

Philadelphia University	 <p>PHILADELPHIA UNIVERSITY THE WAY TO THE FUTURE</p>	Approval date:
Faculty of Allied Medical Science		Issue:
Department of Clinical Nutrition and Dietetics		Credit Hours: 2
Academic year 2025/2026	Course Syllabus	Bachelor

## Course information

Course#	Course title	Prerequisite	
1110236	Food Preparation		
Course type		Class time	Room #
<input type="checkbox"/> University Requirement <input checked="" type="checkbox"/> Major Requirement	<input type="checkbox"/> Faculty Requirement <input type="checkbox"/> Elective	08:15 - 09:05 Sat, Mon	61206

## Instructor Information

Name	Office No.	Phone No.	Office Hours	E-mail
Dr. Bayan AL-Tarifi	61212	2434	Sat, Tue (12:15-1:05) Sun (9:45-10:35) Mon (11:15- 1:05) Tue (12:15-2:05)	baltarifi@philadelphia.edu.jo

## Course Delivery Method

Course Delivery Method		
<input checked="" type="checkbox"/> Physical	<input type="checkbox"/> Online	<input type="checkbox"/> Blended
Learning Model		
Percentage	Synchronous	Asynchronous
		Physical 100%

## Course Description

Cookery processes and their properties; structure, composition and nutritive value of foods; the changes that occur during preparation and storage especially those in the nutritive value and the quality of the product.

## Course Learning Outcomes

Number	Outcomes	Corresponding Program outcomes
<b>Knowledge</b>		
<b>K1</b>	Demonstrate basic knowledge of food preparation and its relevance to the culinary arts, the structure, composition, nutritive value, the roles, and uses of the different food groups and ingredients, as well as the changes upon storage and preparation.	<b>KP1</b>
<b>K2</b>	Recognize selecting, storing, preparing, handling foods, and food sensory evaluation appropriately according to the latest scientific findings.	<b>KP1</b>

## Learning Resources

Course textbook	1. Brown A. <b>Understanding Food: Principles and Preparation.</b> 2019. 6 <sup>th</sup> ed. Cengage Learning, USA.
Supporting References	1. Vaclavik and Christia. Essentials of Food Science; 5th, ,2014n 2. Potter & Hotchkiss , Food science, Kindle Edition,2019
Supporting websites	01. <a href="http://www.nutrition.org">www.nutrition.org</a> 02. <a href="http://www.faseb.org/ascn">www.faseb.org/ascn</a> 03. <a href="http://www.bda.uk.com">www.bda.uk.com</a> 04. <a href="http://www.dietetics.com">www.dietetics.com</a> 05. <a href="http://www.who.int">www.who.int</a> 06. <a href="http://www.alwaysfoodssafe.com">www.alwaysfoodssafe.com</a> 07. <a href="http://www.fao.org/food">www.fao.org/food</a>
Teaching Environment	<input checked="" type="checkbox"/> Classroom <input type="checkbox"/> laboratory <input checked="" type="checkbox"/> Learning platform <input type="checkbox"/> Other

## Meetings and subjects timetable

Week	Topic	Learning *Methods	Tasks	Learning Material
1	1. Introduction and food selection.	lecture	Group Discussion	Chapter 1,2 Brown A. Understanding Food: Principles and Preparation
2-3	2. Food Preparation Basics 3. Cooking methods	Lecture+ collaborative learning	Lab report	Chapter 5: Brown A. Understanding Food: Principles and Preparation.
4 -5	4. Vegetables and Legumes 5. Fruits	Lecture+ collaborative learning	Assignment	Chapter 13,14: Brown A. Understanding Food: Principles and Preparation
6	6. Fats and oils	Lecture+ collaborative learning	Quiz	Chapter 22: Brown A. Understanding Food: Principles and Preparation
7	7. Eggs	Lecture+ collaborative learning	Group Discussion	Chapter 12: Brown A. Understanding Food: Principles and Preparation
8	8. Milk	Lecture+ collaborative learning	Assignment	Chapter 10: Brown A. Understanding Food: Principles and Preparation

### Midterm Exam

9	9. Cheese	Lecture+ collaborative learning		Chapter 11: Brown A. Understanding Food: Principles and Preparation
10-13	10. Cereals and flour. 11. Yeast and quick breads.	Lecture+ collaborative learning	Quiz	Chapter 17,19,20: Brown A. Understanding Food: Principles and Preparation
13-15	12. Meat 13. Poultry	Lecture+ collaborative learning	Assignment	Chapter 7, 8: Brown A. Understanding Food: Principles and Preparation

### Final Exam

\* Includes: Lecture, flipped Class, project- based learning, problem solving based learning, collaborative learning

## Course Contributing to Learner Skill Development

Using Technology
Using different scientific websites to find information about new cooking techniques and recipes
Communication skills
Able to market and present new food product, consult with people about healthy cooking methods
Application of concepts learnt
Using the knowledge acquired in this course to develop new food products

## Assessment Methods and Grade Distribution

Assessment Methods	Grade Weight	Assessment Time (Week No.)	Link to Course Outcomes
<b>Mid Term Exam</b>	<b>30%</b>	<b>8<sup>th</sup> week</b>	<b>K1, K2</b>
<b>Various Assessments *</b>	<b>20%</b>	<b>Continuous</b>	<b>K1, K2</b>
<b>Quizzes</b>	<b>10%</b>	<b>Continuous</b>	<b>K1, K2</b>
<b>Final Exam</b>	<b>40%</b>	<b>16<sup>th</sup> week</b>	<b>K1, K2</b>
<b>Total</b>	<b>100%</b>	<b>100%</b>	

\* includes: quiz, in class and out of class assignment, presentations, reports, videotaped assignment, group or individual projects.

## Alignment of Course Outcomes with Learning and Assessment Methods

Number	Learning Outcomes	Learning Method*	Assessment Method**
			Knowledge
<b>K1</b>	Demonstrate basic knowledge of food preparation and its relevance to the culinary arts, the structure, composition, nutritive value, the roles, and uses of the different food groups and ingredients, as well as the changes upon storage and preparation.	Lecture	<b>Assignment, quiz, exam</b>
<b>K2</b>	Recognize selecting, storing, preparing, handling foods, and food sensory evaluation appropriately according to the latest scientific findings.	Lecture, collaborative learning	<b>Assignment, quiz, exam</b>

\* includes: Lecture, flipped Class, project- based learning, problem solving based learning, collaborative learning

\*\* includes: quiz, in class and out of class assignment, presentations, reports, videotaped assignment, group or individual projects.

## Course Policies

Policy	Policy Requirements
<b>Passing Grade</b>	The minimum passing grade for the course is (50%) and the minimum final mark recorded on transcript is (35%).
<b>Missing Exams</b>	<ul style="list-style-type: none"> <li>Missing an exam without a valid excuse will result in a zero grade to be assigned to the exam or assessment.</li> <li>A Student who misses an exam or scheduled assessment, for a legitimate reason, must submit an official written excuse within a week from an exam or assessment due date.</li> <li>A student who has an excuse for missing a final exam should submit the excuse to the dean within three days of the missed exam date.</li> </ul>
<b>Attendance</b>	The student is not allowed to be absent more than (15%) of the total hours prescribed for the course, which equates to six lectures days (M, W) and seven lectures (S,T,R). If the student misses more than (15%) of the total hours prescribed for the course without a

	satisfactory excuse accepted by the dean of the faculty, s/he will be prohibited from taking the final exam and the grade in that course is considered (zero), but if the absence is due to illness or a compulsive excuse accepted by the dean of the college, then withdrawal grade will be recorded.
<b>Academic Honesty</b>	Philadelphia University pays special attention to the issue of academic integrity, and the penalties stipulated in the university's instructions are applied to those who are proven to have committed an act that violates academic integrity, such as: cheating, plagiarism (academic theft), collusion, and violating intellectual property rights.

## Program Learning Outcomes to be Assessed in this Course

Number	Learning Outcome	Course Title	Assessment Method	Target Performance level
<b>KP1</b>	Demonstrate a depth understanding of the basis of nutritional science and the nutrient composition of food, and discover the links between diet and disease and health and the social/ethical factors which impinge on diet and health.	<b>Food preparation</b>	MCQs (10 marks included in the final exam).	100% of students will achieve half the points and more.

## Description of Program Learning Outcome Assessment Method

Number	Detailed Description of Assessment
<b>KP1</b>	MCQ questions (10 marks included in the final exam)

## Rubric for the assignment assessment

	<b>4 pts</b>	<b>3 pts</b>	<b>2 pts</b>	<b>1 pts</b>
<b>Completion</b> How much of the assignment was completed?	The entire assignment was completed	3/4 of the assignment was completed	At least 1/2 of the assignment was completed.	Less than 1/2 of the assignment was completed.
<b>Accuracy</b> How much of the assignment was done right?	The entire assignment (or almost all) of the assignment was done correctly.	3/4 of the assignment was done correctly.	At least 1/2 of the assignment was done correctly.	Less than 1/2 of the assignment was done correctly.
<b>Legibility/ Neatness</b> Can the work pass the stranger test?	Very neat. Writing illustrates a lot of thought and preparation.	Mostly neat and legible Writing illustrates some thought and preparation.	Slightly legible. Writing illustrates little thought or preparation.	Not legible Hard to read. Ideas expressed are difficult to understand.
<b>Directions</b> Did you follow directions? Was the assignment completed showing all work?	The assignment was done showing lots of work neatly and easily followed.	The assignment was done showing most of the work.	The assignment was done showing some work	The assignment was answers only.
<b>Effort</b> The student worked at what level of their ability?	Excellent effort with a brief/ complete interpretation	Good effort was made and the student met my expectations.	Some effort was made, The student just did enough work.	Minimal effort was given. The student should try harder.
<b>Time Management</b> Was the assignment turned in on time?	The assignment was turned in on time.	The assignment was turned in one day late.	The assignment was turned in two days late.	The assignment was turned in more than two days late.
<b>Total: 36 converted to 20</b>				