



Davao del Sur State College
Brgy. Matti, Digos City, Davao del Sur

FUNDAMENTALS OF FOOD AND TECHNOLOGY

Version 2



FUNDAMENTALS OF FOOD AND TECHNOLOGY

**A COURSEPACK FOR
BTLED STUDENTS**

ARLYN J. OMBOY, MAHE
MAY FLOR D . HUERA, MVE

Davao Del Sur State College
Matti, Digos City, Davao del Sur

PREFACE

Food Technology is an important field of Home Economics that combines scientific principles, practical skills, creativity, and responsible practices in the preparation, preservation, processing, packaging, and utilization of food. This coursepack is developed to provide learners with foundational knowledge and hands-on competencies that will enable them to understand how food technology contributes to food quality, safety, nutrition, sustainability, and livelihood development.

The coursepack is organized into three comprehensive modules. Module 1: History, Food Preservation and Additives introduces learners to the development of food technology, traditional and modern methods of food preservation, and the proper use and importance of food additives. These lessons provide a foundation for understanding how technological advances have improved food quality, storage, safety, and accessibility.

Module 2: Food Safety Precaution and Food Package emphasizes the importance of maintaining food hygiene, safety, and sanitation throughout food handling and processing. It also introduces the principles of Hazard Analysis and Critical Control Points (HACCP) and explores food packaging as an essential component of protecting food products, extending shelf life, maintaining quality, and providing appropriate product information.

Module 3: Food Production focuses on the practical application of food processing and production techniques involving vegetables, meat products, eggs, cereals, alimentary paste, and cakes. Through these topics, learners are encouraged to develop precision, creativity, resourcefulness, and entrepreneurial skills.

Overall, this coursepack aims to develop competent and responsible learners who can apply food technology principles in the home, school, community, and food industry. It promotes safe food practices, quality production, innovation, sustainability, and the development of skills that can support future employment, entrepreneurship, and lifelong learning.

TABLE OF CONTENTS

	PAGE
TITLE PAGE	1
TABLE OF CONTENTS	2
COURSEPACK	
MODULE 1: HISTORY, FOOD PRESERVATION AND ADDITIV	
Lesson 1: Brief History of Food and Technology	4
Lesson 2: Food Preservation	12
Lesson 3: Food Additives	18
MODULE 2: FOOD SAFETY PRECAUTION AND FOOD PACKAGE	
Lesson 1: Food Hygiene, Safety, and Sanitation	23
Lesson 2: HACCP	30
Lesson 3: Food Packaging	35
MODULE 3: FOOD PRODUCTION	
Lesson 1: Vegetable Preservation	45
Lesson 2: Meat Products	51
Lesson 3: Egg	58
Lesson 4: Cereals	65
Lesson 5: Alimentary Paste	71
Lesson 6: Cakes	76