Family and Consumer Sciences Department

Course Name/Number: Food Prep Skills and Techniques/ NFS 1100-01

CRN: 44477

Meeting Days and Time: Monday and Wednesday 11:00 am  Aug 24 – Dec 9

Semester/year: Fall 2015

Credit Hours: 3 credit hours

Location: PAB 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 food preparation and healthful nutrition. Recommended for students with an emphasis in foods, nutrition or Family and 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.

Required Textbook: Food Fundamentals and the recipe collection at the Book store
Family and Consumer Science Department 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. 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 dinner.

13. Explain the major concepts of a view of life, the cell and genetic basis of life
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15. Define the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences, and pseudo-science.
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9. Participate in a cooking demonstration, showing a newly acquired cooking skill
10. Plan, prepare and participate in a formal dinner.

Course Assignments and Assessments: There will be a lecture every Monday. A quiz will be given on this material the following Monday. Every Wednesday will be a cooking lab. There will be a collection of recipes required.

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 see missing class, you must make arrangements beforehand. There will be additional 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.

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.
Requirements:
1. Recipe book you purchase from the bookstore
2. At least 20 other recipes that you like (marked by a star)
3. At least 10 new recipes that you would like to try (marked by a star)
4. Recipes need to be categorized.
5. Neatness and organization will play a part in the scoring of 100 pts.

Food Demonstrations:
This is your chance to be a TV food star. You will sign up for a date. You may choose any type of food to make. You will provide a recipe for each person in the class and me. There should be enough that each person will get a taste.

Grading: Grades will be based on the following

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>14 quizzes</td>
<td>20 pts each</td>
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<tr>
<td>14 labs</td>
<td>40 pts each</td>
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<tr>
<td>3 assignments</td>
<td>30 pts each</td>
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<tr>
<td>Cooking demo</td>
<td>50 pts</td>
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<tr>
<td>Final Dinner</td>
<td>75 pts</td>
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<tr>
<td>Recipe collection</td>
<td>100 pts</td>
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<tr>
<td><strong>Total</strong></td>
<td></td>
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</tbody>
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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.**

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 placed 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.

**Course Outline:**

**Class Schedule**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Aug 24, -- class intro</td>
<td>Lab#1</td>
</tr>
<tr>
<td>Aug 31, -- measurements</td>
<td>Lab #2</td>
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<tr>
<td>Sept 7, -- no school</td>
<td>Lab#3</td>
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<tr>
<td>Sept 14, -- Food Safety</td>
<td>Lab #4</td>
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<tr>
<td>Sept 21, -- Nutrition</td>
<td>Lab #5</td>
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<tr>
<td>Sept 28, -- fruits &amp; veggies</td>
<td>Lab #6</td>
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<td>Oct 5, -- starches</td>
<td>Lab #7</td>
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<td>Oct 12, -- meats</td>
<td>Lab #8</td>
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<td>Oct 19, -- breads</td>
<td>Lab #9</td>
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<td>Oct 26, -- cakes</td>
<td>Lab # 10</td>
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<td>Nov 2, -- fat vs no fat</td>
<td>Lab #11</td>
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<td>Nov 9, -- soup &amp; salad</td>
<td>Lab #12</td>
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<td>Nov 16, -- pies</td>
<td>Lab #13</td>
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<td>Nov 23,-- make up day</td>
<td>Thanksgiving</td>
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<td>Nov 30, -- plan final dinner</td>
<td>Lab #14</td>
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<tr>
<td>Dec 7, -- final dinner prep &amp; Written final</td>
<td>final dinner</td>
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Recipe collections due Dec 9th

Final Time  Wed Dec 16 at 11 am