</p>
<b>11</b>	<p>Students can understand the results of consultations with</p>	<p>Culinary Extension for Bumil/Busui/Toddler Mothers</p>	<p><i>Synchronous:</i> Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p>	100'	<p>Searching some learning resources related to the courses</p>	<p>Melly Sri Sulastri Rifai (1988). <i>Family</i></p>

	<p>supervisors regarding Culinary Extension proposals for: ----- - Bumil</p> <ul style="list-style-type: none"> <li>- Busui</li> <li>- Toddler Mothers</li>   <li>- Culinary Extension for Toddlers</li>   <li>- Culinary Extension for School / Elementary School Children</li>   <li>- Culinary Extension for Young Boys</li>   <li>- Culinary Arts Extension for Young Girls</li>   <li>- Culinary Arts Extension for the Elderly</li> </ul>	<p>Culinary Extension for Toddlers  Culinary Extension for Teenagers  Culinary Extension for the Elderly</p>	<p>Self study via spot.upi.edu  Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing.</p>		<p>that are taught to be consulted with the lecturer</p> <p>Oral quiz at the end of class</p>	<p><i>Extension.</i>  Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata , Nana Sy. (1978)  <i>Individual Extension Theory and Techniques.</i>  Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988)  <i>Psikologi Bimbingan</i>  Bandung: Publisher PT Eresco Referensi</p>
12	Students can make PPT, other media corresponding to the	Culinary Extension for	<i>Synchronous:</i> Meeting via zoom meeting	100'	Searching some learning resources related	Melly Sri Sulastri Rifai (1988).

	<p>chosen target of Culinary Extension for: -----</p> <ul style="list-style-type: none"> <li>- Bumil</li> <li>- Busui</li> <li>- Toddler Mothers</li>   <li>- Culinary Extension for Toddlers</li>   <li>- Culinary Extension for School / Elementary School Children</li>   <li>- Culinary Extension for Young Boys</li>   <li>- Culinary Extension for Young Girls</li>   <li>- Culinary Extension for the Elderly</li> </ul>	<p>Bumil/Busui/Toddler Mothers  Culinary Extension for Toddlers  Culinary Extension for Teenagers  Culinary Extension for the Elderly</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>		<p>to the courses that are taught to be consulted with the lecturer</p> <p>Oral quiz at the end of class</p>	<p><i>Family Extension.</i>  Bandung : Department of FKK FPTK IKIP</p> <p>Sukmadinata , Nana Sy. (1978)  <i>Individual Extension Theory and Techniques.</i>  Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988)  <i>Psikologi Bimbingan</i>  Bandung: Publisher PT Eresco Referensi</p>
<b>13</b>	<p>Students can Present Papers corresponding to the goals and problems of the selected area</p>	<p>Present Papers/Reports of field observations, discussions</p>	<p><i>Synchronous:</i>  Meeting via zoom meeting</p> <p><i>Asynchronous:</i></p>	100'	<p>Present Papers/Reports of field observations, discussions</p>	<p>Melly Sri Sulastri Rifai (1988).  <i>Family Extension.</i></p>

	of culinary arts ahead the class before going to the field, discussion		Self study via spot.upi.edu Discussion forums (group discussion)  Listening to lectures from lecturers, asking questions, doing assignments, and discussing.			Bandung : Department of FKK FPTK IKIP  Sukmadinata , Nana Sy. (1978) <i>Individual Extension Theory and Techniques.</i> Bandung : TKIP FIP  Wijaya Juhana (1988) <i>Psikologi Bimbingan</i> Bandung: Publisher PT Eresco Referensi
14	Students can Present Papers corresponding to the goals and problems of the selected area of culinary arts ahead the class	Present Papers/Reports of field observations, discussions	<i>Synchronous:</i> Meeting via zoom meeting  <i>Asynchronous:</i> Self study via spot.upi.edu	100'	Present Papers/Reports of field observations, discussions	Melly Sri Sulastri Rifai (1988). <i>Family Extension.</i> Bandung : Department

	before going to the field, discussion		<p>Discussion forums (group discussion)</p> <p>Listening to lectures from lecturers, asking questions, doing assignments, and discussing.</p>			<p>of FKK FPTK IKIP</p> <p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques.</i> Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Guidance Psychology</i> Bandung: Publisher PT Eresco Referensi</p>
15	Students can Present Papers corresponding to the goals and problems of the selected area of culinary arts before the community/in the field,	Consultation on Culinary Extension Reports	<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'	Consultation on Culinary Arts Extension Reports	<p>Melly Sri Sulastrri Rifai (1988). <i>Family Extension.</i> Bandung : Department of FKK FPTK IKIP</p>



			Listening to lectures from lecturers, asking questions, doing assignments, and discussing.			<p>Sukmadinata, Nana Sy. (1978) <i>Individual Extension Theory and Techniques</i>. Bandung : TKIP FIP</p> <p>Wijaya Juhana (1988) <i>Guidance Psychology</i> Bandung: Publisher PT Eresco Referensi</p>
<b>16</b>	<b><i>SEMESTER FINAL EXAM</i></b>					

## 6. References

- Sizer, F.S., E.N. Whitney. 2000. *Nutrition Concepts and Controversies*. 8th Edition. Pannsylvania : Wadsworth Thomson Learning. ;
- Soekirman. 2000. *Nutrition Science and Applications for Families and Society*. Directorate General of Higher Education. Ministry of Education. Jakarta. ;

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

Sulfianti, Sutrio, Vina Novela. 2021. Penentuan Status Gizi. Yayasan Kita Menulis

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

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

SYAIFRUDIN, HIMPUNAN PENYULUHAN KESEHATAN Pada Remaja, Keluarga, masyarakat dan Lansia, 2018

Indah Listiana dkk, Metode dan Teknik Dalam kegiatan Penyuluhan 2020

### **1. Appendix-2 Evaluation Instrument**

UTS: Make a Culinary Extension Proposal corresponding to the Objectives and problems encountered in the field

UAS: Make a final report by following the PkM format as described in advance.