



Republic of the Philippines  
**SULTAN KUDARAT STATE UNIVERSITY**  
Isulan, Sultan Kudarat  
**College of Industrial Technology**  
1st Semester S.Y. 2024-2025



# COMMERCIAL COOKING

2<sup>ND</sup> Semester  
School Year 2025 – 2026

Prepared by:

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#### **UNIVERSITY VISION**

A leading University in advancing scholarly, innovation, multi-cultural convergence, and responsive public service in a borderless region.

#### **UNIVERSITY MISSION**

The University shall primarily provide advance instruction and professional training in science and technology, agriculture, fisheries, education and other related field of study. It shall undertake research and extension services, and provide progressive leadership in its area of specialization.

#### **UNIVERSITY GOAL**

To produce graduates with excellence and dignity in arts, science and technology.

#### **UNIVERSITY OBJECTIVES**

- a. Enhance competency development, commitment, professionalism, unity and true spirit of service for public accountability, transparency and delivery of quality services;
- b. Provide relevant programs and professional trainings that will respond to the development needs of the region;
- c. Strengthen local and international collaborations and partnerships for borderless programs;
- d. Develop a research culture among faculty and students;
- e. Develop and promote environmentally-sound and market-driven knowledge and technologies at par with international standards;
- f. Promote research-based information and technologies for sustainable development;
- g. Enhance resource generation and mobilization to sustain financial viability of the university.

**Program Objectives and its Relationship to University Objectives**

PROGRAM OBJECTIVES	a	b	c	d	e	f	g
A graduate of Bachelor of Technical and Vocational Teacher Education can:							
a. Articulate effectively and independently in multi-disciplinary and multi-cultural teams the latest development in the fields practiced such as Automotive, architectural drafting, civil, electrical, electronics and food and its allied discipline.	/	/					
b. Lead in the promotion and preservation of Filipino historical and cultural heritage, social empowerment and environmental sustainability in a professional and ethical approach.	/	/	/		/	/	/
c. Generate research-based information and technologies at par from international standards, and	/	/	/	/	/	/	
d. Promote and transfer knowledge and technologies for effective and efficient School- Industry partnership.	/	/	/		/	/	/
A graduate of Bachelor of Science in Industrial Technology can:	a	b	c	d	e	f	g
a. Assume professional, technical, managerial and leadership roles in industrial organizations with the desired competence in the fields of practiced such as Automotive, Architectural Drafting, Civil, Electrical, Electronics, Food and its allied discipline.	/	/					
b. Innovate explicit and modern technologies in the advancement of economy, society, technology and environmental sustainability.	/	/		/	/	/	/
c. Generate research-based information and technologies at par from international standards; and	/	/	/	/	/	/	
d. Promote and transfer knowledge and technologies for effective and efficient school- industry partnership.	/	/		/	/	/	

**1. Course Code**

: FPS 221A

**2. Course Title**

: Commercial Cooking

**3. Pre – Requisite**

:

**4. Credits**

: 3 units

**5. Course Description:**

This course deals with the preparation of quality food with the principles of the sensory evaluation and consumer requirements. Knowing the failures to meet food quality requirements, HACCP and GHP/GMP in food quality evaluation is also included.

## 1. Course Learning Outcomes and Relationships to Program Objectives

Course Learning Outcomes		Program Objectives			
At the end of the semester, the students can:		a	b	c	d
a.	Plan and Prepare Food for À La Carte and Buffets	/	/	/	/
b.	Plan and Control Menu-Based Operations	/	/	/	/
c.	Organize Bulk Cooking Operations	/	/	/	/
d.	Prepare Pâtés and Terrines	/	/	/	/
e.	Plan, Prepare and Display a Buffet	/	/	/	/
f.	Select, Prepare and Serve Specialized Food Items	/	/	/	/
g.	Select, Prepare and Serve Specialty Food Items	/	/	/	/
h.	Monitor Catering Revenue and Costs	/	/	/	/
i.	Establish and Maintain Quality Control	/	/	/	/
j.	Apply Cook-Chill-Freeze Production Processes	/	/	/	/

## 2. Course Content

Course Objectives, Topics, Time Allotment	Desired Student Learning Outcomes	Outcomes-Based Assessment (OBA) Activities	Evidence of Outcomes	Course Learning Outcomes	Program Objectives	Values Integration
<b>Topic: SKSU VMGO, Classroom Policies, Course Overview, Course Requirements, Grading System (2 hours)</b>						
1. Discuss the VMGO of the university, classroom policies, scope of the course, course requirements and grading system	1.1 Student can be aware of and appreciate of the university's VMGO, classroom policies, course overview, requirements and grading system.	Individual participation in class discussion and group presentation	Group and individual discussions	g	d	Value of appreciation
<b>Topic: Plan and Prepare Food for À La Carte and Buffets (6 hours)</b>						
2.1. Menu planning, plating, buffet setup, portioning	2.1 The students state and discuss the general information in Menu planning, plating, buffet setup,	Students participation in question and answer activity facilitated by teacher	Rubrics score cards of class participation accomplished by professor.	a, b, e	a, b, c,	Unity and teamwork

	portioning	Group dynamics	Rubrics for concept map			Value of participation
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**Topic: Plan and Control Menu-Based Operations.(6 hours)**

3.1. Menu costing, portion control, profitability analysis	3.1. Discuss the importance apply the Menu costing, portion control, profitability analysis	3.1. Individual participation through the boardwork activity.	Graded pair work activity with criteria  Rubrics score cards of class participation accomplished by the instructor.  Graded pair reporting with criteria	a, b, d, e	a, b, c, d	Unity and teamwork  Sense of Belongingness
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**Topic: Organize Bulk Cooking Operations (6 hours)**

4.1. Batch cooking, scaling recipes, HACCP bulk food safety	4.1. Determine Batch cooking, scaling recipes, HACCP bulk food safety	4.1. Individual participation through the boardwork activity.	Graded individual boardwork activity based on points earned.	a, e, f, g,	a, b, c,	Unity and teamwork
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**Topic: Prepare Pâtés and Terrines (6 hours)**

5.1. Force meat preparation, terrine molds, cooking and chilling techniques	5.1. Prepare and apply the Force meat preparation, terrine molds, cooking and chilling techniques	5.1. Students can work in a group to share their common ideas on the activity facilitated by the instructor.  5.2. Students can share his/her ideas, opinion and insights within the class through recitation.	Graded group work activity with criteria.  Rubrics score cards of class participation accomplished by the instructor.	b, d, e, f, g  a, c	a, c,  b, d	Value of Self-esteem  Value of participation  Value of Hardwork
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<b>Topic: Plan, Prepare and Display a Buffet (6 hours)</b>						
6.1. Buffet themes, layout, food safety, decorative techniques	6.1. Students can define Buffet themes, layout, food safety, decorative techniques	6.1. Students can share his/her ideas, opinion and insights within the class through recitation.  6.2. Students will organize themselves into group and share their knowledge, idea and opinions for a group presentation.	Rubrics score cards of class participation accomplished by the instructor.  Group presentation based on criteria.	b, c, e, g  a,d,f	a, b, c  a,d,	Value of creativity  Value of respect  Value Hardwork of

<b>Topic: Select, Prepare and Serve Specialized Food Items (6 hours)</b>						
7.1. Diet-based meals, allergen-safe preparation, religious dietary needs	7.1. Students can differentiate the Diet-based meals, allergen-safe preparation, religious dietary needs	7.1. Students will organize themselves into group and share their knowledge, idea and opinions for a group presentation.	Group presentation based on criteria	a, c, d, e, f, g  a, b, c, d	a, b, c, d  a, b, c, d	Unity and teamwork  Value of participation  Value of Hardwork

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**Topic: Select, Prepare and Serve Specialty Food Items (6 hours)**

8.1. Cultural specialties, fusion, seasonal and regional food items	8.1. Students can employ the learned principles of Cultural specialties, fusion, seasonal and regional food items	8.1. Students will organize themselves into group and showcase their knowledge and skills in preparing, selecting and preserving food.	Group presentation based on criteria	b, c, e, f	a, b, c, d	Value of creativity  Sense of Belongingness  Value of teamwork and cooperation
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**Topic: Monitor Catering Revenue and Costs (4 hours)**

9.1. Cost control, revenue tracking, yield testing, budgeting	9.1 Students can control the cost, track revenue, yield testing and budget the meal	8.1. Students will organize themselves into group and showcase their knowledge and skills in preparing, selecting and preserving food.	Group presentation based on criteria	b, c, e, f	a, b, c, d	Value of creativity  Sense of Belongingness  Value of teamwork and cooperation
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**Topic: Establish and Maintain Quality Control ( 3 hours)**

10.1. Kitchen SOPs, inspections, audits, feedback loops	10.1 Students can apply Kitchen SOPs, inspections, audits, feedback loops	10.1. Individual participation through the boardwork activity.	Graded pair work activity with criteria  Rubrics score cards of class participation accomplished by the	a, b, d, e	a, b, c, d	Unity and teamwork  Sense of Belongingness
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			instructor. Graded pair reporting with criteria			
<b>Topic: Apply Cook-Chill-Freeze Production Processes (2 hours)</b>						
11.1 Blast chilling, freezing, thawing, HACCP compliant cold storage	11.1 Students can perform Blast chilling, freezing, thawing, HACCP compliant cold storage	11.1. Students will organize themselves into group and share their knowledge, idea and opinions for a group presentation.	Group presentation based on criteria	a, c, d, e, f, g	a, b, c, d	Unity and teamwork
Lecture Hours	= 51					Value of participation
Exams Hours	= 3					Value of Hardwork
Total Number of Hours	= 54 hours					

#### 8. Course Evaluation

##### Grading System:

	Midterm	Final Term	Final Grade
Quizzes/ Assignment	20%	20%	Midterm Grade + Final Grade / 2 = FT
Examination	50%	50%	
Class Participation	10%	10%	
Attendance	<u>20%</u>	<u>10%</u>	
	<b>100%</b>	<b>100%</b>	

##### Schedule of Examination

Midterm -  
Final Term -  
Classes End -

**References:**

**Textbooks (8)**

- Sensory Directed Flavor Analysis by Ray Marsili  
Sensory Evaluation Manual by Richard Mason etal...  
Sensory Evaluation of Dairy Product by Floyd Bootfetetal.....  
Laboratory Exercises for Sensory Evaluation by Harry T. Lawless  
Sensory evaluation Techniques Fourth Edition by Morten C. Meilgaardetal..  
Processing effects on Safety and Quality of Foods by Enrique Ortegas-Rivas  
Emerging Technologies for Food Quality and Food Safety Evaluation by Yong-Jin Cho etal...  
Sensory Evaluation of Food Principles and Practices Second Edition by Harry T. Lawless etal..  
Cookery Technical-Vocational-Livelihood Track: Home Economics Strand Volume 1 by Aida H.Rondilla, Emma S. Avedanio & Elsa P.Roque

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