INFORMATION

Course Number:  NFS 1100  
Course Name:  FOOD PREP SKILLS AND TECHNIQUES 
Credit Hours:  3 HOURS CREDIT  
Prerequisites:  NONE  
Dates  August 20 -- December 5  
Times:  Monday and Wednesday  11 -- 12:50  
Location:  FCS 112  
Text:  Food Fundamentals  
Supplement:  Recipe collection at the Bookstore

INSTRUCTOR

Name:  Debbie Mosher  
Phone:  (435) 652-7866  
Email:  mosher@dixie.edu  
Office:  FCS 131  HOURS – by appointment

STUDENT SUPPORT SERVICES
Food prep skills and techniques are open to all students with an interest in food preparation and healthful nutrition. Recommended for students with an emphasis in foods, nutrition or Family Consumer Science. Covers the principles and practices of food preparation, healthy food choices, consumer and health information and the management of meals, food time and economic resources. Includes preparation of food, lectures, food safety, and resources in the community. Students completing
this class should be able to use and apply a variety of food preparation and meal management techniques and nutrition concepts. Lab required. 2 lecture hours and 2 lab hours per week.

**FCS Department Objectives**

Students taking FCS courses will:

1. Study currently accepted theory within the discipline.
2. Expand understanding of theory using applications and exercises that personalize the depth of knowledge and understanding.
3. Complete assignments demonstrating professional practices specific to discipline.
4. Analyze course concepts against previously held schema prior to experience in the course.
5. Show, in writing, the ability to think critically.
6. Achieve passing grade on the comprehensive final exam for the course.

**COURSE OBJECTIVES**

Students successfully completing this course will be able to:

1. Participate in weekly food preparation labs and outlined assignments
2. Pass exams about different methods of food preparation
3. Complete assignments in making food choices based on skill, cost and nutrition
4. Participate in a cooking demonstration, showing a newly acquired cooking skill
5. Plan, prepare and participate in a formal diner

**COLLEGE WITHDRAWL POLICY**

If you must withdraw from this class for any reason, it is your responsibility to do this officially by completing paperwork at the registrar’s office. This must be done before the drop deadline of Sept 10, for complete withdrawal. If you fail to do this you will still receive a grade in this class regardless of whether you attend or not.
CLASS POLICIES

IMPORTANT!!!! PLEASE READ

Attendance:
**Attendance is very important to successfully completing this course. Food labs cannot be made up. Quizzes are given every Monday and unless it is an emergency, make-ups will not be given.**

Disruptive behavior in class may lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students.

You will be notified of your withdrawal in this way:
1. A verbal request to comply with behavioral expectations of the class
2. One written “warning” notifying you that you have not made the required behavioral adjustments.
3. Administrative withdrawal.

Academic Integrity

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. Don't cheat!

ASSIGNMENTS

Mondays – Quiz on previous chapter and notes. Notes for new chapter
Student cooking demonstration

Wednesdays - **Cooking lab, labs cannot be made up! It is very important to attend all labs!**

RECIPE COLLECTION

This is a collection of recipes from the class, plus others that you use and some new recipes. This can be done in a 3 ring-binder notebook. This is the start of a collection you can use for many years.

REQUIREMENTS:

1. Recipe book you purchased from the bookstore.
2. At least 20 other recipes you like. Use the ones from the food demonstrations if you want.
3. At least 5 new recipes that you find (any source) that you would like to try.
4. Recipes need to be categorized. Use the ones from the class book or make your own.
5. Neatness and organization will play a part in the scoring of 100 pts, which this is worth.

**If you keep up on this, it should not be difficult.**

**FOOD DEMONSTRATIONS**

This is your chance to be a TV food star. You will sign up for a date of your choice. You may choose any type of food to make. You will demonstrate how to make your recipe. You will need a copy of the recipe for the class or bring me the recipe and I will make copies for you. You will be welcome to use any of the ingredients that we have at the school and you will need to bring all other ingredients. Of course, the class will want a taste! I will be glad to help with any part of the demonstration.

**GRADING**

Grades will be based on the following:

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 quizzes</td>
<td>20 points each</td>
<td>280 points</td>
</tr>
<tr>
<td>14 Labs</td>
<td>40 points each</td>
<td>560 points</td>
</tr>
<tr>
<td>3 assignments</td>
<td>30 points each</td>
<td>90 points</td>
</tr>
<tr>
<td>Cooking demonstration</td>
<td>50 points</td>
<td>50 points</td>
</tr>
<tr>
<td>Final Dinner</td>
<td>75 points</td>
<td>75 points</td>
</tr>
<tr>
<td>Recipe collection</td>
<td>100 points</td>
<td>100 points</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1155 points</strong></td>
<td></td>
</tr>
</tbody>
</table>
The final grade will be calculated upon the following percentages:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>95-100%</td>
</tr>
<tr>
<td>A-</td>
<td>91-94%</td>
</tr>
<tr>
<td>B+</td>
<td>88-90%</td>
</tr>
<tr>
<td>B</td>
<td>84-87%</td>
</tr>
<tr>
<td>B-</td>
<td>81-83%</td>
</tr>
<tr>
<td>C+</td>
<td>78-80%</td>
</tr>
<tr>
<td>C</td>
<td>74-77%</td>
</tr>
<tr>
<td>C-</td>
<td>71-73%</td>
</tr>
<tr>
<td>D+</td>
<td>68-70%</td>
</tr>
<tr>
<td>D</td>
<td>64-67%</td>
</tr>
<tr>
<td>D-</td>
<td>60-63%</td>
</tr>
<tr>
<td>F</td>
<td>59% and below</td>
</tr>
</tbody>
</table>

SPECIAL NOTES:

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

1. Wash hands with soap before working with food. Dry hands on paper towels not on dish cloths.

2. Avoid touching hair and face while working with food. Never comb hair in lab.

3. Spoons, spatulas, etc. are not to be licked. Use a special spoon or fork to sample food products.

4. Clean all dishes used with hot soapy water. Rinse thoroughly and dry with clean dishcloths.

5. Food scraps should be place in the garbage containers, not in the sink.

6. Leave sinks and kitchen areas clean and free from food at the end of the lab.

7. Dishtowels and cloths are in drawers at the back of the classroom. Get fresh dishtowels and cloths for each lab.

8. Please put all equipment back into the proper places. Each cupboard is labeled with what it should contain.

9. Place your books on the tables, not the counters. Please don’t sit on countertops.

10. Check all ranges before leaving and make sure they are turned off.

11. No metal utensils in the Silverstone pans.

12. Work together as a unit. There are participation points for each lab.

13. At the end of each lab, please abide by the following (NO ONE LEAVES UNTIL EVERYTHING IS COMPLETELY CLEAN)

   a. Empty garbage can and fill with new liner.
   b. Completely clean unit.
   c. Put soiled dishcloths and towels in the washing machine.
   d. Make sure ranges are turned off.
   e. Put all equipment in correct places.
Class Schedule

Monday                                Wednesday
Aug 20,  --  class intro              Lab#1
Aug 27,  --  measurements             Lab #2
Sept 3,  --  Labor Day                Lab#3
Sept 10, --  Food Safety               Lab #4
Sept 17, --  Nutrition                 Lab #5
Sept 24, --  fruits and veggies       Lab #6
Oct 1,    --  starches, milk           Lab #7
Oct 8,    --  meats                     Lab #8
Oct 15,   --  soups, salad             Lab #9
Oct 22,   --  Halloween cakes          Lab #10
Oct 29,   --  fat vs no fat            Lab #11
Nov 5,    --  bread                     Lab #12
Nov 12,   --  pies                       Lab #13
Nov 19,   --  make up day              Thanksgiving
Nov 26,   --  written final            Lab #14
Dec 3,    --  prepare for final dinner  Final dinner  --  recipe collections due

Wednesday Dec 12,  --  10:00 AM  --  clean kitchen and pick-up recipe collection