



MABALACAT CITY COLLEGE

INSTITUTE OF HOSPITALITY AND TOURISM MANAGEMENT

First Semester A.Y. 2023-2024

Outcome-Based Teaching and Learning Plan and Module Guide for *ASIAN CUISINE-ASIAN*



VISION: Mabalacat City College envisions itself to be the top choice in the community it serves for quality education and training by 2025.

MISSION: The Mission of Mabalacat City College is to meet the needs of its community as a center for learning aiming for open admission policy.

COURSE DESCRIPTION:

This course deals with the basic knowledge and skills in the presentation and preparation of Asian Cuisine. This will give students the idea, on how these cuisines were developed and the techniques on how to prepare different dishes. These fundamental concepts, skills and techniques involved in basic cooking are covered in this course. Special emphasis is given to the study of history, ingredients, cooking theories, and the procedures for preparing modern, traditional, and the contemporary Asian Cuisine

PROGRAM INTENDED LEARNING OUTCOMES (PILO) (BASED ON CMO):

1. Demonstrate knowledge of tourism industry, local tourism products and services
2. Interpret and apply relevant laws related to tourism industry
3. Observe and perform risk mitigation activities
4. Utilize information technology applications for tourism and hospitality
5. Manage and market a service-oriented business organization
6. Demonstrate administrative and managerial skills in a service-oriented business organization
7. Prepare and monitor industry specific financial transactions and reports
8. Perform human capital development functions of a tourism-oriented organization
9. Utilize various communication channels proficiently in dealing
10. Produce food products and services complying with enterprise standards
11. Apply management skills in F & B service and operations.
12. Perform and provide full guest cycle services for front office
13. Perform and maintain various housekeeping services for guest and facility operations
14. Plan and implement a risk management program to provide a safe and secure workplace





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15. Provide food & beverage service and manage the operation seamlessly based on industry standards

PRE-REQUISITE: HPC-FOODPREP

NUMBER OF UNITS: 3 Units (1 Unit Lecture, 2 Units Laboratory)

LEARNING OUTCOMES:

1. Review laboratory guidelines and policies and the importance of sanitation and safe working practices
2. Discourse the historical significance of the Asian cuisine and its influences from many cultures.
3. Understand the different culinary and hospitality practices of Asian countries and relevant regions
4. Prepare a variety of specific Asian dishes using traditional ingredients or local substitutes

COURSE OUTLINE

	Topic	Learning Materials (with references following OER plagiarism and IPR policies)	Intended Learning Outcomes (ILO)	Assessment Tasks (Requirements with schedule or time allotment)	Sustainable Development Goals (SDG) Coherence
NATIONAL KNOWLEDGE					
3	COURSE ORIENTATION MCC Vision MCC Mission MCC Core Values	<input type="checkbox"/> MCC handbook: MCC Vision, Mission, and core values <input type="checkbox"/> Course Outline	<input type="checkbox"/> To familiarize the Mabalacat City College's Vision, Mission, and Core Values		4- Quality Education





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<p>Class Policies Course Overview Grading System Laboratory Session: Laboratory Review / Orientation</p>	<ul style="list-style-type: none"><input type="checkbox"/> Rules & Regulations in the Kitchen Laboratory<input type="checkbox"/> Safety Precautions to follow during laboratory	<ul style="list-style-type: none"><input type="checkbox"/> Discuss and Understand the Course outline including the topics, policies, and grading system	<p>5- Gender Equality</p> <p>8-Decent Work and Economic Growth</p> <p>9-Industry, Innovation and Infrastructure</p> <p>10-Reduced Inequalities</p> <p>16-Peace, Justice, and Strong Institutions</p> <p>17- Partnerships for Goals</p>
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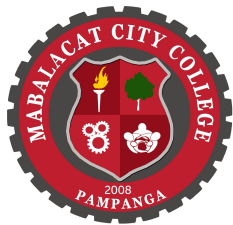
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4	<p>Demonstrate familiarity with definition, overview of Philippine cuisine.</p>	<p>PowerPoint Presentation : 60 minutes approximately Abridged Lecture Notes (PDF): 60 minutes approximately</p> <p>Chapter 1: Philippine Cuisine and Culture</p> <p>Website Supplemental Resources:</p> <ul style="list-style-type: none"> Philippine Cuisine <input type="checkbox"/> https://leafyplace.com/types-of-cuisine/ <input type="checkbox"/> https://guidetothephilippines.ph/articles/history-culture/philippines-food-guide#origins-of-philippine-cuisine <input type="checkbox"/> https://theworldinapocket.com/contentindex/vn569d8l71t9l03y4w40it8gvbsxw9 History of the Philippines & Its Food: A Timeline <input type="checkbox"/> https://asian-recipe.com/philippine-food-culture-and-history-2467 Philippine Food Culture & History <input type="checkbox"/> https://en.wikipedia.org/wiki/List_of_Philippine_dishes <p>Book resources: <i>Edelstein, Sari (2011) Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Discussing how Philippines was influenced by other cuisine in the world <input type="checkbox"/> Discussing the native and international ingredients, common herbs & spices. 	<p>Recitation, Quiz (identification and multiple choices),</p>	<p>4- Quality Education</p> <p>8-Decent Work and Economic Growth</p> <p>9-Industry, Innovation and Infrastructure</p> <p>10-Reduced Inequalities</p> <p>17- Partnerships for Goals</p>
GLOBAL KNOWLEDGE					
5	<p>Demonstrate familiarity with different kinds of South</p>	<p>PowerPoint Presentation : 60 minutes approximately Abridged Lecture Notes (PDF): 60 minutes approximately</p> <p>Chapter 2: Indonesia, Thailand and Vietnam Cuisine</p>	<ul style="list-style-type: none"> <input type="checkbox"/> To trace the history and definition of South east 	<p>Recitation, Quiz (identification</p>	<p>3- Good health and well being</p>





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	<p>East Asian cuisine</p>	<p>Website Supplemental Resources:</p> <p>Best Asian Cuisine https://www.tasteatlas.com/100-most-popular-dishes-in-southeast-asia A complete guide to eating like a local in southeast Asia https://www.outlookindia.com/outlooktraveller/explore/story/69696/a-guide-to-eating-like-a-local-in-southeast-asia Introduction to southeast Asia https://asiasociety.org/education/introduction-southeast-asia</p> <p>Book resources: <i>Edelstein, Sari (2011) Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals.</i></p>	<p>Asian cuisine locally and internationally:</p> <ul style="list-style-type: none"> ➤ <i>Vietnamese, Thai Cuisine, Japanese and Indonesian cuisine</i> <p><input type="checkbox"/> Identifying different kinds of cuisine and their culture</p>	<p>and multiple choices),</p>	<p>4- Quality Education</p> <p>5- Gender Equality</p> <p>8-Decent Work and Economic Growth</p> <p>9-Industry, Innovation and Infrastructure</p> <p>10-Reduced Inequalities</p> <p>17- Partnerships for Goals</p>
5	<p>Laboratory Session 1: Thai Cuisine</p>	<p>Prepare Thai Cuisine: Pad Thai (Chicken and Shrimp)</p>	<p><input type="checkbox"/> Preparing the Traditional way of cooking Pad Thai</p>	<p>Student Activity Output Report</p>	





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6	<p>Demonstrate familiarity with Japanese and Korean Cuisine</p>	<p>PowerPoint Presentation : 60 minutes approximately Abridged Lecture Notes (PDF): 60 minutes approximately</p> <p>Chapter 3: Japanese and Korean Cuisine</p> <p>Website Supplemental Resources:</p> <p>All about Japanese Cuisine https://trysmartbite.com/blog/all-about-japanese-cuisine Japanese Culture: Who we are? https://www.maruha-nichiro.com/who_we_are/japanese_food_culture.html Korean food culture: A brief history https://kellyloves.com/blogs/news/korean-food-culture The History of Korean cuisine and what makes it so special https://www.superprof.com/blog/south-korean-culinary-culture/</p> <p>Book resources: <i>Edelstein, Sari (2011) Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Identifying different kinds of cuisine and their culture <input type="checkbox"/> Learned the influential settlers in Korean cuisine <input type="checkbox"/> Familiarize on Korean menu guide and practices <input type="checkbox"/> Discuss Korean Culture and cuisine and methods used <input type="checkbox"/> Learn the influential settlers of Japanese cuisine and popular dishes 	<p>Recitation, Quiz (identification and multiple choices),</p>	<p>3- Good health and well being</p> <p>4- Quality Education</p> <p>8-Decent Work and Economic Growth</p> <p>9-Industry, Innovation and Infrastructure</p> <p>17- Partnerships for Goals</p>
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6	Laboratory Session 2: Indonesian Cuisine	Prepare Indonesian Cuisine: Satay Ayam and Nasi Goreng	<input type="checkbox"/> Preparing the Traditional way of cooking Pad Satay Ayam and Nasi Goreng	Student Activity Output Report	
7	Demonstrate familiarity with Chinese Cuisine	<p>PowerPoint Presentation : 60 minutes approximately Abridged Lecture Notes (PDF): 60 minutes approximately</p> <p>Chapter 4: Chinese Cuisine and Culture</p> <p>Website Supplemental Resources:</p> <p>A Journey through the history of Chinese cuisine https://thegastromagazine.com/a-journey-through-the-history-of-the-chinese-cuisine/ Chinese food and related customs https://www.chinaeducationaltours.com/guide/culture-chinese-food.htm Chinese Cultural food profile https://ethnomed.org/resource/chinese-food-cultural-profile/</p> <p>Book resources: <i>Edelstein, Sari (2011) Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals.</i></p>	<input type="checkbox"/> Familiarizing on Chinese menu guide and practices <input type="checkbox"/> Discussing Chinese Culture and cuisine and methods used.	Recitation, Quiz (identification and multiple choices),	3- Good health and well being 4- Quality Education 5- Gender Equality 8-Decent Work and Economic Growth 9-Industry, Innovation and Infrastructure 10-Reduced Inequalities





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					17- Partnerships for Goals
7	Laboratory Session 3: Korean Cuisine	Prepare Korean Cuisine: Bulgogi and Kimchi Bokkeumbap	Preparing the Traditional way of cooking Bulgogi and Kimchi Bokkeumbap	Student Activity Output Report	
MIDTERM EXAM					
11	Demonstrate familiarity with Classic Cuisine of Middle East	<p>PowerPoint Presentation : 60 minutes approximately</p> <p>Abridged Lecture Notes (PDF): 60 minutes approximately</p> <p>Chapter 5: Middle Eastern cuisine and Culture</p> <p>Website Supplemental Resources:</p> <p>Middle eastern food from etiquette to recipe https://www.familysearch.org/en/blog/middle-eastern-food-recipes-etiquette The middle eastern cuisine: a culinary journey https://gourmandelle.com/middle-eastern-cuisine/ Dubai food culture is a delicious window to the world https://matadornetwork.com/read/dubai-food-culture-cuisine/</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Discussing the cooking methods and ingredients used in the food of Middle Eastern Cuisine <input type="checkbox"/> Explaining the culture, common food that we have and influenced 		<p>3- Good health and well being</p> <p>4- Quality Education</p> <p>5- Gender Equality</p> <p>8-Decent Work and Economic Growth</p>





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		Book resources: <i>Edelstein, Sari (2011) Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals.</i>	of Middle Eastern cuisine		9-Industry, Innovation and Infrastructure 10-Reduced Inequalities 17-Partnerships for Goals
11	Laboratory Session 4: Middle East Cuisine	Prepare Middle East Cuisine: Shakshuka and Chicken Mandi	Preparing the Traditional way of cooking Shakshuka and Chicken Mandi	Student Activity Output Report	
12	Demonstrate familiarity with Classic Cuisine of India	<p>PowerPoint Presentation : 60 minutes approximately</p> <p>Abridged Lecture Notes (PDF): 60 minutes approximately</p> <p>Chapter 5: Indian cuisine and Culture</p> <p>Website Supplemental Resources:</p> <p>A comprehensive guide to Indian cuisine: List of popular Indian cuisine https://www.masterclass.com/articles/all-about-indian-cuisine-the-most-popular-dishes-and-where-to-start</p>	<input type="checkbox"/> Discussing the cooking methods and ingredients used in the food of Indian Cuisine <input type="checkbox"/> Familiarizing on Indian menu	Recitation, Quiz (identification and multiple choices),	3- Good health and well being 4- Quality Education 5- Gender Equality





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		<p>Evolution of Indian Cuisine: a socio historical review https://www.masterclass.com/articles/all-about-indian-cuisine-the-most-popular-dishes-and-where-to-start Indian food culture and history https://asian-recipe.com/food-culture-history-4673</p> <p>Book resources: <i>Edelstein, Sari (2011) Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals.</i></p>	guide and practices		<p>8-Decent Work and Economic Growth</p> <p>9-Industry, Innovation and Infrastructure</p> <p>10-Reduced Inequalities</p> <p>17-Partnerships for Goals</p>
12	Laboratory Session 5: Indian Cuisine	Prepare Indian Cuisine: Mutton Biryani and Chicken Tikka Masala	<input type="checkbox"/> Preparing the Traditional way of cooking Mutton Biryani and Chicken Tikka Masala	Student Activity Output Report	
13	Demonstrate familiarity with	<p>PowerPoint Presentation : 60 minutes approximately</p> <p>Abridged Lecture Notes (PDF): 60 minutes approximately</p>	<input type="checkbox"/> Discussing the cooking methods and ingredients	Recitation, Quiz (identification)	3- Good health and well being





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	<p>Mediterranean Cuisine</p>	<p>Chapter 5: Mediterranean cuisine and Culture</p> <p>Website Supplemental Resources: A introduction to Mediterranean cuisine https://tableagent.com/article/an-introduction-to-mediterranean-cuisine/ Mediterranean diet: A meal plan for beginner plan https://www.healthline.com/nutrition/mediterranean-diet-meal-plan Mediterranean Cuisine history: Savory secret of antiquity 2023 https://www.lacademie.com/mediterranean-cuisine-history/</p> <p>Book resources: <i>Edelstein, Sari (2011) Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals</i></p>	<p>used in the food of Mediterranean Cuisine</p> <p><input type="checkbox"/> Familiarizing on Mediterranean menu guide and practices</p>	<p>and multiple choices),</p>	<p>4- Quality Education</p> <p>5- Gender Equality</p> <p>8-Decent Work and Economic Growth</p> <p>9-Industry, Innovation and Infrastructure</p> <p>10-Reduced Inequalities</p> <p>17- Partnerships for Goals</p>
13	<p>Laboratory Session 6: Mediterranean Cuisine</p>	<p>Prepare Mediterranean Cuisine: Fusion with Italian Creamy Chicken Fusilli with Labneh</p>	<p><input type="checkbox"/> Preparing the Traditional way of cooking Creamy</p>	<p>Student Activity Output Report</p>	





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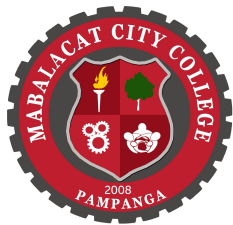
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			Chicken Fusilli with Labneh		
LOCAL KNOWLEDGE					
14	Local Tour on Asian Restaurant within Mabalacat	Visiting Authentic Asian Restaurant and Trying their Menu and Service	<input type="checkbox"/> Familiarizing on the different Authentic Asian Restaurant within the municipality of Mabalacat and learning their menu guide and practices	Student Activity Output Report	4- Quality Education 8-Decent Work and Economic Growth 9-Industry, Innovation and Infrastructure 17- Partnerships for Goals
FINAL EXAM/CULIMINATING ACTIVITY					





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SUMMARY OF REVISIONS:

Revision	Date	Updated by	Short Description of Changes
1.0	August 22, 2023	Joven G. Ocampo	Version 1 with SDG Coherence and Inclusion of Global, National and Local Knowledge Addition of Intended learning outcomes (August 2023) Updated to weeks 3-8 and weeks 11-16

GENERAL GUIDELINES AND POLICIES:

As the College currently follows Hybrid Delivery of Learning on its instruction, the following general guidelines and policies are set by the School to be followed by the faculty-in-charge and the students of the course.

Attendance

Checking of attendance during face-to-face classes is a requirement and will be strictly observed.

Academic Integrity

Observance of the outmost academic integrity shall be observed by the students of the course. Plagiarism, cheating, and other forms of academic dishonesty shall not be tolerated by the faculty-in-charge nor the Institute.

Accomplishment of Requirements

All requirements given by the instructor/faculty-in-charge of the course to the students shall be called/referred to/addressed as “work output”. Each work output must be accomplished by the students until the schedule set by the instructor/faculty-in-charge. Final student’s output must also be accomplished by the schedule set by the instructor of the course.

Line of Communication





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The course's official line of communication shall be through the following:

1. MS Teams/Outlook: joven.ocampo@mcc.edu.ph
2. Faculty number: 0928-503-9463

Time: 8:00-5:00 pm from Monday-Friday

The utmost respect and courtesy must be observed by students in communicating to their instructor/faculty-in-charge of the course and to their classmates and vice versa. Any form of disrespectful and discourteous way of communication shall not be tolerated by the school.

Instructional Materials (IMs)

Working students may avail of the modular type of teaching. MS Teams on-line platform may be utilized by the instructor/faculty-in-charge of the course to the students – adapting the flexible learning scheme.

Grading System:

Midterm: 50 %

Final: 50 %

-Formative & Summative Assessments (Quiz, Recitation, Laboratory Output)	60%
-Major Examination/Culminating Activity (Midterm and Finals)	<u>40%</u>
	100%

Course Requirement:

- Local Restaurant Tour**
- Culminating Activity**

References:

- **Book resources:** *Edelstein, Sari (2011) Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals.*
- **Other resources:**





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The Chefs of Le Cordon Blue (2011). Cuisine Foundations
Heyman, P.Aa (2012). International Cooking: A Culinary Journey (2nd Edition)
Bellahsen, E. & Talhouas, N. (2012). Culina Mediterranea

□ Online Resources

<https://sdgs.un.org/goals>

<https://library.culinary.edu/asiancuisine/books>

Prepared by:


Joven G. Ocampo, MBA
Faculty in-charge

Reviewed by:


Harold Van Aquino, MSHRM
BSHM Program Head

Approved by:


Jennyfer Merza, MBA
IHTM Dean

cc: **OVPAA**

