



Republic of the Philippines
SULTAN KUDARAT STATE UNIVERSITY
Isulan, Sultan Kudarat
College of Industrial Technology
2ND SEMESTER S.Y. 2024-2025



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 Goal and Objectives:

PROGRAM OBJECTIVES	UNIVERSITY 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

: FSM 121

2. Course Title

: Meal Management

3. Prerequisite

: ---

4. Credits

: 5 UNITS

5. Course Description:

This course deals with the concept in meal management. It includes information in meal planning, nutrition, meal preparation techniques like skirting, napkin folding and table set-ups, organizing, controlling, proper selection, care and use of the table appointment, elegant and attractive serving of food in terms of the art and rules for garnishing.

6. Course Learning Outcomes and Relationships to Program Objectives

Course Learning Outcomes		Program Objectives			
<u>At the end of the semester, the students can:</u>		a	b	c	d
a.	Apply food selection principles in meal management	/	/		
b.	Understand economic, social, physiological, and creative influences affecting food consumption		/	/	/
c.	Understand principles of food selection, nutrition, preparation storage, and service required to meet the needs of individuals of varying socioeconomic levels and stages in life	/	/		/
d.	Apply scientific principles during food preparation and provide and maintain a safe and sanitary work environment for food handling, preparation, service, and storage	/	/		/
e.	Apply management principles in planning, purchasing, preparing, and serving foods.	/	/	/	/
f.	Employ the learned principles, methods of meal management	/	/	/	/

7. 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
Topic: SKSU VMGO, Classroom Policies, Course Overview, Course Requirements, Grading System (5 hours)						
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
Topic: Apply food selection principles in meal management (9 hours)						
2. Meal (menu) Planning Principles 2.1 Nutritional Adequacy	2.1 The students can apply food selection principles in meal management	Students participation in question and answer activity facilitated by teacher	Rubrics score cards of class participation accomplished by professor.	a, b, e	a, c	Unity and teamwork

2.2 Modifying Menus 2.3 Time and Energy 2.4 Cost Control 2.5 Meal Satisfaction		Group dynamics	Rubrics for concept map			Value of participation
Topic: Understand economic, social, physiological, and creative influences affecting food consumption (9 hours)						
3. Meal Services 3.1 Styles of Service 3.2 Table Appointments 3.4 Trends in Meal Patterns 3.5 Cultural Foods	3.1. Understand economic, social, physiological, and creative influences affecting food consumption	Students will be in pair to share his/her ideas, opinion and insights within the class through pair 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, d	Unity and teamwork Sense of Belongingness
Topic: Understand principles of food selection, nutrition, preparation storage, and service required to meet the needs of individuals of varying socioeconomic levels and stages in life (9 hours)						
4. Understand principles of food selection, nutrition, preparation storage, and service required to meet the needs of individuals of varying socioeconomic levels and stages in life	4.1. Students will be aware on the principles of food selection, nutrition, preparation storage, and service required to meet the needs of individuals of varying socioeconomic levels and stages in life.	4.1. Individual participation through the virtual activity.	Graded individual virtual activity based on points earned.	a, e, f, g,	a, b, d	Value of participation

Topic: Apply scientific principles during food preparation and a provide and maintain a safe and sanitary work environment for food handling, preparation, service, and storage (9 hours)					

5. Using the meal pattern in menu planning. <ul style="list-style-type: none"> 5.1 Some universal tips for menu planning. 5.2 Rules on menu format. 5.3 Mechanics for menu planning. 5.4 The food product. 5.5 Works implication techniques in meal preparation. 5.6 Using resources effectively. 	5.1. Apply scientific principles during food preparation and a provide and maintain a safe and sanitary work environment for food handling, preparation, service, and storage	<p>5.1. Students can work in a group to share their common ideas on the activity facilitated by the instructor.</p> <p>5.2. Students can share his/her ideas, opinion and insights within the class through recitation.</p>	Graded group work activity with criteria. Rubrics score cards of class participation accomplished by the instructor.	b, d, e, f, g a, c	a, b, d	Value of Self-esteem Value of participation Value of Hard work
---	---	---	---	---------------------------	----------------	--

Topic: Apply management principles in planning, purchasing, preparing, and serving foods. (9 hours)

6. Apply management principles in planning, purchasing, preparing, and serving foods. <ul style="list-style-type: none"> 6.1 Planning 6.2 Organizing 6.3 Controlling 6.4 Evaluating 	6.1. Students can apply management principles in planning, purchasing, preparing, and serving foods	<p>6.1. Students can share his/her ideas, opinion and insights within the class through recitation.</p> <p>6.2. Students will organize themselves into group and share their knowledge, idea and opinions for a group presentation.</p>	Rubrics score cards of class participation accomplished by the instructor. Group presentation based on criteria	b, c, e, g a, d, f	a, c d	Value of creativity Value of respect Value of Hard work
---	---	---	--	---------------------------	---------------	---

Topic: Employ the learned principles, methods of meal management (126hours)						
8. Employ the learned principles, methods of meal management.	8.1. Employ the learned principles, methods of meal management.	8.1. Students will organize themselves into group and showcase their knowledge and skills in meal management	Group presentation based on criteria	b, c, e, f	a, b, c, d	Value of creativity Sense of Belongingness Value of teamwork and cooperation
Lecture Hours	= 50					
Laboratory Hours	= 126					
Exams Hours	= 4					
Total Number of Hours	= 180					

8. Course Requirements:

Quizzes
 Class Participation/Oral
 Written Examination (Midterm and Final)
 Video Presentation /Final Showcase
 Portfolio
 Attendance

Grading System:

	Midterm	Final Term	Final Grade
Quizzes	30%	20%	Midterm Grade + Final Grade / 2 = FT
Examination/ Laboratory	40%	40%	
Video Presentation/			
Class Participation/			
Menu Planning (Portfolio)	20%	20%	
Attendance	<u>10%</u> <u>100</u>	<u>10%</u> <u>100</u>	

Schedule of Examination:

Midterm
 Final Term

Classes End

References:

Textbooks:

- Soriano, N. (2010). A Guide to Meal Management and Table Service (Third Edition). Philippine Copyright, REX Bookstore.
Bennion, M & Scheule, B. (2010). Introductory foods (13th ed.). Upper Saddle River, New Jersey: Pearson Prentice-Hall.
McWilliams, Margaret. (2009). Fundamentals of meal management (5th ed.). Redondo Beach, California: Plycon Press.
Millsaps, EM. (Ed.). (2009). Writing at Carson-Newman College (6th ed.). Jefferson City, TN: English Department, Carson-Newman College.
Anonymous. (2001). Food: A Handbook of Terminology, Purchasing, and Preparation (10th ed.). (2001). Nutrition, Health & Food Management Division. Alexandria, Virginia: American Association of Family and Consumer Sciences.
Labensky, S & Hause, A. (2003). On cooking 3rd ed.). Upper Saddle River, New Jersey: Prentice Hall Publishing.

Supplemental:

Meal Management

All About Selection, Preparation, Meal Services

Guide to Meal Preparation

Principles of Meal Planning

Philippine Foods: Processing

Food Preparation and Nutrition

- <https://docs.google.com/viewer?a=v&pid=sites&srcid>
<https://www.wiley.com/en-us/Food+Selection+and+Preparation%3A+A+Laboratory+Manual>
<https://www.scribd.com/doc/123320345/A-Guide-to-Meal-Preparation>
<https://www.scribd.com/document/185465457/Principles-of-Meal-Planning>
https://www.azwestern.edu/sites/default/files/_CUL-141%206313.pdf
http://dera.ioe.ac.uk/22083/1/Food_preparation_and_nutrition.pdf

Prepared by:

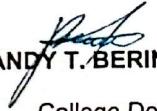

JENA MAE M. FATAGANI-VALERIO,
MAT

Faculty

Reviewed by:


MICHAEL ARRIVAS, MAT
BSIT Program Chairperson

Approved by:


RANDY T. BERINA, MAT
College Dean

Revision No.: _____
Date: _____

Republic of the Philippines
SULTAN KUDARAT STATE UNIVERSITY
Izulan Campus, Izulan, Sultan Kudarat, 9905
Province of Sultan Kudarat

Campus: Izulan
 Updated as of: January 2025

COURSE ORIENTATION FORM

Semester | SY _____

Course Code/Description: FPS - 121 Meal Management
 Time: 8:00 - 10:00 Date: 1-24-2025 Room: PT LAB
 Year and Section: Private LAB

We hereby acknowledge and certify that the instructor refer in the course mentioned above had oriented us on College Vision, Mission, Goals and Objectives, the policies and guidelines, instructional standards (course content, grading system, list of references and consultation time).

Name	Course Code	Signature	Name	Course Code	Signature
1. Luela E. Balromo	FPS 121		21.		
2. Michael Jon B. Boniera	FPS 121		22.		
3. Rizabelle F. Olance	FPS 121		23.		
4. Geisha Ace S. Catapung	FPS 121		24.		
5. Ghenie Lou D. Colipano	FPR 121		25.		
6. Greco, JASZEL A.	FPS 121		26.		
7. Sumadia, Phoebe Faith	FPS 121		27.		
8. RHEA I. LLAMAS	FPS 121		28.		
9. Styzle J. Masedo	FPS 121		29.		
10. Angel Sweet M. Nonanang	FPR 121		30.		
11. Shleena Dae A. Rodriguez	FPS 121		31.		
12. Francis John Piegan	FPS 121		32.		
13. John Andrew Pedregosa	FPS 121		33.		
14. JUVENT B. ORODO	FPS 121		34.		
15. Josepa Remia Sombra	FPS 121		35.		
16. Andrew James Teodoro	FPS 121		36.		
17. Samuel Roy L. Hospital	FPS 121		37.		
18. Mark Harvey S. Laniba	FPS 121		38.		
19.			39.		
20.			40.		

Attested by:

JENIA MAE M. TATAGAN - VATEPA
 Program Chairman/Date

CC:

- 1 - Dean
- 1 - Program Chairman
- 1 - Accreditation
- 1 - Faculty Concern

JENIA MAE M. TATAGAN - VATEPA
 Faculty Name and Signature/Date

ACKNOWLEDGEMENT RECEIPT

Date:

Time:

By: _____

Name & Signature of
Authorized Representative

Contact Information: (064) 200-7336; +639985461009; Email: officeofthepresident@sksu.edu.ph
 Official website: www.sksu.edu.ph