

**Course code: 1403307****Course title: Thai Traditional Food Recipes****Credits: 3 (3-0-6)****Semester: 1****Academic year: 2022****Free elective****Lecture: Tuesday 16.00 -19.00****Room: C3-101****Co-ordinator:**

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Instructors:

Asst. Prof. Dr. Phunsiri Suthiluk (PS)

Asst. Prof. Dr. Nattaya Konsue (NK)

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Course description:

Category of Thai traditional foods in each region; northern, northeastern, middle and southern; indigenous raw materials, techniques and methods for traditional cooking; important Thai traditional food recipes; Thai traditional health food recipes; food safety concerns

Course objectives:

After completing this course, students should be able to:

1. Identify main characteristics of Thai traditional foods in each region
2. Specify indigenous raw materials used in each region
3. Understand cooking methods and techniques for Thai traditional food
4. Understand the importance and health benefits of Thai traditional foods
5. Prepare Thai traditional food with quality, health and safety

Assessment:

Formative assessment	70	%
- Quiz, assignment, homework, discussion, etc.	40	%
- Term project (mini-project)	20	%
- Attendance	10	%
Summative assessment	30	%
- Midterm examination	15	%
- Final examination	15	%
Total	100	%

Grading criteria:

Grade A, B⁺, B, C⁺, C, D⁺, D, F

A	≥ 80%
B ⁺	= 75-79
B	= 70-74
C ⁺	= 65-69
C	= 60-64
D ⁺	= 55-59
D	= 50-54
F	< 50

References:

- Brown, A. 2014. **Understanding Food: Principles and Preparation**. 5th ed. Cengage Learning.
- Chin K. 2013. **Everyday Thai Cooking: Quick and Easy Family Style Recipes**. Asia Books Co., Ltd. Singapore.
- Fallon, S. 1999. **Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats**. 2nd ed. New Trends Publishing, Inc. Washington,DC
- Geoffrey Campbell-Platt, G. 2009. **Food Science and Technology**. Blackwell Publishing Ltd. Iowa
- Grimes L, 2012. **The Food of Thailand**. Murdoch Books Pty Limited. London.
- Ingram, C. 2010. **Cooking Ingredients: a Practical Guide to Choosing and Using World Foods**. Hermes House. London.
- Liu, W.J.H. 2011. **Traditional Herbal Medicine Research Methods : Identification, Analysis, Bioassay, and Pharmaceutical and Clinical Studies**. John Wiley & Sons. New York.
- McDermott, N. 1992. **Real Thai: The Best of Thailand's Regional Cooking**. Chronicle Books.
- Parker, R. 2003. **Introduction to Food Science**. Delmar Thomson Learning. Australia.
- Pieroni, A. and Price, L.L. 2006. **Eating and Healing: Traditional Food as Medicine (Crop Science)**. Food Products Press. New York.
- Puangkram C. Schmitz, Michael J. Worman. 1985. **Practical Thai Cooking**. Kodansha International
- Ranken, M.D., Kill, R.C., and Baker, C.G.J. 2012. **Food Industries Manual**. 24th ed. Springer Science & Business Media. London.
- Shi, J., Ho, C.T., and Shahidi, F. 2005. **Asian Functional Foods**. CRC Press. New York.
- Thompson, D.W.J. 2010. **Thai Food**. Penguin Books Australia

Lecture Schedule for 1403307 Thai Traditional Food Recipes

Week	Date	Topics	Content	Instructor	Assessment
1	16 Aug	Introduction to Thai Traditional Foods	<ul style="list-style-type: none"> - Definition and characterization of Thai traditional foods - Category of Thai traditional foods in each region <p>Outcome: To identify main characteristics of Thai traditional foods in each region</p>	PS	<ul style="list-style-type: none"> • Formative 3 % • Attendance 0.40 %
2	23 Aug	Cooking Methods and Techniques	<ul style="list-style-type: none"> - Principles of cooking food; methods and techniques - Cooking tips - Food recipes <p>Outcome: To understand cooking methods and techniques for Thai traditional food</p>	PS	<ul style="list-style-type: none"> • Formative 3.5 % • Attendance 0.40 %
3	30 Aug	Food Quality Control and Safety	<ul style="list-style-type: none"> - Introduction and definition - Food deterioration and control - Type of food hazards - Cross contamination and Prevention <p>Outcome: To understand food safety issues for cooking including food deterioration, hazards, contamination, and prevention</p>	PS	<ul style="list-style-type: none"> • Formative 3.5 % • Attendance 0.40 %
4	6 Sep	Raw Materials	<ul style="list-style-type: none"> - Types of raw materials used in Thai traditional foods - Quality characteristics of raw materials - Health benefits and nutritional values - Raw materials selection, preparation and storage <p>Outcome: To understand and specify raw materials used for cooking Thai foods</p>	CS	<ul style="list-style-type: none"> • Formative 6 % • Attendance 0.80 %
5	13 Sep				

Week	Date	Topics	Content	Instructor	Assessment
6	20 Sep	Northern Food Recipes	<ul style="list-style-type: none"> - Definition and characterization of Northern foods - Northern raw materials - Ingredients and recipes - Nutritional value and health Benefit <p>Outcome: To identify main characteristics , cooking methods and techniques of the foods in Northern region To understand the importance and health benefits of Thai traditional foods in Northern region</p>	CS	<ul style="list-style-type: none"> • Formative 6 % • Attendance 2 %
7	27 Sep				
8	4 Oct	Northeastern Food Recipes	<ul style="list-style-type: none"> - Definition and characterization of Northeastern foods - Northeastern raw materials <p>Outcome: To identify main characteristics , cooking methods and techniques of the foods in Northeastern region To understand the importance and health benefits of Thai traditional foods in Northeastern region</p>	NK	<ul style="list-style-type: none"> • Formative 3 % • Attendance 1 %
Mid-term Exam: Sunday, Oct 16, 2022 (9.00-11.00)					
9	18 Oct	Northeastern Food Recipes (continue)	<ul style="list-style-type: none"> - Ingredients and recipes - Nutritional value and health Benefit <p>Outcome: To identify main characteristics , cooking methods and techniques of the foods in Northeastern region To understand the importance and health benefits of Thai traditional foods in Northeastern region</p>	NK	<ul style="list-style-type: none"> • Formative 3 % • Attendance 1 %

Week	Date	Topics	Content	Instructor	Assessment
10	25 Oct	Middle Food Recipes	- Definition and characterization of Middle foods - Middle raw materials - Ingredients and recipes - Nutritional value and health Benefit	CS	<ul style="list-style-type: none">• Formative 6 %• Attendance 2 %
11	1 Nov		Outcome: To identify main characteristics , cooking methods and techniques of the foods in Central region To understand the importance and health benefits of Thai traditional foods in Central region		
12	8 Nov	Southern Food Recipes	- Definition and characterization of Southern food - Southern raw materials - Ingredients and recipes - Nutritional value and health Benefit	CS	<ul style="list-style-type: none">• Formative 6 %• Attendance 2 %
13	15 Nov		Outcome: To identify main characteristics , cooking methods and techniques of the foods in Southern region To understand the importance and health benefits of Thai traditional foods in Southern region		
14	22 Nov	Free time for preparing mini-project			
15	29 Nov	Mini-project	- Project assignment - Preparation of Thai traditional foods with quality, healthy and safety - Presentation and discussion Outcome: To understand cooking methods, techniques , importance and health benefits for making a fusion food created	NK, CS, PS	Mini-project presentation 20 %

Week	Date	Topics	Content	Instructor	Assessment
			<p>from traditional Thai foods from at least two regions</p> <p>To prepare Thai traditional food with quality, health and safety</p>		
Final Exam Friday, Dec 16, 2022 (13.30-15.30)					