Family and Consumer Sciences Department

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

CRN: 45184

Meeting Days and Time: Monday and Wednesday at 1:00 Aug 24 – Dec 9,

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 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 techniques 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 for see 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. After that, it will not be accepted.

**Grading**

Grades will be based on the following:

- 15 quizzes about 20 pts each 150 points
- 3 assignments 30 points each 90 points
- 15 cooking labs 40 points each 600 points
- 1 written final 20 points 20 points
- Collection of recipes 10 points per section 100 points

Total about 960 points

The final grade will be calculated on 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
Course Outline:

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Wednesdays</th>
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<tbody>
<tr>
<td>Aug 24 -- class intro</td>
<td>food safety - recipes</td>
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<tr>
<td>Aug 31 -- flavors</td>
<td>Harmons</td>
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<td>Sept 7 -- No school</td>
<td>chopped</td>
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<td>Sept 14 -- appetizers</td>
<td>appetizers</td>
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<td>Sept 21 -- soups</td>
<td>soups</td>
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<td>Sept 28 -- sandwiches</td>
<td>sandwiches</td>
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<td>Oct 5 -- sauces</td>
<td>sauces</td>
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<td>Oct 12 -- meats</td>
<td>meats</td>
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<td>Oct 19 -- breads</td>
<td>Breads</td>
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<tr>
<td>Oct 26 -- cakes</td>
<td>cakes</td>
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<td>Nov 2 -- breads</td>
<td>breads</td>
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<td>Nov 9 -- pastries</td>
<td>pastries</td>
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<td>Nov 16 -- cakes</td>
<td>cakes</td>
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<td>Nov 23 -- make up day (plan dinner)</td>
<td>Thanksgiving</td>
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<td>Nov 30 -- prepare dinner</td>
<td>dinner</td>
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<tr>
<td>Nov 7 -- written final (ck recipe books)</td>
<td>potluck (bring your fav dish &amp; recipe</td>
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Final Time Mon Dec 14 at 1:00