



**SUBJECT SYLLABUS**

**ACADEMIC OVERVIEW**

**INTERNATIONAL SCHOOL OF ECONOMIC & ADMINISTRATIVE SCIENCES**

**SUBJECT NAME AND CODE:** Healthy Cuisine & Food Trends (COSA)

**PROGRAM:** Gastronomy

**Level of Study** Undergraduate Program

<b>GENERAL ACADEMIC INFORMATION</b>	
<b>LATEST UPDATE</b>	2015-1
<b>VALID FOR</b>	Valid
<b>ACADEMIC AREA</b>	Culinary Arts
<b>CYCLE</b>	Basic
<b>SEMESTER</b>	5 – 7 Semester
<b>SUBJECT TYPE</b>	Elective
<b>CREDIT POINTS</b>	2
<b>CLASSROOM HOURS PER WEEK</b>	3
<b>PRE-REQUISITES</b>	None
<b>LANGUAGE</b>	Spanish & English
<b>TEACHER'S NAME</b>	Samira Rueda Ibrahim
<b>COURSE DETAILS</b>	
<b>COMPETENCES DEVELOPED</b>	<p>After the successful completion of the program, the student will:</p> <ol style="list-style-type: none"><li>1. Take with him/her the knowledge of a more complete food culture, recognizing which ingredients are healthy and which ones are not.</li><li>2. Understand how the United States and Asia have influenced our eating.</li><li>3. Learn to recognize and work with a wide variety of ingredients.</li><li>4. Have the ability to properly serve a dish to the table.</li><li>5. Apply deftly traditional cooking methods.</li><li>6. Have the ability to develop any healthy trend dish when being required to do it.</li><li>7. Learn to enhance his/her skills to work in groups.</li><li>8. Be updated on the most important news about healthy cooking and trends.</li><li>9. Learn to replace unhealthy ingredients for those that are healthy.</li><li>10. Improve his/her English level</li></ol>

<b>COURSE CONTENTS</b>	<ol style="list-style-type: none"> <li>1. Effects of food in the body from a chef viewpoint.</li> <li>2. Difference between healthy and unhealthy food.</li> <li>3. Cooking methods.</li> <li>4. Presenting and mounting plates</li> <li>5. Correct food handling</li> <li>6. Teamwork</li> <li>7. Learn about the different modern food trends</li> </ol>
<b>METHODOLOGY</b>	<ul style="list-style-type: none"> <li>• Workshop</li> </ul>
<b>ASSESSMENT</b>	<ul style="list-style-type: none"> <li>• First term (30%): theoretical exam (10%), practical exam (5%), and class participation, workshops, quizzes (15%)</li> <li>• Second term (30%): theoretical exam (10%), practical exam (10%), and class participation, workshops, quizzes (10%)</li> <li>• Third Term (40%): theoretical exam (15%), practical exam (15%), and class participation, workshops, quizzes (10%)</li> </ul>
<b>LINKS:</b>	
<b>WEEKLY PLAN</b>	Provided by request
<b>DETAILED CONTENT</b>	Provided by request