Family and Consumer Sciences Department

Course Name/Number: Culinary Arts/NFS 1240-01

CRN: 24509
Meeting Days and Time: Monday and Wednesday 1:00 pm  Aug 25, -- Dec 10,

Semester/year: Fall 2014

Credit Hours: 3 credit hours

Location: FCS 112

Instructor: Debbie Mosher

DSU Email Address: mosher@dixie.edu

Cell Phone: 435-229-1340

Office Hours: Before and after class in Rm 112

Prerequisites: None

Lab and other fees: $35.00

Course Description from Catalog:

This course is open to all students with interest in learning the fundamentals of culinary arts. May be of special interest to students who would like to pursue a career in the food industries. The food service industry offers great challenges and rewards. Intermediate skills will be taught as well as learning the production of international foods. We will study the techniques of all the basic food categories and learn how to adapt and enhance each recipe. The class is a combination of lecture, demonstration and preparing foods.

Required Textbook: Culinary Arts American Culinary Federation
Family and Consumer Sciences Department Learning Outcomes

Students taking FCS courses will:

1. Explain the major concepts of a view of life, the cell and genetic basis of life
2. Demonstrate knowledge of the process of science including asking testable questions, using inductive and deductive reasoning in forming hypotheses and in making reliable predictions
3. Define the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences, and pseudo-science.
4. Compute ratios, proportions, percentages, decimals, fractions, frequencies and elementary probabilities
5. Describe scientific ideas through oral and written assignments, critiques, questions and or discussion
6. Critique the content of scientific articles regarding nutrition-related studies
7. Explain experimental designs using scientific theory
8. Demonstrate basic knowledge and concepts in nutrition and apply the relevance of the materials to their everyday lives by giving ample analogies and examples in order to enlighten and motivate them
9. Identify essential nutrients, their functions and how they relate to the anatomy, physiology and chemistry of the human body
10. Complete dietary analysis on their eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course
11. Analyze current diet and nutritional trends and the effects these have toward good health
12. Identify the special nutritional concerns of the changing needs throughout the human life span, eating disorder, weight control, disease prevention, physical activity, food safety, and technology

Course Objectives:

Students successfully completing this course will be able to:

1. Explain the value of various cooking skills and Techniques
2. Practice skills and technique in preparing different foods.
3. Apply knowledge of culinary skills in their own personal needs.
4. Analyze the effects of ingredients in producing a product.
5. Apply skill and knowledge to further a culinary career or education

Course Assignments and Assessments: There will be a combination of lectures, quizzes and cooking labs.

There will be a collection of recipes required to be put together. The end result should be a great start to a well rounded cook book.

Instructor policy on late assignments, missed quizzes and absences:
This is a participation based class. Cooking days cannot be made up. There will be one make-up day during the semester. If you foresee missing class, you must make arrangements beforehand. There will be assignments. If you miss the due date, you must make arrangements with me. You will have one week to turn those assignments in or to make up the missing quiz. After that it will not be accepted.

**GRADING**

**Grades will be based on the following:**

<table>
<thead>
<tr>
<th>Collection of recipes</th>
<th>100 points</th>
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</thead>
<tbody>
<tr>
<td>15 quizzes</td>
<td>10 points each</td>
</tr>
<tr>
<td>3 assignments</td>
<td>30 points each</td>
</tr>
<tr>
<td>15 Cooking Labs</td>
<td>40 points</td>
</tr>
<tr>
<td>1 Written Final</td>
<td>20 points</td>
</tr>
<tr>
<td>Collections of recipes</td>
<td>10 points for each section</td>
</tr>
</tbody>
</table>

**TOTAL** 960 points (about)

The final grade will be calculated upon the following percentages:

- **A** 95-100%
- **A-** 91-94%
- **B+** 88-90%
- **B** 84-87%
- **B-** 81-83%
- **C+** 78-80%
- **C** 74-77%
- **C-** 71-73%
- **D+** 68-70%
- **D** 64-67%
- **D-** 60-63%
- **F** 59% and below

**SPECIAL NOTES:**

**THIS CLASS IS JUST LIKE ANY OTHER –**
THERE IS NO CELL PHONE USE OR TEXT MESSAGING DURING CLASS.

Course Outline:

Monday                                Wednesday

Aug 25-- class intro                Food safety- recipes

Sept 1-- no school                  flavors
Sept 8, Harmons                     chopped

Sept 22-  -appetizers               appetizers
Sept 29-  soups                     -soups
Oct 6 -- sandwiches                sandwiches
Oct 13 -- Sauces                    sauces
Oct 20-- meats                      meats
Oct 27- breads                      breads

Nov 3 -- breads                     breads
Nov 10 -- pastries                  pastries
Nov 17 -- pasta                     pasta
Nov 24 — make up day No school

Dec 1 -- plan a dinner dinner

Dec 8 -- written final Pot luck dinner

Final -- Dec 15, 1:00