

Course Unit	Food and Beverages Practices		Field of study	Hospitality and Catering	
Bachelor in	Hospitality Management		School	School of Hospitality and Wellbeing	
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	1	ECTS credits	6.0
Code	9076-806-1106-00-23				
Workload (hours)	162	Contact hours	T -	TP -	PL 60
			TC -	S -	E -
			OT -	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Andréa Leguisamo Daisson Ramos Correia

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Apply the basic HACCP rules when carrying out tasks, being able to identify and organize work spaces as a whole
2. Prepare the room and provide customer service, according to the characteristics of the various types of service available
3. Identify restaurant service terminology and the main characteristics of different table and bar services
4. Identify culinary terminology, and know the different preparations and basic cooking methods
5. Understand the cultural and economic importance of cuisine and pastry, being able to differentiate their national, regional and international expressions
6. Demonstrate how food and beverage services and respective brigades are organized, as well as the product cycle
7. Understand the dynamics between the sections that work together (Storage Room/ Kitchen/ Pastry/ Points of Sale)

### Prerequisites

Not applicable

### Course contents

Apply the basic rules of HACCP when carrying out tasks: identify and organize work spaces; Storage and conservation of equipment and utensils; Organization and mise-en-place; The circuits and the various table and wine services; The staff and its functions (organigram and clothing); Bar and coffee equipments; Cuisine: History, Evolution and Gastronomic Typologies; Good Hygiene Practices (body hygiene and uniforms); Culinary techniques.

### Course contents (extended version)

1. Personal and facility hygiene
2. Storage and conservation of equipment and utensils
3. Organization and mise-en-place of the room
4. Service rules: circuit, table service, Buffet and Cocktail services, breakfasts and wines
5. The staff and its functions (organization chart, clothing, Barman)
6. Bar and coffees equipment
  - Alcoholic and non-alcoholic drinks
  - Mise-en-place of Bars and Cafes
7. Cuisine: History, Evolutions, Gastronomic Typology
8. Pastry: History, Sweets, and Good Hygiene Practices
9. Body and Uniform Hygiene (Safety, Cleaning and Disinfection Plans)
10. Kitchen facilities
  - The kitchen team and their functions
  - Different zones and sectors
  - Types of kitchen, machines and utensils
11. Culinary terminology and preparation
  - Kitchen Cuts
  - Sugar - Creams and pastry, meringues
  - Broths and sauces
  - Confections based on eggs, rice and fish

### Recommended reading

1. Afonso, T. (2015). Entender de Vinho - Guia Prático para se Tornar um Verdadeiro Especialista (6ª ed.). A Esfera dos Livros.
2. Franco, J. & Braga, I. D. (2023). História Global da Alimentação Portuguesa. Temas e Debates, Bertrand Editora.
3. Gomes, V. (2020). Gestão da Restauração. Lidel.
4. Janeiro, A. (2014). Guia Técnico de Hotelaria - A Arte e a Ciência dos Modernos Serviços de Restaurante (4ª ed.). Edições CETOP.
5. Ribeiro, J. (2011). Introdução à Gestão da Restauração. Lidel.

### Teaching and learning methods

The methodology to be followed will be based on teaching practical-laboratory lessons and will privilege the expositive, interrogative and, mainly, active methods. Each class will have a theme where it is intended that students train the operational skills associated with kitchen/lounge and bar/cafe service.

### Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Laboratory Work - 20% (Cooking practice using the Food Technical Sheet)
  - Laboratory Work - 20% (Restaurant, Bar and Coffee practices, using the Technical Sheets)
  - Projects - 60% (Project in F&B)
2. Written Final Examination - (Regular, Student Worker) (Final)
  - Final Written Exam - 100% (Written Final Examination)
3. Appeal Examination - (Regular, Student Worker) (Supplementary)
  - Final Written Exam - 100% (Written Examination)
4. Special Period Examination - (Regular, Student Worker) (Special)
  - Final Written Exam - 100% (Written Examination)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation		
Andréa Leguisamo Daisson Ramos Correia	Alcina Maria Almeida Rodrigues Nunes	Maria José Gonçalves Alves
23-12-2023	02-01-2024	04-01-2024