



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



FPS223

TRADITIONAL AND TRIBAL FOOD PREPARATION AND SERVICES

2ND Semester
School Year 2024 – 2025

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 advanced instruction and professional training in science and technology, agriculture, fisheries, education, and other related fields of study. It shall also undertake research and extension services, and provide progressive leadership in its areas of specialization.

UNIVERSITY STRATEGIC GOALS

- a. Deliver quality service to stakeholders to address current and future needs in instruction, research, extension, and production
- b. Observe strict implementation of the laws as well as the policies and regulations of the University
- c. Acquire with urgency state-of-the-art resources for its service areas
- d. Bolster the relationship of the University with its local and international customers and partners
- e. Leverage the qualifications and competences in personnel action and staffing
- f. Evaluate the efficiency and responsiveness of the University systems and processes

INSTITUTIONAL OUTCOMES (IO)

- 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 training 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 the financial viability of the university

PROGRAM OUTCOMES (PO) COMMON TO ALL PROGRAMS AND ITS RELATIONSHIPS TO INSTITUTIONAL OUTCOMES

A graduate of Sultan Kudarat State University can:	INSTITUTIONAL OUTCOMES (IO)						
	a	b	c	d	e	f	g
a. discuss the current developments and advancements in the specific field of practice;	✓	✓					✓
b. demonstrate independently the 21 st century competencies and skills;	✓	✓		✓			✓

c. work collaboratively in multi-disciplinary and multi-cultural groups;	✓		✓	✓	✓		
d. exhibit professional, social and ethical accountability;	✓	✓	✓	✓	✓		
e. preserve Filipino historical and cultural heritage;	✓	✓	✓	✓	✓		
f. generate new knowledge through data-driven research and development projects; and				✓	✓	✓	✓
g. participate actively in the national, regional and local development plans.	✓	✓	✓	✓	✓	✓	✓

1. COURSE CODE

: PSM 323

2. COURSE TITLE

: Traditional and Tribal Food Preparation and Services

3. PRE – REQUISITE

: None

4. CREDITS

: 5 units

5. COURSE DESCRIPTION:

: This course explores traditional and tribal culinary practices, focusing on indigenous food systems, unique cooking techniques, and the cultural significance of food in various tribal communities. Students will gain hands-on experience in preparing dishes using native ingredients, traditional methods like open-fire cooking, and preserving techniques. The course also covers the historical and cultural contexts of tribal food practices, emphasizing sustainability, ethical food sourcing, and the role of food in community rituals. By the end, students will develop the skills to prepare and serve traditional dishes while respecting cultural heritage and promoting sustainability in modern food contexts.

6 COURSE LEARNING OUTCOMES (CLO) AND ITS RELATIONSHIPS TO PROGRAM OUTCOMES

At the end of the course, a student can:	Course Learning Outcomes (CLO)	Program Outcomes						
		a	b	c	d	e	f	g
a. introduce students to the fundamental concepts of technology integration in education and its impact on teaching and learning.		✓	✓	✓	✓	✓	✓	✓
b. equip students with the skills to utilize digital tools and platforms for effective instructional delivery		✓	✓	✓	✓	✓	✓	✓
c. enhance students' ability to evaluate and select appropriate educational technologies based on teaching objectives and student needs		✓	✓	✓	✓	✓	✓	✓
d. develop students' competency in using multimedia resources to create engaging and interactive learning materials.		✓	✓	✓	✓	✓	✓	✓
e. foster critical thinking and problem-solving skills by encouraging students to explore innovative uses of technology in the classroom.		✓	✓	✓	✓	✓	✓	✓
f. promote ethical and responsible use of technology in education, ensuring digital citizenship and online safety for both teachers and students.		✓	✓	✓	✓	✓	✓	✓

7. Course Learning Outcomes

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 I SKSU VMGO, (Classroom Policies, Course Overview, Course Requirements, Grading System)- (3 hours)						
1.1. The VMGO of the University, classroom policies, and overview of the course, course requirements, and grading system.	<p>Students should be able to;</p> <p>Recognize and articulate the university's Vision, Mission, Goals, and Objectives (VMGO) and their relevance to the course and academic experience.</p> <p>Understand and adhere to classroom policies regarding attendance, behavior, and participation.</p> <p>Demonstrate knowledge of the course structure, key topics, and objectives.</p> <p>Understand and meet the course requirements, including assignments, exams, and projects.</p> <p>Explain the grading system, including how each component contributes to the final</p>	<p>VMGO Reflection Paper Activity: Write a reflection on how the VMGO aligns with individual academic objectives.</p> <p>Classroom Policies Quiz Activity: Complete a quiz on attendance, participation, and behavior expectations.</p> <p>Course Requirements Checklist Activity: Complete a checklist of assignments, exams, and deadlines.</p> <p>Grading System Analysis Activity: Calculate potential grades based on a sample rubric.</p> <p>Course Overview Discussion Activity: Discuss and summarize key topics and goals of the course</p>	<p>Students understood the University VMGO, classroom policies, requirements, and grading system.</p> <p>Students recite and discuss the VMGO and classroom policies, requirements, and grading system.</p>	<p>understand the university's VMGO and its connection to the course.</p> <p>Comprehend classroom policies, including attendance and participation expectations.</p> <p>Describe the course structure, key topics, and objectives.</p> <p>Know the course requirements and materials needed for success.</p> <p>Understand the grading system and how different components impact the final grade.</p>	a, b,c,d	Respect Accountability Integrity Excellence Collaboration

	grade and how to track academic progress.					
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TOPIC II Introduction of Tribal and Traditional Food Preparation and Services

2.1 Tribal and tradition food preparation and services	Demonstrate knowledge of the history and cultural significance of tribal and traditional food practices. Identify and use indigenous ingredients and traditional cooking methods. Apply sustainable food sourcing and preparation techniques in a respectful and culturally aware manner. Understand the role of food in tribal rituals, ceremonies, and community life. Prepare and present traditional tribal dishes, showcasing authentic methods and cultural context.	Traditional Dish Preparation Activity: Prepare and present a traditional tribal dish using authentic ingredients and cooking techniques, explaining its cultural significance and history.	Prepared Traditional Dish Evidence of students successfully preparing and presenting a traditional tribal dish, demonstrating the correct use of ingredients, cooking techniques, and cultural context.	Analyze the history and cultural significance of tribal and traditional food practices across various indigenous communities. Demonstrate proficiency in preparing traditional tribal dishes using authentic ingredients, techniques, and tools. Understand and apply sustainable food sourcing and preparation methods, respecting cultural traditions. Evaluate the role of food in tribal rituals, ceremonies, and community life. Develop the ability to preserve and promote traditional food practices in modern culinary settings while maintaining cultural integrity.	a, b, c, d,	Respect Sustainability Tradition Integrity
		Cultural Research Paper Activity: Write a research paper on the history, cultural relevance, and evolution of food practices in a specific tribal community, highlighting key ingredients and cooking methods.	Research Paper Submission A well-researched paper that explores the history, cultural significance, and evolution of tribal food practices, with citations from credible sources.			
		Hands-on Cooking Demonstration Activity: Participate in a hands-on cooking session where students demonstrate the preparation of a tribal dish, using traditional methods and tools, and	Cooking Demonstration A recorded or live cooking demonstration showing the student's ability to follow traditional cooking methods and explain the process and cultural relevance.			
			Group Presentation			

		<p>explain the process to peers.</p> <p>Group Presentation on Tribal Food Rituals</p> <p>Activity: In groups, research and present on the role of food in tribal rituals and ceremonies, explaining how food practices relate to cultural identity and community cohesion.</p> <p>Food Sustainability Reflection</p> <p>Activity: Write a reflective essay discussing the sustainable food sourcing and preparation techniques used in tribal communities and their importance in preserving traditional food practices.</p>	<p>A clear and informative presentation on the role of food in tribal rituals, showcasing research on the significance of food in community and ceremonial life.</p> <p>Reflective Essay</p> <p>A reflective essay analyzing the importance of sustainability in tribal food practices, demonstrating understanding of sustainable sourcing and the preservation of traditional food systems.</p>			
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TOPIC III History and Origins of T'boli Food Preparation and Services

3.1 History of T'boli food preparation and services	Identify key historical influences on T'boli food preparation and services.	Historical Research Paper	Research Paper Submission: A well-researched paper demonstrating an	students will be able to demonstrate a comprehensive understanding of the	a, b, c, d	Cultural Preservation Respect Sustainability
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	<p>Describe traditional cooking techniques and food practices unique to the T'boli culture.</p> <p>Explain the role of food in T'boli rituals, community life, and cultural identity.</p> <p>Analyze the impact of modernization on T'boli food traditions and the preservation of culinary heritage.</p> <p>Demonstrate the ability to prepare a traditional T'boli dish, applying authentic cooking methods and ingredients.</p>	<p>preparation and services, focusing on key cultural influences and practices.</p> <p>Traditional Dish Demonstration Activity: Prepare and present a traditional T'boli dish, showcasing authentic cooking methods and ingredients while explaining its historical and cultural significance.</p> <p>Oral Presentation on Food History Activity: Deliver a presentation on the historical roots of T'boli food practices, highlighting significant changes and their impact on modern T'boli cuisine.</p> <p>Comparative Analysis Report Activity: Compare traditional T'boli food practices with those of another indigenous Filipino group, identifying similarities and differences in ingredients, methods, and cultural relevance.</p>	<p>understanding of the history and cultural significance of T'boli food preparation and services, backed by credible sources.</p> <p>Practical Dish Presentation: A successfully prepared and presented traditional T'boli dish, accompanied by a clear explanation of its historical and cultural context.</p> <p>Oral Presentation: A clear and engaging presentation on the historical evolution of T'boli food practices, including relevant historical, cultural, and social influences.</p> <p>Comparative Analysis Report: A detailed report comparing T'boli food traditions with those of other indigenous groups, highlighting similarities and differences in culinary practices.</p> <p>Reflection Essay: A thoughtful reflection essay analyzing the</p>	<p>history and cultural significance of T'boli food preparation and services, including traditional cooking methods, key ingredients, and the role of food in T'boli rituals and community life.</p> <p>Students will also develop the ability to analyze the impact of modernization on T'boli culinary traditions and apply this knowledge to preserve and promote indigenous food practices.</p>		
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		<p>Group Discussion and Reflection Activity: Participate in a group discussion about the role of food in T'boli culture and its preservation, followed by a reflective essay on what was learned.</p>	<p>importance of food preservation in T'boli culture, showing a deep understanding of the subject matter.</p>			
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Topic IV Main Dish, Side Dish, Dessert, Cold and Hot Drinks of T'boli

<p>4.1 Prepare the Main Dish, Side Dish, Dessert, and Cold and Hot drinks of the T'boli tribe</p>	<p>Identify the key ingredients and traditional cooking methods used in preparing main dishes, side dishes, desserts, and drinks from the T'boli tribe.</p> <p>Demonstrate the ability to prepare a traditional T'boli main dish, side dish, dessert, and both cold and hot drinks, adhering to authentic recipes and techniques.</p> <p>Understand the cultural and historical significance of T'boli food, including the role of each dish in community rituals and daily life.</p> <p>Apply appropriate food</p>	<p>Traditional Dish Preparation and Presentation Activity: Prepare a traditional T'boli main dish, side dish, and dessert, following authentic recipes and cooking methods. Present the dishes with an explanation of their cultural significance and ingredients.</p> <p>Cold and Hot Drink Preparation Activity: Prepare both a cold and a hot traditional drink from the T'boli tribe, showcasing the correct ingredients and preparation methods.</p> <p>Cultural Research Paper Activity: Write a research</p>	<p>Prepared Traditional Dishes Evidence: Evidence of successfully prepared traditional T'boli main dish, side dish, and dessert, with correct ingredients, cooking methods, and cultural explanations.</p> <p>Cold and Hot Drink Preparation Evidence: Evidence of preparing both a cold and hot traditional T'boli drink, showcasing proper ingredients, preparation techniques, and cultural relevance.</p> <p>Cultural Research Paper Evidence: A research paper detailing the historical and cultural significance of the T'boli dishes and drinks</p>	<p>Demonstrate the ability to prepare traditional T'boli main dishes, side dishes, desserts, and both cold and hot drinks using authentic ingredients and cooking methods.</p> <p>Understand the cultural and historical significance of each dish and drink in T'boli society, including their roles in daily life, rituals, and celebrations.</p> <p>Apply traditional cooking techniques to prepare dishes and drinks with attention to accuracy, flavor, and presentation.</p> <p>Develop an appreciation for the sustainability and local sourcing of ingredients used in T'boli cuisine.</p>	<p>a, b, c, d</p>	<p>Respect Sustainability Tradition Integrity</p>

	<p>presentation and service techniques for T'boli dishes, ensuring cultural respect and accuracy.</p> <p>Evaluate the nutritional value and sustainability of traditional T'boli food practices, considering modern adaptations and environmental impact</p>	<p>paper that details the historical and cultural context of the T'boli dishes prepared in class, highlighting their significance in rituals, celebrations, or daily life.</p> <p>Food and Beverage Pairing Presentation Activity: Create a food and drink pairing presentation, explaining how the chosen T'boli dishes and drinks complement each other culturally and nutritionally.</p> <p>Peer Evaluation and Reflection Activity: Participate in a peer evaluation session where students assess each other's T'boli dishes and drinks, offering constructive feedback on technique, presentation, and cultural accuracy.</p>	<p>prepared, with well-supported insights into their role in T'boli society.</p> <p>Food and Beverage Pairing Presentation A presentation demonstrating the cultural and nutritional pairing of T'boli food and drinks, explaining their complementary relationship in the tribe's culinary traditions.</p> <p>Peer Evaluation and Reflection Report A report summarizing the peer evaluation session, including feedback on the preparation, presentation, and cultural authenticity of the dishes, as well as personal reflections on the learning process.</p>	<p>Present and explain T'boli dishes and drinks, showcasing their cultural importance and the connection between food and community.</p>		
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TOPIC V Origins of B'laan Food Preparation and Services						
5.1 Origins of B'laan food preparation and its methods	Identify the key ingredients and traditional cooking methods used in B'laan food preparation.	Traditional Dish Preparation Activity: Prepare a traditional B'laan dish, demonstrating the correct	Prepared Traditional Dish Evidence of successfully prepared B'laan dish, demonstrating correct	Demonstrate an understanding of the historical origins and cultural significance of B'laan food preparation	a, b, c, d,	Respect Sustainability Tradition Integrity

	<p>Explain the historical and cultural origins of B'laan food practices and their significance in community life.</p> <p>Demonstrate the ability to prepare a traditional B'laan dish, applying authentic cooking techniques and ingredients.</p> <p>Analyze the impact of modernization on B'laan food traditions and discuss efforts to preserve these practices.</p> <p>Appreciate the role of food in B'laan rituals, celebrations, and daily life</p>	<p>use of ingredients and cooking methods passed down through generations.</p> <p>Cultural Research Paper Activity: Write a research paper detailing the origins and cultural significance of B'laan food preparation methods, emphasizing historical influences and regional variations.</p> <p>Oral Presentation on B'laan Food Practices Activity: Deliver an oral presentation discussing the origins of B'laan food preparation, including key ingredients, methods, and their relevance in rituals and daily life.</p> <p>Comparative Analysis of B'laan and Other Indigenous Foods Activity: Compare B'laan food practices with those of another indigenous group, highlighting similarities and differences in cooking methods and cultural significance.</p>	<p>use of traditional ingredients and cooking methods, with an explanation of its historical and cultural context.</p> <p>Research Paper A well-written research paper that clearly outlines the origins of B'laan food preparation methods, supported by credible sources, and explains the cultural significance of these practices.</p> <p>Oral Presentation A clear and informative oral presentation on the origins of B'laan food practices, including key ingredients, cooking techniques, and their role in rituals or community life.</p> <p>Comparative Analysis Report A report comparing B'laan food practices with those of another indigenous group, highlighting key differences and similarities in food</p>	<p>methods.</p> <p>Identify and describe key ingredients and cooking techniques used in traditional B'laan cuisine. Prepare traditional B'laan dishes using authentic ingredients and cooking methods.</p> <p>Analyze the impact of cultural and environmental factors on the development of B'laan food practices.</p> <p>Appreciate the role of B'laan food preparation in rituals, ceremonies, and daily life, and understand its significance in preserving cultural identity.</p>		
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		<p>Food Preservation and Sustainability Project</p> <p>Activity: Develop a project on how B'laan food practices promote sustainability and how they have adapted to modern challenges while preserving traditional methods.</p>	<p>preparation methods and cultural significance.</p> <p>Sustainability Project</p> <p>A project or report discussing how B'laan food preparation methods promote sustainability and the preservation of indigenous practices, along with potential adaptations for modern challenges.</p>			
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TOPIC VI Making the Main Dish, Side Dish, Dessert, Cold Drinks, and Hot Drinks of B'laan

6.1 Making the Main Dish, Side Dish, Dessert, Cold Drinks and Hot Drinks	<p>Demonstrate the ability to prepare a traditional B'laan main dish, side dish, dessert, and both cold and hot drinks using authentic ingredients and cooking methods.</p> <p>Understand the cultural and historical significance of each dish and drink in B'laan society, including their roles in daily life, rituals, and celebrations.</p> <p>Apply traditional cooking</p>	<p>Traditional Dish Preparation and Presentation</p> <p>Activity: Prepare a traditional B'laan main dish, side dish, and dessert, demonstrating the correct use of ingredients and cooking methods. Present the dishes with a detailed explanation of their cultural significance and the steps involved in the preparation.</p>	<p>Prepared Traditional Dishes and Drinks</p> <p>Evidence of successfully prepared B'laan main dish, side dish, dessert, and both cold and hot drinks, demonstrating correct use of traditional ingredients and cooking methods.</p> <p>Cultural Research Paper</p> <p>A well-researched paper that clearly explains the</p>	<p>Demonstrate the ability to prepare a complete B'laan meal, including a main dish, side dish, dessert, and both cold and hot drinks, using traditional ingredients and techniques.</p> <p>Understand the cultural, historical, and social significance of each dish and drink in B'laan society and its role in rituals, celebrations, and daily life.</p> <p>Apply traditional B'laan</p>	a, b, c, d	Respect Sustainability Tradition Integrity
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<p>techniques to ensure the authenticity of B'laan food preparations, while maintaining flavor and presentation.</p>	<p>Cold and Hot Drink Preparation Activity: Prepare a cold and a hot traditional drink from the B'laan tribe, highlighting the ingredients, preparation methods, and cultural context of each drink.</p>	<p>historical and cultural significance of the B'laan dishes and drinks prepared, with references to credible sources and a thorough understanding of B'laan food traditions.</p>	<p>cooking methods to preserve authenticity while maintaining flavor, presentation, and nutritional value.</p>	<p>Recognize the importance of sustainability and locally sourced ingredients in B'laan cuisine.</p>	

Recognize and explain the importance of sustainable food practices and locally sourced ingredients in B'laan cuisine.

Appreciate the connection between food, community, and cultural identity, understanding how B'laan dishes reflect the tribe's values and way of life.

Cultural Research Paper
Activity: Write a research paper that explores the historical, cultural, and social context of B'laan food, with a focus on the main dish, side dish, dessert, and drinks, and their significance in the tribe's traditions and daily life.

Cooking Demonstration
Activity: Conduct a live or recorded cooking demonstration where students prepare one or more traditional B'laan dishes, explaining the ingredients, preparation methods, and the dish's cultural relevance.

Food and Beverage Pairing Presentation
Activity: Create a presentation that pairs

Cooking Demonstration Video or Live Presentation
A recorded or live cooking demonstration showcasing the preparation of B'laan dishes, with clear explanations of techniques, ingredients, and the cultural importance of each dish or drink.

Food and Beverage Pairing Report
A report or presentation that pairs traditional B'laan dishes with appropriate drinks, explaining the cultural and flavor combinations and how they contribute to the community's culinary practices.

Peer or Self-Reflection Report
A reflective essay or

Appreciate the connection between food, cultural identity, and community in the B'laan tribe, and apply this knowledge to promote the preservation of indigenous culinary practices.

		traditional B'laan dishes with appropriate drinks (cold and hot), discussing how the combinations enhance cultural experiences and reflect B'laan culinary traditions.	report that assesses the preparation process, the cultural understanding gained, and the significance of maintaining traditional food practices in modern settings.			
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TOPIC VII The Beginning of Manobo Food Preparation and Services

7.1 The Beginning of Manobo Food Preparation and Services	Identify the key elements and traditional cooking methods used in Manobo food preparation.	Traditional Dish Preparation and Presentation Activity: Prepare a traditional Manobo dish using authentic ingredients and cooking methods. Present the dish with an explanation of its cultural and historical significance. Outcome: Demonstrates the ability to apply traditional Manobo food preparation techniques and articulate the cultural relevance of the dish.	Prepared Traditional Dish Evidence of successfully prepared Manobo dish using traditional ingredients and cooking methods, with clear articulation of its cultural and historical significance during presentation.	Understand the historical and cultural origins of Manobo food preparation and its significance in shaping community identity and traditions. Demonstrate the ability to prepare traditional Manobo dishes using authentic ingredients and cooking techniques.	a, b, c, d	Respect Sustainability Tradition Integrity
	Understand the cultural and historical significance of Manobo food practices in daily life and community rituals.	Cultural Research Paper Activity: Write a research paper exploring the origins and evolution of Manobo food preparation, its key ingredients, and how it	Research Paper A well-written research paper detailing the origins, development, and cultural importance of Manobo food preparation methods, supported by credible sources.	Cultural Exploration Presentation A presentation discussing the role of food in Manobo rituals and ceremonies, explaining		
	Demonstrate the ability to prepare a traditional Manobo dish, using authentic ingredients and traditional cooking techniques.			Analyze the role of food in Manobo rituals, celebrations, and daily life, and its connection to cultural values and social structures.		
	Analyze the role of food in Manobo society, including its place in cultural identity, celebrations, and ceremonies.			Evaluate the impact of modernization and external influences on traditional Manobo food		

<p>Appreciate the impact of modernization on Manobo food traditions and explore efforts to preserve these culinary practices.</p>	<p>has influenced or been influenced by surrounding cultures. Outcome: Showcases a deep understanding of the historical development of Manobo food practices and their cultural significance.</p>	<p>how food practices shape community identity and cultural values.</p>	<p>Cooking Demonstration A hands-on demonstration of preparing a Manobo dish, showing the correct techniques, ingredients, and clear explanations of how the dish ties into Manobo cultural practices.</p>	<p>Appreciate the importance of preserving indigenous food traditions and explore ways to maintain cultural authenticity in modern culinary contexts.</p>		
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		<p>Outcome: Provides evidence of mastering traditional cooking methods while explaining the relevance of food practices.</p> <p>Peer Review and Feedback Session</p> <p>Activity: Evaluate and provide feedback on the dishes and presentations of peers, focusing on cultural authenticity, preparation techniques, and the effectiveness of explaining the food's cultural significance.</p> <p>Outcome: Demonstrates the ability to critically assess and provide constructive feedback on traditional food preparation and presentations</p>				
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TOPIC VIII Manobo Traditional Cuisine

8.1 Manobo Traditional Cuisine	<p>Identify key ingredients and traditional cooking methods used in Manobo cuisine.</p> <p>Explain the cultural and historical significance of Manobo traditional dishes in their daily life,</p>	<p>Traditional Dish Preparation and Presentation</p> <p>Activity: Prepare a traditional Manobo dish using authentic ingredients and traditional cooking methods. Present the dish</p>	<p>Prepared Traditional Dish Evidence of successfully preparing a Manobo dish with authentic ingredients and methods, accompanied by an explanation of its cultural and historical significance during the</p>	<p>Demonstrate an understanding of the historical, cultural, and social significance of Manobo traditional cuisine.</p> <p>Identify the key ingredients, cooking</p>	a, b, c, d	Respect Sustainability Tradition Integrity
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<p>rituals, and celebrations.</p> <p>Demonstrate the ability to prepare traditional Manobo dishes, adhering to authentic ingredients and techniques.</p> <p>Analyze the relationship between food and identity in Manobo society, understanding how their cuisine reflects their culture.</p> <p>Appreciate the sustainability and local sourcing practices inherent in Manobo food traditions and discuss their relevance in contemporary contexts.</p>	<p>to the class, explaining its cultural, historical, and social significance.</p> <p>Outcome: Demonstrates practical skills in preparing traditional Manobo food while articulating its cultural relevance.</p> <p>Cultural Research Paper Activity: Write a research paper that explores the origins, evolution, and significance of Manobo traditional cuisine, focusing on key ingredients, preparation methods, and cultural practices.</p> <p>Outcome: Develops a deeper understanding of the historical and cultural context of Manobo food and its place in community life.</p> <p>Cooking Demonstration Activity: Conduct a live or recorded demonstration of preparing a Manobo dish, explaining each step, the ingredients used, and the cultural importance of the dish in the Manobo community.</p>	<p>presentation.</p> <p>Research Paper A well-researched paper that explores the origins, cultural importance, and evolution of Manobo traditional cuisine, with clear connections to their societal practices and values.</p> <p>Cooking Demonstration Video or Live Presentation A recorded or live cooking demonstration that showcases traditional cooking techniques, ingredients, and provides a cultural explanation of the dish's significance within the Manobo community.</p> <p>Food and Cultural Context Presentation A presentation that accurately links Manobo food practices to rituals, traditions, and community values, demonstrating the connection between food and cultural identity.</p> <p>Peer Review and</p>	<p>methods, and techniques used in preparing traditional Manobo dishes.</p> <p>Develop the ability to prepare and present authentic Manobo dishes, following traditional recipes and cooking practices.</p> <p>Analyze how Manobo cuisine reflects the tribe's values, customs, and social structures, and its role in ceremonies and daily life. Evaluate the impact of external influences on Manobo food traditions and explore efforts to preserve and sustain these culinary practices.</p>	
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		<p>Outcome: Shows proficiency in traditional cooking methods and effectively communicates cultural insights.</p> <p>Food and Cultural Context Presentation Activity: Create a presentation that links Manobo food practices with cultural rituals, values, and identity. Discuss how food reflects the tribe's connection to nature and community.</p> <p>Outcome: Demonstrates the ability to connect food to cultural identity and understand its role in rituals and daily life.</p> <p>Peer Review and Reflection Activity: Evaluate and provide feedback on a peer's preparation of a Manobo dish, focusing on authenticity, presentation, and cultural significance. Reflect on what was learned through the review process.</p> <p>Outcome: Develops critical thinking skills in assessing traditional food preparation while</p>	<p>Feedback Written or verbal peer evaluations that assess the authenticity and cultural relevance of prepared Manobo dishes, accompanied by constructive feedback on food preparation, presentation, and the explanation of cultural significance.</p>			
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	fostering an appreciate			
Number of hours	124 hrs. lecture 56 hrs. laboratory 2 hrs examination			
Total no. of hours	180 hrs.			

8. COURSE EVALUATION

Grading System:		Midterm	Final Term	Final Grade
Project/Assignment	10%	10%		
Quizzes/attendance/Behavior	10%	10%	Midterm Grade + Final Grade / 2 = FG	
Performance	30%	30%		
Examination	<u>50%</u>	<u>50%</u>		
		100%		

9. REFERENCES

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