



Davao del Sur State College
Birgy, Mati, Digos City, Davao del Sur

PRINCIPLES OF FOOD PREPARATION

Version 2





PRINCIPLES OF FOOD PREPARATION

**A COURSEPACK FOR
BTLED STUDENTS**

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PREFACE

This coursepack is designed to provide learners with essential knowledge, practical skills, and appropriate attitudes in food preparation, sanitation, fruit and seafood handling, and pastry production. As an important component of Home Economics education, the subject emphasizes the application of fundamental food principles to promote safe, nutritious, attractive, and quality food products for the family, school, community, and food service industry.

Module 1: Principles of Food Preparations, Washing and Sanitizing Kitchen Utensils introduces the basic principles of food preparation and the proper selection, use, care, washing, and sanitizing of kitchen utensils. It emphasizes cleanliness, safety, proper handling, and efficient work habits as essential practices in preventing food contamination and maintaining a safe kitchen environment.

Module 2: Preparation, Processing, Classification, and Characteristics of Fruits develops learners' understanding of the proper preparation and processing of fruits. It also explores the different classifications and characteristics of fruits to guide learners in selecting, handling, storing, and preparing quality fruit products.

Module 3: Market Forms and Characteristics of Fresh/Stale Fish, Crustaceans and Mollusks focuses on identifying market forms, quality characteristics, freshness indicators, and proper handling of fish and other aquatic products. These competencies are important in ensuring food quality and safety.

Module 4: Pastry Production provides opportunities to develop practical skills in preparing cookies, pies, pastries, cakes, and icing. It encourages accuracy, creativity, proper techniques, and product presentation.

Overall, this coursepack aims to develop competent, responsible, and creative learners who can apply food preparation skills safely and effectively while appreciating opportunities for livelihood, entrepreneurship, and lifelong learning.

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