

**COURSE TITLE: FOOD COMMODITY III**

**COURSE CODE: HOS 433**

**CREDIT: TWO HOURS**

**LEVEL: 300**

**SEMESTER: THREE**

**AREA OF COVERAGE**

Fish

- Types and uses/
- Properties
- Nutrient contributions and functions in meal preparation
- Principles underlying cooking methods
- Storage

Meat

- Types
- Properties
- Nutrient contributions and function in meal preparation
- Principles underlying cooking methods
- Storage

Poultry

- Types and uses
- Properties
- Nutrient contribution and functions in meal preparation
- Principles underlying cooking methods.

**Methodology**

- Lectures, discussion
- Discussions
- Demonstrations
- Experiments
- Practical work

## REFERENCES

- R. Kintan, V. Ceserani and D. Foskett: Theory of catering 9th Ed.
- P.M. Gaman and K.B Sherrington - The Science of Food 2nd Ed
- Internet
- Journals