

NATIONAL OPEN UNIVERSITY OF NIGERIA

HCM 333



**Food and Beverage
Services III
Course Guide**

HCM 333 (Food and Beverage Services III) Course Guide

Course Developer/Writer

Adesuyan, A.J., National Open University of Nigeria

Course Editor

Dr. O.J. Onwe, National Open University of Nigeria

Course Coordinator

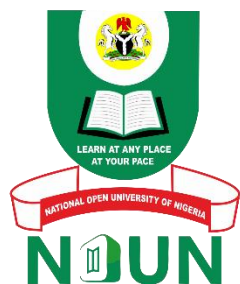
Martha Oruku

Programme Leader

Prof. N.E Mundi, National Open University of Nigeria

Credits of cover-photo: Mr. Gbenga Aiyejumo, National Open University of Nigeria.

National Open University of Nigeria - 91, Cadastral Zone, Nnamdi Azikiwe Express Way, Jabi, Abuja, Nigeria.



www.nou.edu.ng centralinfo@nou.edu.ng

oer.nou.edu.ng oerunit@nou.edu.ng OER repository

Published in 2021 by the National Open University of Nigeria

© National Open University of Nigeria 2021



This publication is made available in Open Access under the [Attribution-ShareAlike4.0 \(CC-BY-SA 4.0\) license](https://creativecommons.org/licenses/by-sa/4.0/). By using the content of this publication, the users accept to be bound by the terms of use of the Open Educational Resources repository oer.nou.edu.ng of the National Open University of Nigeria.

The designations employed and the presentation of material throughout this publication do not imply the expression of any opinion whatsoever on the part of National Open University of Nigeria concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. The ideas and opinions expressed in this publication are those of the authors; they are not necessarily those of National Open University of Nigeria and do not commit the organization.

How to re-use and attribute this content

Under this license, any user of this textbook or the textbook contents herein must provide proper attribution as follows: “First produced by the National Open University of Nigeria” and include the NOUN Logo and the cover of the publication. The repository has a version of the course available in ODT-format for re-use.

If you use this course material as a bibliographic reference, then you should cite it as follows: “NSC 106: Medical Microbiology and Parasitology, Module 6, National Open University of Nigeria, 2021 at oer.nou.edu.ng

If you redistribute this textbook in a print format, in whole or part, then you must include the information in this section and give on every physical page the following attribution: Downloaded for free as an Open Educational Resource at oer.nou.edu.ng If you electronically redistribute part of this textbook, in whole or part, then you must retain in every digital file (including but not limited to EPUB, PDF, ODT and HTML) the following attribution:

Downloaded for free from the National Open University of Nigeria (NOUN) Open Educational Resources repository at oer.nou.edu.ng

Introduction

HCM 333, Food and Beverage Services, is a semester work of 4-credit hours. It is available to all students, taking BSC programme in the School of Business and Human Resource Management. The course consists of 11 units involving both theory and practical. Students are expected to do practical at the study centre and also visit hotels to be conversant with the experience they need to have for their future career.

The Course Guide tells you what HCM 333 is all about, the materials you will be using and how to make use of the materials to ensure adequate success. Other information that are contained in the course include how to make use of your time, information on Tutor-Marked Assignment.

Course Contents

The course contents consist of professional skills, basic principles of cookery with different methods of food preparation to suit the need of customer. It also provides recipe for the essential knowledge for the successful career in professional cookery that will allow learners to gain employment in Nigeria and across the continents.

Course Aims

The aims of this course are to further expose you to the practise of food production, principles of cookery and various approaches to food production. The aims will be achieved by:

- Learning the principle of cake making
- Preparation of eggs, grains and farinaceous dishes
- Preparation of pastries, puddings and sweets
- Preparation of flavours, sandwiches and beverages
- Process involved in preparation of non-alcoholic drinks
- Learn the different cuts, quality, grades, portion, size and uses
- Common uses of poultry
- Preparation and cooking of fish and sea foods
- Utilisation of local food commodities in the internationally acceptable Nigerian dishes
- Sequence of work schedules and production analysis in menu planning

Course Objectives

By the end of the course, you should be able to:

- understand how to make cake
- You should know how prepare to eggs grains and farinaceous dishes
- prepare pastries, puddings and sweet
- prepare flavours, sandwiches and beverages

- process involved in preparation of non – alcoholic drinks
- learn the different cuts, quality grades, portion size and uses
- learn the common uses of poultry
- prepare and cook fish and sea foods
- utilise local food commodities in the internationally acceptable Nigerian dishes.

Course Materials

The main components of the course are:

1. Course Guide
2. Study Units
3. References/Further Readings
4. Assignment File

Study Units

Module 1

- Unit 1 Principles of Making Cake
Unit 2 Preparation of Eggs, Grains and Farinaceous Dishes

Module 2

- Unit 1 Commodities for Pastry Production Puddings: Fat, Flours, Sweets
Unit 2 Freezing Techniques, Chilled and Iced Confectioneries

Module 3

- Unit 1 Preparation of Non- Alcoholic Drinks
Unit 2 Types of Catering Services
Unit 3 Types of Catering Services – Garnishing Flavouring, Stuffing for Poultry Game

Module 4

- Unit 1 Types of Catering Service: Fish and Sea Foods
Unit 2 Types of Catering Service: Utilization of Local Commodities, in Internationally Acceptable Nigerian Dishes
Unit 3 Menu Planning
Unit 4 Purchasing: Use and Maintaining Kitchen Equipment

Each study unit will take at least two hours and it includes the introduction, objectives, main content, exercises, conclusion/summary and references. Others are tutor-marked question and practice guide.

You are expected to study the material, reflect and do the exercises. Some of the exercises will necessitate your visiting hotels and study centres for practical. You are advised to do so in order to observe the practice of management

There are textbooks, under reference for further reading. They are to give you additional information. Practice the tutor-marked question for a better understanding. By doing so, the stated learning objectives will be achieved.

The first two units in **Module 1** concentrate on the materials used in preparing cake, farinaceous dishes, use of egg in food production, garnishes, and grains used in cooking.

Units one and two of **Module 2** consist of fats, flours and other commodities, hot and cold sweets, freezing techniques, chilled and iced confectioneries, while the next two units are concerned with products: hot and cold savours, use of fillings and toppings.

Units one and two of **Module 3** deal with poultry for cooking, portion control in food production and service of poultry games, fish and sea foods.

Unit three of **Module 3** and Unit one of **Module 4** deal with the conditions required in pastry and confectionary, development of Nigeria dishes and ingredients used to improve upon method of cooking Nigerian dishes, uses of vegetable and fruit in seasoning.

Units two and three of **Module 4** discuss various Nigerian dishes, planning work schedule, importance of hygiene to food handlers, and types of wine used in various dishes. They also discuss some management principles in decision making in food production, importance of hygiene to food, obtaining capital from financial institutions, types of wine used in various dishes and explanation of the term recipe.

You are expected to study the materials and do the exercises. Some of the exercises will necessitate your visiting some hotels. Please do so in order to observe the practices of management. There are also textbooks, under references for further reading. They are to give you additional information for better understanding.

The Modules

The course is divided into 4 modules. The first consist of two units, the second module have two units, while the third has three units and the last four units. The first module treats preparation of cake, use of egg in production, farinaceous dishes, garnishing sauces and accompaniment and ends with grain used in cookery.

The second module is on fats, flours, hot and cold sweet, freezing technique and ends with various sauces for sweet presentation. The third module includes commodities for non-alcoholic beverages, for sweets, and poultry and portion control production. The fourth module is of four units which includes fish and sea foods, pastry and confectioneries.

Others include preparation of cake, use of egg, farinaceous dishes, and grains used in cooking. Others include: fats, flour, hot and cold sweet, freezing technique, sauces for sweet presentation, and commodity for non- alcoholic beverages.

Finally, the other items are poultry and portion control, fish and sea foods, pastry and confectioneries, the different Nigerian dishes, basic ingredients for Nigerian dishes, vegetable and fruits, planning work schedule, importance of hygiene to food handlers, types of wine and lastly the meaning of the term recipe.

Self-Assessment Exercise

In your tutor-marked assignments, you are expected to apply what you have learnt in the contents of the study units. These assignments which are 5 in number are expected to be returned to your tutor for grading. They constitute 30% of the total score.