

BMGM4001

International Gastronomy Management

Introduction to Gastronomy

Week 1 - Module Overview

Autumn 2025



CROESO/WELCOME!

Agenda

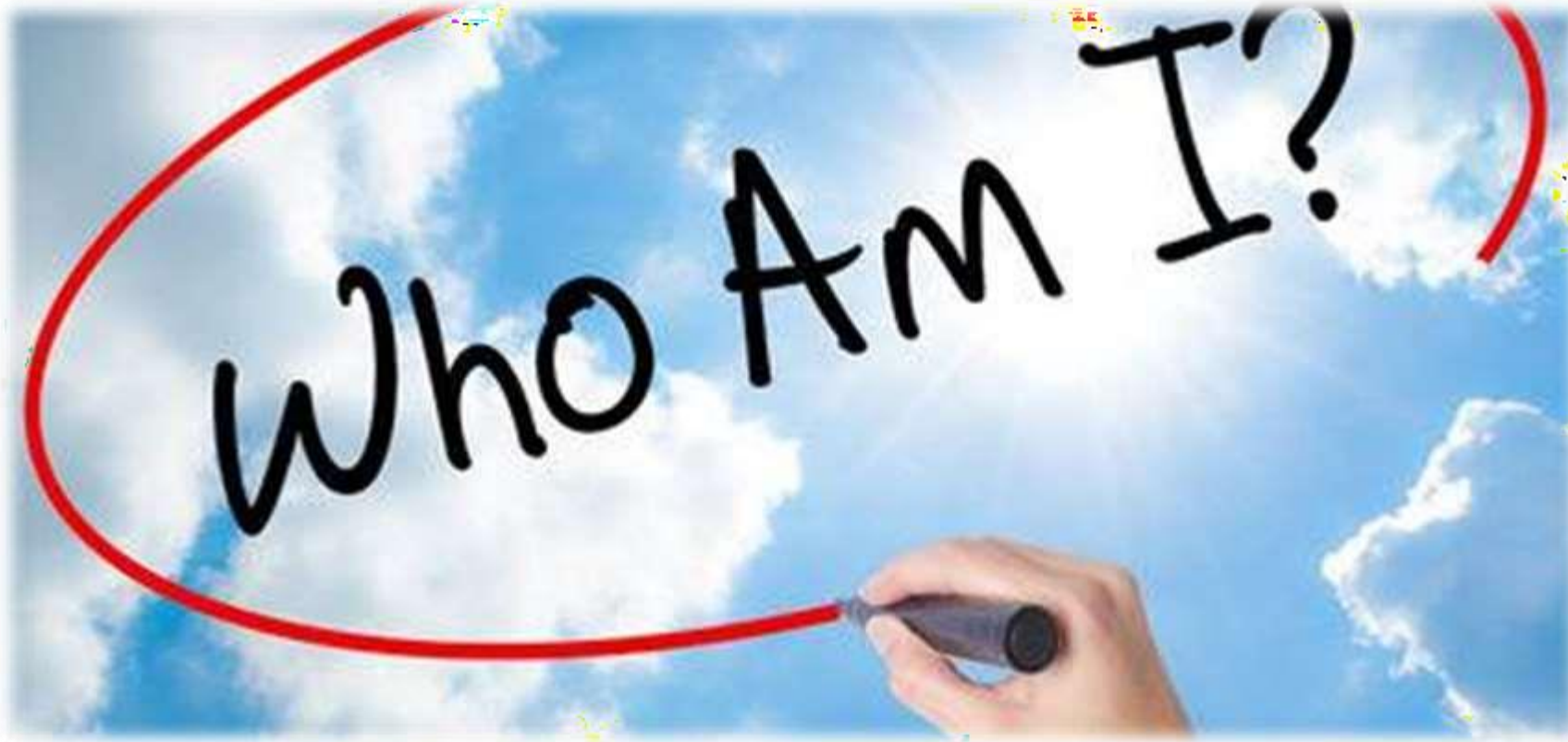
- Programme introduction
- Module overview
- Introduction to the concept of gastronomy
- The interdisciplinary nature of gastronomy
- Modern gastronomy
- Introduction to the assignments

Aims For Today



- For you to learn about **me** as your Module Tutor.
- For me to get to know about **you**.
- For **you** to understand more about the module

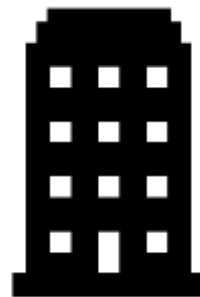
Let me introduce myself.....



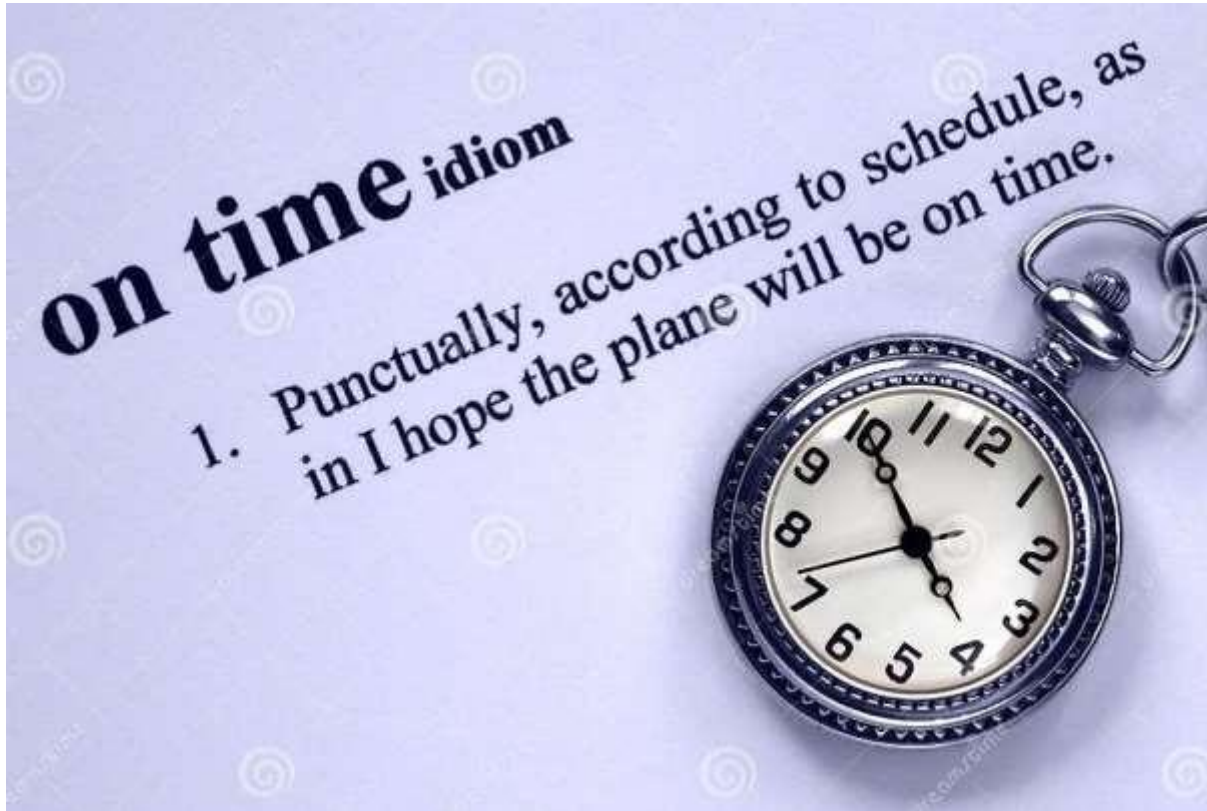
Welcome Onboard

Antoinette Milne

a.milne@uwtsd.ac.uk



House Rules



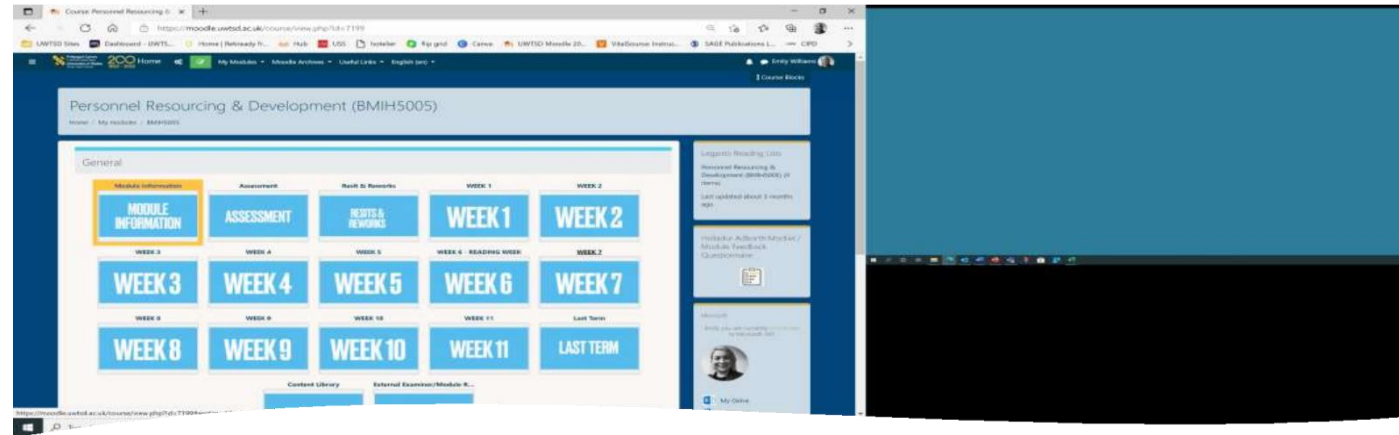
- Punctuality – 5 minutes late is still late. Please be on time for all classes
- Laptops to be open during class for work purposes only
- Please put mobile phones away – you will have breaks to check them

ACCESSING INFORMATION ABOUT THIS MODULE

- Your module Moodle Page will include the teaching material that will be delivered by your lecturer.
- You will also find essential information to support you through the module.
- Log in and navigate to Moodle and download the Module Handbook.



Moodle



This section will give you information about the assignments that you will complete within the module.

It will also state the dates that they should be submitted and the content that is required.

Please ask if you don't understand.

CAN YOU ACCESS IT?

Module Handbook and Support

- This is an important document, as it provides information about the module, assignments, assessment writing guidelines, resources and further information.
- It is important that when you contact anyone inside the University, to please use your [university email address](#), as this makes sure that we will be able to identify you properly, and you will have a prompt response.
- Please refer to the **Student Hub** for student related information
- Please ask questions if you don't understand or are unclear

Module Aim

To provide students with an introduction to gastronomy and professional restaurant operation, including how food influences our culture, how culture impacts dining experiences, the roles associated with kitchen and front-of-house operations, and the key legislation affecting the operation of a food-based business.

Module learning outcomes

Upon the successful completion of this module, the student should be able to:

- Understand the relationship between gastronomy and food culture from a historical basis and its contemporary position.
- Examine the main legal requirements of restaurant operations and gastronomy globally.
- Develop an appreciation of the differing concepts of dining from quick service restaurant (QSR) to fine dining.
- Analyse the suitability of restaurant award systems including Michelin, Gault & Millaut (Guide Millaut), AA Rosette system and others.

ARTIFICIAL INTELLIGENCE (AI)

- AI Guidance and Videos for Students 2025: *Please see the link in Moodle and/or see in the Student Hub (search AI Guidance)*
- What is allowed (see assignment/s in Module Handbook)
- What isn't allowed (see assignment/s in Module Handbook)
- **You are to acknowledge your use of AI on each submission** (*please see AI Acknowledgment in Moodle*).
- Please remember **to not submit/upload personal/confidential information into AI tools** (*copyright policy/models are trained on what is input*)
- Remember that AI is not always reliable or correct

Academic Misconduct Video



RESEARCH WITH AI

You can use AI for:

- Data cleaning and automation
- Supporting data analysis



You can also use AI to support data

STRUCTURING WITH AI



PROOFREAD WITH AI



LIBRARY AND LEARNING RESOURCES/ ARTIFICIAL INTELLIGENCE (AI)

- **Library and Learning Resources:** Finding and Using Information and Referencing and Academic Integrity: [Course: Library Infoskills | Home](#) (*please see Online Infoskills link in Moodle*) to please **complete for next week**
- **Academic Misconduct Policy:** Academic Integrity/Avoiding Plagiarism (*please see in Moodle*)
- Please always sign in with your University details
- **Remember that AI is not always reliable or correct**

WELSH SERVICES

Welsh information and services are available from
the Welsh Language Service Centre Team here at
the UWTSD

MAIDO RESTAURANT





Schedule

Date	
No. of weeks	12
Time	09:00 - 13:00 Every Thursday

Assessments:

Assessment Component 1 – 50% -

- Essay (1500 words)
- Title: The Restaurant - Operation and Function

• Assessment Component 2 – 50% -

- Individual presentation (15 Minutes)
- Restaurant Review

Assignment 1

LEVEL 4 ASSESSMENT SPECIFICATION			
Student name:		Student ID number:	
Programme:	BA (Hons) International Gastronomy Management		
Module:	Introduction to Gastronomy		
Module code:	BMGM4001	Contribution to Overall Module Assessment (%):	50%
Lecturer:	Antoinette Milne	Internal Verifier:	Chris Wilkin
Assignment Title:	Essay The Restaurant - Operation and Function.	Word count (or equivalent):	1500 words (+ or – 10% or penalties may apply)
Submission deadline:	Friday November 14 th , 2025 at 23:59 Draft due: Friday October 31 st by 23:59	Return date of provisional marks & written feedback:	December 12 th , 2025 at 23:59
Submission method:	All written assessments, where practical and possible, must be submitted via Turnitin unless otherwise instructed by the Lecturer. (Please DO NOT put this assessment specification into Turnitin or it will match many similarities with other students' submissions.) Alternative submission method (if applicable): Late submission of the assessment will result in a late penalty mark. Penalties for late submission: Up to one-week late, maximum mark of 40%. Over one week late, 0%. Only the Extenuating Circumstances Panel may approve a change to submission dates.		
Academic honesty / referencing:	Academic honesty is required. In the main body of your submission, you must give credit to authors on whose research and ideas your work is based. Append to your submission a reference list that indicates the books, articles, etc. that you have used, cited or quoted in order to complete this assessment.		

Assignment 1: 1500 Essay

Essay Title: The Restaurant – Operation and Function (1500 words)

You will write an essay about your chosen restaurant which can be located anywhere in the world (city, coast, country location).

Remember, it must be well enough established for you to be able to gather enough supporting research for your writing of 1500 words. You will need to include a minimum of 15 different reference sources, including in-text citations.

Assignment 1: 1500 Essay

Within the essay you will discuss:

- The history of the restaurant, whether it is a stand-alone/independent restaurant, part of a chain, franchise, owner/s of the business and any other information you feel is relevant. The concept, mission statement, values, vision and inspiration of the business.
- Why you have chosen this particular restaurant.
- Any awards or accolades the restaurant have received.
- What service method and service style the restaurant uses.
- You will also write about the food offering/menu and wine/beverage menu influence/s. For example, if the menus are centred on a type of food/beverages (by culture/geography, by sustainability, dietary requirements or to meet religious needs etc.)
- Consider whether the design of the restaurant and décor align with the menus and contribute to the overall concept.
- Compare and contrast your chosen restaurant with others nearby and discuss the uniqueness of your chosen restaurant within this context.
- You will write a summary, including your observations about reviews of restaurant feedback that might be available on sites such as Trip Advisor, and assess if this restaurant is currently meeting the needs of its diners.
- Based on your research, you will make recommendations on how you think they could either improve operations and/or maintain an enviable reputation.

Assignment 1: 1500 Essay

You must present your essay with a title page, this to include:

The title of the essay: **The Restaurant - Operation and Function.**

Your name, Your student ID number

The module title: Introduction to Gastronomy BMGM4001

Your lecturer's name – Antoinette Milne

You should structure your work with an opening introduction (around 10% of your word count), where you will explain the purpose of the essay and define key terms appropriate for your essay. This will be followed by your main body (80% of your word count), where you will discuss the elements of your chosen restaurants and provide recommendations to improve their operations. This section will contain several paragraphs and should flow nicely from one section to the next (the golden thread).

Conclude your essay with a closing paragraph (10% of your word count). The conclusion should contain no new material.

References & In-text citations

You must use credible sources for your research from online sources, textbooks, media, and industry journals to support your essay. You must include ***a minimum of 15 reference sources***, and these must be accurately cited within the essay text.

Assignment 2

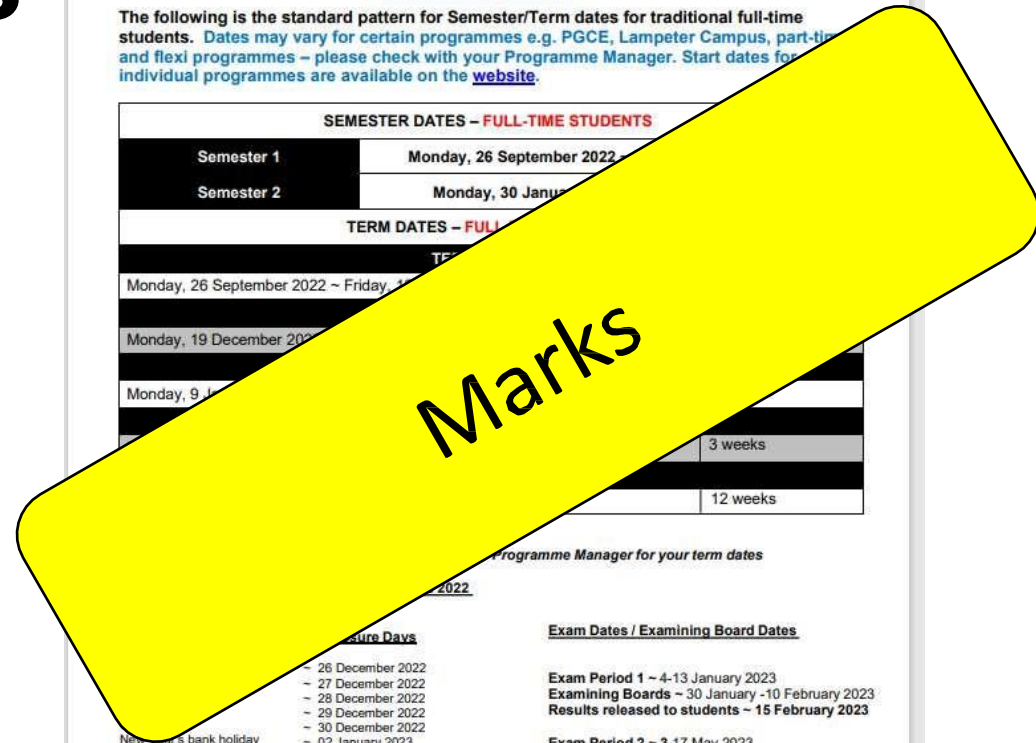
LEVEL 4 ASSESSMENT SPECIFICATION			
Student name:		Student ID number:	
Programme:	BA (Hons) International Gastronomy Management		
Module:	Introduction to Gastronomy		
Module code:	BMGM4001	Contribution to Overall Module Assessment (%):	50%
Lecturer:	Antoinette Milne	Internal Verifier:	
Assignment Title:	15 Minute Presentation: Restaurant Review	Word count (or equivalent):	1500
Submission deadline:	Slides due Monday January 12th, 2026 23:59 Presentation due Week of January 12th – 16th, 2026 Draft due Friday December 5th by 23:59	Return date of provisional marks & written feedback:	February 9 th , 2026 at 23:59
Submission method:	All written assessments, where practical and possible, must be submitted via Turnitin unless otherwise instructed by the Lecturer. (Please DO NOT put this assessment specification into Turnitin or it will match many similarities with other students' submissions.) Alternative submission method (if applicable): Late submission of the assessment will result in a late penalty mark. Penalties for late submission: Up to one-week late, maximum mark of 40%. Over one week late, 0%. Only the Extenuating Circumstances Panel may approve a change to submission dates.		
Academic honesty / referencing:	Academic honesty is required. In the main body of your submission, you must give credit to authors on whose research and ideas your work is based. Append to your submission a reference list that indicates the books, articles, etc. that you have used, including a list of the sources used to find the information.		

Assignment Submission

- Assignments must be submitted to Moodle via the correct Turnitin portal by the deadlines set.
- If you submit your assignment late you will be capped at 40%. If you submit your assignment more than 7 days late you will receive 0.

Assessment Marks

- Marks – Where do you think you find these?
- Marks are released on Moodle, but these are not finalised.



 Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

KEY DATES (traditional delivery)
ACADEMIC YEAR 2022/2023
*** WALES CAMPUSES ***

**** Please note that dates are subject to change depending upon developments relating to the Coronavirus pandemic ****

The following is the standard pattern for Semester/Term dates for traditional full-time students. Dates may vary for certain programmes e.g. PGCE, Lampeter Campus, part-time and flexi programmes – please check with your Programme Manager. Start dates for individual programmes are available on the [website](#).

SEMESTER DATES – FULL-TIME STUDENTS	
Semester 1	Monday, 26 September 2022
Semester 2	Monday, 30 January 2023

TERM DATES – FULL-TIME STUDENTS	
Term 1	Monday, 26 September 2022 ~ Friday, 2 October 2022
Term 2	Monday, 19 December 2022 ~ Friday, 13 January 2023
Term 3	Monday, 9 April 2023 ~ Friday, 5 May 2023

Programme Manager for your term dates

Closure Days

~ 26 December 2022	~ 02 January 2023
~ 27 December 2022	~ 07 April 2023
~ 28 December 2022	~ 10 April 2023
~ 29 December 2022	~ 11 April 2023
~ 30 December 2022	~ 01 May 2023
New Year's bank holiday	~ 29 May 2023
Good Friday	~ 28 August 2023
Easter Monday	
Closure Day	
May Bank Holiday	
Spring Bank Holiday	
August Bank Holiday	

GRADUATION DATES 2023

Carmarthen	~ 3 and 4 July
Coleg Sir Gâr	~ 5 July
Lampeter	~ 7 July
Swansea	~ 10, 11, 12 July

Exam Dates / Examining Board Dates

Exam Period 1 ~ 4-13 January 2023
Examining Boards ~ 30 January -10 February 2023
Results released to students ~ 15 February 2023

Exam Period 2 ~ 3-17 May 2023
Examining Boards ~ 30 May-15 June 2023
Results released to students ~ 19 June 2023

Resit Examination Week (for 2022/23 session)
Monday, 17 July ~ Friday, 21 July 2023
Examining Boards w/c 14 August 2023

THIS DOCUMENT IS ALSO AVAILABLE IN WELSH

Readings

INDICATIVE READING LIST

Module Code	BMGM4001	
Module Title	Introduction to Gastronomy	
Classification	Reading List entry	Electronic*
Essential	Cousins, J. Lilicrap, D & Weekes, S. (2019) Food and Beverage Service. 9 th Edn. Hodder Education. London.	☒
Essential	Escoffier, A. (2011) Le Guide Culinaire. Routledge. London	☒
Essential	Everett, S. (2016) Food & Drink Tourism. <i>Principles and Practice</i> . Sage. London.	☒
Essential	Larousse. (2009) Larousse Gastronomique. Octopus. London	☒

Please refer to the Module handbook for details

ACADEMIC INTEGRITY AND RESEARCHING

- Homework: Infoskills and Referencing and Academic Integrity online modules (see links in Moodle)
- Next week: Library Skills and Referencing

GERANIUM RESTAURANT





Break time

ERA Cycle (Jasper, 2013)

The ERA cycle is one of the simplest models of reflection and contains only three stages:



The ERA cycle explained:

ERA Cycle of Reflection

1

E - Experience

- ♦ What, where, and when did this happen?
- ♦ What other aspects were involved?
- ♦ Was the situation contextual?
- ♦ How did you and other involved people react?

2

R - Reflection

- ♦ What did you feel at that point in the situation?
- ♦ Could you have responded in some other way instead of how you reacted?
- ♦ Do you need to improve any of your skills to improve this situation?
- ♦ Can you draw out any learnings from this situation?
- ♦ What was the reason that things went well or bad?

3

A - Action

- ♦ What would you do if a similar situation comes up again?
- ♦ At what point will you use the learnings?
- ♦ What would be the indicators that would make you realize that you are in the same situation again?

ERA in Practice Experience

Experience (E): The initial experience of starting university was filled with both positive and challenging moments. It was a significant transition, and the diversity and academic rigour were notable aspects of the experience.

Reflection (R): Reflecting on this experience, I realised that the mix of emotions I felt was entirely normal. The excitement I felt about learning new things and meeting new people was balanced by the challenges of adapting to a more demanding academic environment and building new social connections. It's essential to acknowledge that this is just the beginning of my university journey, and it's okay to feel both excitement and anxiety.

Action (A): Moving forward, I plan to take a proactive approach to address the challenges I've encountered. I'll explore resources like academic support centres and seek guidance from lecturers/tutors when needed. I'll also make an effort to attend social events and clubs to expand my social circle and feel more integrated into the university community. Additionally, I'll remember to practice self-care and manage my time effectively to maintain a healthy balance between academic and personal life.

ERA in Practice (With Citations)

Experience (E): The initial experience of starting university was filled with both positive and challenging moments. It was a significant transition, and the diversity and academic rigour were notable aspects of the experience.

Reflection (R): Reflecting on this experience, I realised that the mix of emotions I felt was entirely normal. The excitement I felt about learning new things and meeting new people was balanced by the challenges of adapting to a more demanding academic environment and building new social connections. A study by **Evans (2020)** found that 97% of students who took a break from education find it difficult to adapt to the academic environment. It's essential to acknowledge that this is just the beginning of my university journey, and it's okay to feel both excitement and anxiety. This was supported by **Davies (2022)** who said 95% of new students experience anxiety during induction week.

Action (A): Moving forward, I plan to take a proactive approach to address the challenges I've encountered. I'll explore resources like academic support centres and seek guidance from lecturers/tutors when needed.

Williams (2023) suggests new students join clubs to integrate into the university community. As a result of this I'll also make an effort to attend social events and clubs to expand my social circle and feel more connected to the university community. Additionally, I'll remember to practice self-care and manage my time effectively to maintain a healthy balance between academic and personal life. **Jones (2021)** notes finding balance at university is vital for academic success.

What is “Gastronomy”?



[What is Gastronomy ? - The Curious Guide \(youtube.com\)](https://www.youtube.com/watch?v=...)

WHAT IS GASTRONOMY?



Modern Gastronomy: Fusion

The modern era of gastronomy has seen the convergence of culinary traditions from around the world, resulting in fusion cuisine. Chefs blend flavors, techniques, and ingredients to create exciting and unique dishes.

Example: Often described as 'the godfather of fusion cooking', New Zealander Peter Gordon has been championing international flavours in the UK since 1995, with food that holds flavour and texture, rather than tradition and provenance, as its central tenets.

Peter Gordon's Beef Pesto



Modern Gastronomy: Molecular

This culinary movement explores the science of cooking, using innovative techniques and ingredients to transform the texture and presentation of food.

One of the concoctions to emerge from Adrià's kitchen was culinary foam, which he originally observed as a by-product of inflating tomatoes with a bicycle pump and then discovered he could create through a more-refined process [by spraying out of a nitrous oxide](#) canister the mixture of a main ingredient, such as raspberries or mushrooms, and a natural gelling agent.



Adria also popularised a technique he called “spherification,” which delicately [encapsulated](#) liquids within spheres of [gelatin](#); its best-known application was “liquid olives,” which resembled solid green [olives](#) but burst in the mouth with olive juice.

Modern Gastronomy: Innovation

Chefs are pushing the limits of creativity and culinary artistry, incorporating new technologies, tools, and ingredients to surprise and delight diners. Example: Heston Blumenthal is known for his innovative approach at The Fat Duck in the UK. His "Crab Ice Cream" and "Sound of the Sea" dishes showcase his commitment to pushing the boundaries of gastronomy.



THE FAT DUCK RESTAURANT



The Interdisciplinary Nature of Gastronomy

"Interdisciplinary" means combining ideas, methods, or knowledge from different fields or subjects to work together and solve problems or explore topics

Gastronomy incorporates Culinary Arts, Food Science, Nutrition, Agriculture, History and Anthropology, Sociology, Economics, Art (Aesthetics), Wine and Beverage Studies, Environmental Science, Health and Wellness, Communication and Media and Hospitality and Tourism.

HELENE DARROZE AT THE CONNAUGHT



Why “Gastronomy” is important?

- Reflects a culture's identity, traditions, and values, preserving and celebrating its heritage.
- Drives economies, supports jobs and generates revenue in the food industry.
- Promotes healthier eating, culinary innovation, and interdisciplinary learning.
- Fosters cultural understanding, tolerance, and appreciation through the universal language of food.
- Contributes to sustainability efforts and can be a tool for diplomatic relations between nations.

Example: North and South Korea have used food diplomacy to foster goodwill and reconciliation. In 2000, during a historic summit, South Korean President Kim Daejung gifted North Korean leader Kim Jong-il with a specially made batch of kimchi, a traditional Korean dish. This exchange was seen as a symbol of reconciliation.

Next Week

- Library Skills and Referencing (**Lisa Ellis**, *Academic Liaison, Librarian, Library and Learning Resources*)
- Exploring the history of gastronomy, its origins and development.
- Key figures and events that have shaped the culinary world.
- The importance of studying the history of food and how it can provide insights into culture, trade, agriculture, and technology.
- The evolution of culinary traditions

WSET LEVEL 1 AWARD IN WINES

- Wine & Spirit Education Trust
- Overview of the qualification
- Multiple choice exam
- Certificate (NVQ aligned)



WSET INTRODUCTION TO WINE



Reference List

Everett, S. (2016) *Food & Drink Tourism*. Principles and Practice. Sage: London.

Jasper, M. (2013). *Beginning Reflective Practice*. Andover: Cengage Learning.

“What is Gastronomy?” (2023) The Curious Guide. Available at:
<https://www.youtube.com/watch?app=desktop&v=V5gXQyeRkdk> (Accessed 2024).