

COLLEGE OF HEALTH SCIENCES
Department of Family and Consumer Sciences
FACS 1441: Food Preparation and Selection
Credit Hours: 4
Semester: Fall 2017

Class Meets: TR: 9:30-10:50 am MLHB – **Room:** 301

Lab Location: Tuesday Lab: 11:00-12:50 and Thursday Lab: 11:00-12:50 am **Room:** 212

Format: Face-to-Face

Instructor Information:

Name: Valencia Browning-Keen, PhD, RD, LD and Associate Professor

Office: MLHB 225

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Office Hours: MW: 9-10 and TR: 1-3:00 pm; Additional appointments available upon request;

Course Description: Scientific principles in the preparation of selected basic food products are applied. Composition and properties of food, methods of preparation and processing to retain nutrients, standards for desirable products, simple meal service, and food economics will be explored. Practical application is made through laboratory experiences and demonstrations.

Course Objectives: This course complies with the following Academy of Nutrition and Dietetics Standard 5 Knowledge Requirements: Curriculum and Learning Activities. Upon completion of the course, the student should have acquired the ability to:

KRDN: 2.6 Demonstrate an understanding of cultural competence/sensitivity.

KRDN: 4.5 Describe safety principles related to food, personnel and consumers.

this course will also include the additional objectives below:

1. Recall and produce factual knowledge of food and food preparation techniques;
2. Acquire supportive skills in working as a team
3. Demonstrate the aesthetic qualities of food components
4. Acquire knowledge in sanitation and safety to be utilized in food preparation and handling
5. Demonstrate portion control and food service techniques
6. Demonstrate holding and storing techniques of foods and food ingredients

Required Texts:

McWilliams, M. Food Fundamentals, 10th Edition. Pearson. 2013.

McWilliams, M. Illustrated Guide to Food Preparation Lab Experiments and Evaluations 11th Edition. Pearson, 2013.

Tentative Course Evaluation: (All course evaluations will have guidelines provided to the student with sufficient time to review with the professor before the deadlines).

Task Title	Points
Chapter Study Guides Assigned	100
Course Content Exams	300
Lab Concept/Experiments/Evals	100

International Lab/ Meal Projects	100
Lab Project PP Presentation	50
Final Exam & Food Handler's Card	100
Total	750 Points

Note: Final grades are not rounded. *If you have concerns about your grade, please discuss it with me early in the semester. Do not wait until the last week of class.*

Late Work: Late work will be accepted, however 10 points will be deducted per each day the assignment is late.

Grading Scale:

90.0 – 100% = A or 750-700
 80.0 – 89.9% = B or 699-649
 70.0 – 79.9% = C or 648-598
 60.0 – 69.9% = D ****OH NO! ****
 < 60% = F Don't Make Me Write This By Your Name!!!

- The professor reserves the right to implement pop quizzes and/or other additional assignments to enhance your understanding of the concepts and overall grade;
- The professor may take up to 2 weeks to return grades.
- The professor may refer students who are failing or demonstrating poor academic performance to the SHSU First Alert Program.

Class Information

Class Attendance Policy: Regular and punctual class attendance is expected as stated in the latest Sam Houston State University catalog. A record of student's attendance will be kept. Those who miss a substantial number of classes will penalize themselves by missing material that will be discussed in class, that may not appear in the texts, and over which the class will be tested. Please review the class attendance policy at SHSU Class Attendance policy AP 800401.

Course Exams: Course exams are meant to ensure your mastery of basic concepts, vocabulary and applications of the material. Students must produce proper documentation (ex. A doctor's signed note for illness) before a make-up course assessment may be given.

Final Exam: The final exam is comprehensive to show mastery of topics learned throughout this course. Students will need to bring a Scan Tron and No. 2 Pencil to all exams.

Lab Information

A Food Handler's Card will be expected to be acquired by September 26, 2017 to continue participation in the labs. The website where you can go and read and take the exam will be provided in class. The cost is usually anywhere between \$7.00-25.00 and usually lasts for about 5 years.

Lab and or Class Activities are short enhancement activities of either calculations, methods, food science principles which enhance the lecture and the lab concepts, methods and principles discussed in class and assist with passage of exams.

Lab Participation and Attendance: It is important for students to actively attempt to participate in the weekly labs over the topics being covered in the weekly lectures. Contact lab instructor prior to absences if possible. There are no scheduled make-up labs. Labs will be exempted for students with an excused absence (doctor's note, University related absence, etc.).

Lab Attire: Students must be properly dressed in order to participate in the laboratory exercises. Students must wear: Closed-toe shoes; a hair restraint (hat or hair net); a lab coat or apron. Sleeveless shirts or exposed bare midriffs are not allowed. Please remove rings and watches when preparing and serving food items, as they can be a source of contamination when cooking.

Lab Project: Students (working in their lab groups) will plan and create a meal based on a country/culture from around the world. Each lab group will be assigned a different country/culture. Detailed information on the lab project will be provided in class/lab.

Lab Project Presentation: After completion of the lab project, students will present their project in class using PowerPoint. The presentation will be minimum 10 minutes in length and minimum 12 slides. The presentation will be a group project. If a student is not present at the presentation, they will receive a zero. A make-up assignment will be given if the student has an excused absence (instructor must be notified in advance if possible).

General Information and University Policies

Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728 Cell Phone/Electronic Devices: The use by students of electronic devices that perform the function of a telephone or text messenger during class-time may be prohibited if deemed disruptive by the instructor to the conduct of the class. Arrangements for handling potential emergency situations may be granted at the discretion of the professor. Failure to comply with the instructor's policy could result in expulsion from the classroom or with multiple offenses, failure of the course. *Cell phones may not be used for taping or photography without the consent of the professor.* Any use of a telephone or text messenger or any device that performs these functions during a test period is prohibited. Even the visible presence of such a device during the test period will result in a zero for that test. Use of these devices during a test is considered de facto evidence of cheating and could result in a charge of academic dishonesty (see student code of conduct)

Visitors in the Classroom: Only registered students may attend class. Exceptions can be made on case-by-case basis by the professor particularly if deemed appropriate for students with Disabilities. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

Course Evaluation: You will be able to complete a course evaluation which is online in class at the end of the semester. Your comments are anonymous, and are of utmost importance in assisting us to consistently improve this course. The **IDEA OBJECTIVES to be ACHIEVED include:**

- Gaining factual knowledge (terminology, classification, methods, trends);
- Learning to apply course material (to improve thinking, problem solving, &decisions);
- Acquired skills in working with others as a member of a team;

Rules of Conduct: Students are expected to comply with the university's Code of Conduct, found on the Dean of Students website at <http://www.shsu.Syllabus Guidelines/>. All students are expected to assist in maintaining an environment that is conducive to learning. Students are to treat faculty and other students with respect. Academic Grievance Procedures for students are in place if

a student believes this is necessary AP 900823.

Academic Dishonesty: All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in their academic experiences. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action(such as plagiarism) as described in the student handbook. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials. Plagiarism includes, but is not limited to, copying the work of another student, copying published work without appropriate citations, and allowing someone else to complete an assignment or work for the student. Please be aware of Procedures in cases of Academic Dishonesty AP 810213.

Religious Holy Days: Section 51.911(b) of the Texas Education Code or Student Absences on Religious Holy Days AP 861001 requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. "Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code. Students remain responsible for all work, and any missed work must be made up in a reasonable amount of time.

A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

Students with Disabilities Policy:

It is the policy of Sam Houston State University that no otherwise qualified disabled individual shall, solely by reason of his/her disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Disabled students may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Director of the Office of Services for Students with Disabilities, Lee Drain North Annex, or by calling 936.294.3512, TDD 936.294.3786. This can be found in AP 8110 NOTE: **No accommodation can be made until the student registers with the Office of Services for Students with Disabilities (SSD).**

See the link at <https://www.shsu.edu/syllabus/>

TENTATIVE FACS 1441: Food Preparation and Selection Schedule for Semester Activities

Dates	Topics	Labs	Due Dates
Aug. 24	Introduction to Course Syllabus and Healthy Cooking		

Aug. 29, 31	Chapters 1,2,19 Healthy Cooking for Nutrition and Food for Today---From Farm to Table and Preserved to Table		Take Notes
September 5,7	Chapter: 3 Food Safety and Sanitation Review of Food Handler Card Assignment and Expectation of Lab Guidelines: Syllabus Review		Take Notes
September 12,14	Chapter 4: Factors in Food Preparation, Lab Space Assignments and Chapter Activities Explained;		Activity #1
September 19, 21	What is meant by Mise en Place; Begin Lab Procedures Chapter 5: Vegetables and Carbohydrates	Lab Begins	Activity #2
September 26, 28	Chapters 6 and 7 Fruits/Salads and Carbohydrates	<u>Lab</u>	Food Handler Due
October 3, 5	Chapters: 7 and 8 Fats, Oils and Salad Dressings Exam 1 October 5, 2017	<u>Lab</u>	Take Notes
October 10, 12	Chapters 9 and 10 Food Carbohydrates: Sugars, Starches and Cereals	<u>Lab</u>	Activity #3
October 17, 19	Chapters 11 and 12 Food Proteins: Milk, Eggs and Cheese	<u>Lab</u>	Meal Pkt Due Oct. 19
October 24, 26	Chapter 13: Food Proteins: Meats, Poultry and Fish Exam 2 October 26, 2017	<u>Lab</u>	Activity #4
October 31&Nov.2	Chapters 14,15,16: Quick Breads, Leavened Breads, Batters and Doughs	<u>Lab</u>	Take Notes
November 7,9	Chapter 17: Pies, Pastries, Cookies, Cakes/Frostings Exam 3 October 9, 2017	<u>Lab</u>	Take Notes
November 14, 16	Lab Projects Completed and Labs Combined	Lab Project	Activity #5
November 21	Lab Project Completed and Labs and Thanksgiving	Labs End	
November 28, 30	Lab Project Presentations with Overview	Clean Lab	
	Chapters 18, 20 and 21 will be helpful chapters for review when planning the International Food Lab Project		
Final Exam	Thursday December 7 th 9:30-11:30 am		