

COLLEGE OF HEALTH SCIENCES
Department of Family and Consumer Sciences
FACS 1441: Food Preparation and Selection
Credit Hours: 4
Semester: Spring 2018

Class Meets: Monday, Wednesday 8:30-9:20 AM MLHB – Room 302

Labs: Monday and Wednesday 9:30-11:50 pm, Room 212

Instructor: Valencia Browning-Keen, PhD, RD, LD

Office: MLHB 225

Phone: 936-294-1245

Fax: 936-294-4204

Email: ybk001@shsu.edu

Office Hours: MW: 12-1:00 and T: 11-2:00 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.

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

KRDN: 2.1 Demonstrate effective and professional oral and written communication and documentation;

KRDN: 2.7 Demonstrates identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession;

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

This course will also include the additional objectives below:

1. Gain factual knowledge on food and food preparation
2. Acquire 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, Margaret. *Food Fundamentals*. 10th edition, Pearson, 2013.

Evaluation

| Task Title | Points |
|------------------------------------|--------|
| Course Assignments (oral/ written) | 100 |
| Course Exams | 300 |
| Lab Participation | 100 |
| Lab Project | 100 |
| Lab Project Presentation | 50 |

| | |
|--------------|-------------------|
| Final Exam | 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 not be accepted at the end of lab. Every lab assignment is to be turned in at the completion of each lab.**

Grading Scale:

| | |
|------------------|--|
| 90.0 – 100% = A | 750-700 |
| 80.0 – 89.9% = B | 699-649 |
| 70.0 – 79.9% = C | 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. If a student arrives late for class and roll has been taken, the student is considered absent for the day unless otherwise corrected during the class period. Please review: SHSU Class Attendance Policy: AP 800401 for specifics.

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 Scantron and No. 2 Pencil to all exams.

Lab Information

A Food Handler's Card or Serve Safe® certification will be expected to be acquired by February 14th to continue participation in the labs. Do not begin to complete until I find out from our director which one is required.

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/state from around the world. Each lab group will be assigned a different country/culture/state. 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 a minimum of 10 minutes in length and a 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

Cell Phone/Electronic Devices: The use by students of electronic devices that perform the function of a telephone or text messenger, tape recorder 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 instructor. 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 using 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 <http://www.shsu.edu/students/guide/StudentGuidelines2010-2012.pdf#page=29>). Specific information for use of telephones and text messengers can be reviewed at AP 100728. Social Media can be a concern for the instructor, the student and the peers of the class. Here is a good rule of thumb: be careful little hands, little eyes and little ears what you look at, respond to or listen to about SHSU, your professor or your peers. Words and images can hurt people. Be respectful

Visitors in the Classroom: Only registered students may attend class. Exceptions can be made on case-by-case basis by the instructor. 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.

University Policies

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.edu/~slo_www/. 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 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 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 review AP 810213 for Academic Dishonesty. **Academic Grievance Procedures for Students can be reviewed by AP 900823.**

Religious Holy Days: Section 51.911(b) of the Texas Education Code 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. Review AP 861001 for review of the policy linked to this issue. 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, AP 811006.. **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/>

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

Tentative: Professor reserves the right to make adjustments on occasion!! Please be flexible; Sometimes unexpected issues come up;

| Dates | Topics | Labs | Due Dates |
|--------------------|--|--------------------------|---------------------------------|
| Jan. 17, 22 | Introduction to Course: No class due to Ice Storm 17 th | | |
| Jan 24 ,29 | Does Healthy Cooking Matter and Chapter 2,3: Nutrition and Food Safety | | |
| Jan.31 Feb. 5 | Chapter 20: Menu Planning and Meal Preparation Chapter 21: Meal Service and Hospitality | | |
| Feb. 7, 12 | Chapter 4: Knife Skills and Factors in Food Preparation Laboratory Procedure Review: Mise en Place Reviewed | | |
| Feb. 14, 19 | Chapter 5: Vegetables Chapter 6: Fruit Exam 1 (2, 3, 4, 5, 6, 7) | <u>Labs Begin</u> | Food Handler Due |
| February 21, 26 | Chapter 7: Salads and Salad Dressings Chapter Soup Reviews as Whole Meals and Side Dishes | | Activity #1 |

| | | |
|--|--|---|
| Feb.28 March 5 | Chapter 8: Fats and Oils Chapter 9: Sugar and Carbohydrates | |
| March 7 | Chapters10: Starches and Cereals Chapter 11: Milk and Cheese | |
| March 19,21 | Chapter 12: Eggs Exam 2 (8,9,10,11,12) Chapter 13: Meats, Poultry, and Fish | Meal Packet Due- Mar 19 |
| <u>Spring Break – March 12-16, 2018 Have Fun in the Sun!!</u> | | |
| March 26,28 | Chapter 14: Leavening Agents Chapter 15: Basics of Batters and Doughs | Activity #2 |
| April 2,4 | Chapter 16: Breads Chapter 17: Cakes, Cookies & Pastries Exam 3 (13-17) | |
| April 9,11 | Chapter 18: Beverages Chapter 19: Preservation | |
| April 16,18 | Lab Projects Completed and Labs Combined | Lab Projects Activity #3 |
| April 23,25 | Lab Project Completed and Labs Combined | Labs End |
| April 30, May2 | Lab Project Presentations with Overview | Clean Lab |
| | | |
| Final Exam | Monday May 7, 2018 8-10:00 AM | |

****Please Note: Syllabus subject to change at Instructor's discretion—So schedule is Tentative and often helps the students and professor****