Family and Consumer Sciences Department

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

CRN: 27270

Meeting Days and Time: Monday and Wednesday at 1:00 Jan 12 -- Apr 29

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 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 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. After that, it will not be accepted.

Grading

Grades will be based on the following:

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>15 quizzes</td>
<td>about 20 pts each</td>
</tr>
<tr>
<td>3 assignments</td>
<td>30 points each</td>
</tr>
<tr>
<td>15 cooking labs</td>
<td>40 points each</td>
</tr>
<tr>
<td>1 written final</td>
<td>20 points</td>
</tr>
<tr>
<td>Collection of recipes</td>
<td>10 points per section</td>
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</tbody>
</table>

Total about 960 points
The final grade will be calculated on the following percentages:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</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>
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<tr>
<td>C-</td>
<td>71-73%</td>
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<tr>
<td>D+</td>
<td>68-70%</td>
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<tr>
<td>D</td>
<td>64-67%</td>
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<tr>
<td>D-</td>
<td>60-63%</td>
</tr>
<tr>
<td>F</td>
<td>59% and below</td>
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Course Outline:

Monday       Wednesday
Jan 12 -- class intro  food safety - recipes
Jan 19 -- No school  flavors
Jan 26 -- Harmons  chopped
Feb 2 -- appetizers  appetizers
Feb 9 -- soups  soups
Feb 16 -- No school  sauces
Feb 23 -- sandwiches  sandwiches
Mar 2 -- meats  meats
Mar 9 -- No School
Mar 16 -- breads  breads
Mar 23 -- breads  breads
Mar 30 -- pastries  pastries
Apr 6 -- cakes  cakes
Apr 13 -- make up day  pasta (plan dinner)
Apr 20 -- prepare dinner  dinner
Apr 27 -- written final  potluck (bring your fav dish & recipe

Final Time Friday May 1, at 12:00 noon