

## COLLEGE OF HUMANITIES AND SOCIAL SCIENCES

### FCS 141: FOOD PREPARATION AND SELECTION

**CREDIT HOURS: 4**

**SEMESTER: FALL, 2007**

**CLASS MEETS:** MWF 10:00–10:50 am, Lab Tuesday or Thursday 9:00–10:50 am  
Room 301 and 212 Academic Building II

**INSTRUCTOR:** Stephanie Noman, MS, CFCS  
Office: Academic Building II, Room 203  
Phone: 936-294-1986  
Fax: 936-294-4204  
Email: stdslj14@shsu.edu  
Office hours: MW: 9:30am -10am, 11am -12 pm and by appointment

**TEXT:** McWilliams, Margaret, Food Fundamentals. 8<sup>th</sup> Ed.  
Upper Saddle River, N.J., Pearson Prentice-Hall, Inc., 2006.

#### **COURSE DESCRIPTION:**

This course is intended to provide scientific principles in the preparation of food of selected basic food products. Consideration will be given to the composition and properties of food, methods of preparation and processing to retain nutrients, standards for desirable products, simple meal service and food economics. The basic principles will be applied weekly in a laboratory setting.

#### **COURSE OBJECTIVES:**

After completion of the course, the student should have acquired the ability to:

1. Gain factual knowledge on food and food preparation
2. Acquire skills in working as a team
3. Learn fundamental principles, generalizations and or theories
4. Demonstrate the aesthetic qualities of food components
5. Prepare nutritious meals to fulfill nutritional needs
6. Relate sanitation and safety in food preparation and handling
7. Discuss etiquette and types of meal service
8. Apply management skills in meeting daily food needs
9. Prepare and plan nutritious meals to meet various budgetary needs
10. Demonstrate portion control and food/beverage service techniques
11. Demonstrate holding and storing techniques of foods and food ingredients
12. Demonstrate techniques to serve customers

**Student Syllabus Guidelines:** You may find online a more detailed description of the following policies. These guidelines will also provide you with a link to the specific university policy or procedure: <http://www.shsu.edu/syllabus/>

**Academic Dishonesty:** Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. *See Student Syllabus Guidelines.*

**Classroom Rules of Conduct:** Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat faculty and students with respect. Students are to turn off all cell phones and other electronic devices while in the classroom. Under no circumstances are cell phones or any electronic devices to be used or seen during times of examination. Students may tape record lectures provided they do not disturb other students in the process.

**Student Absences on Religious Holy Days:** Students are allowed to miss class and other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Students remain responsible for all work. *See Student Syllabus Guidelines.*

**Students with Disabilities Policy:** It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should visit with the Office of Services for Students with Disabilities located in the Counseling Center. *See Student Syllabus Guidelines.*

**Visitors in the Classroom:** Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

### **COURSE FORMAT:**

The class will consist of readings, lectures, demonstrations, written reports, labs, field experiences, and student inquiry. Audio-visual aids will be used to reinforce the concepts of the course. Appropriate resource persons may appear throughout the semester.

### **COURSE EVALUATION:**

Four written classroom examinations	400 points
One written assignment	100 points
Participation/Professional Conduct	100 points
Laboratory experiences	will count ¼ of your overall grade

Note: The instructor reserves the right to implement quizzes and other additional assignments as needed. The total point value will be adjusted accordingly.

Grading Scale: 100-90 = A; 89-80 = B; 79-70 = C; 69-60 = D; 59-below = F

### **LABORATORY:**

Each laboratory experience will be preceded by class lecture and discussion. Each student will be evaluated following completion of a lab. The lab schedule and grading system will be provided.

## **COURSE REQUIREMENTS**

1. Attendance in this class is expected as is stated in the latest Sam Houston State University catalog. Three (3) absences are permitted without penalty. **Four or more** absences will result in a reduction of **3 points deducted for each absence from the final semester grade**. If a student arrives late for class and roll has been taken, the student is considered absent for the day unless otherwise corrected during the class period. Lab attendance is considered separate from lecture attendance. Failure to attend lab will result in a loss of participation points and students will not be allowed to make up the lab.
2. Attend all labs. Each lab carries 10 points for attendance and 50 points for the lab assignment.
3. You will not be permitted in the lab without proper dress.

## **WRITTEN ASSIGNMENT**

Each student will write a short paper of at least 4 pages in length using professional style of references. The paper will be based on 3 articles or books related to the course contents. It must be written in third person and in your own words and submitted both in hardcopy.

The paper should include the following:

Outline

Introduction

Body

Summary

Implications for the areas of food and nutrition

Personal Experience

References

**ALL WORK MUST BE TYPED AND STAPLED. FAILURE TO DO SO WILL RESULT IN THE LOWERING OF ONE LETTER GRADE.**

### *Suggested Topics for the Paper:*

Use of additives in foods

Types and uses of artificial sweeteners

Use of fats as seasonings

Eating nutritiously but economically

Food labeling

Food enrichment

Meats and poultry grading

Agencies that regulate marketing of food products

Importance of etiquette

Recommended dietary allowances (RDA)

Home food preservation

Various methods of food preservation

High fiber diets and their relation to human health

High protein intake and its implication on human health

Importance of breakfast  
Food and beverage control  
Hospitality and food service

#### SOME USEFUL SCIENTIFIC JOURNALS:

Journal of The American Dietetic Association  
Journal of Food Science  
Journal of Food Technology  
Journal of Food Protection  
Perspectives in Applied Nutrition  
Nutrition Update  
Currents, the Journal of Food, Nutrition and Health  
Food Reviews International  
Food Management  
Food and Nutrition Bulletin  
Food and Nutrition News  
FSIS Facts - Food Safety and Inspection Service  
International News on Fats, Oils, and Related Materials  
Journal of Food Processing and Preservation

#### LABORATORY PROCEDURES:

##### **Personal Appearance:**

1. An apron will be required for sanitation purpose in the foods laboratory as well as protection of regular clothing.
2. Hair should be well combed, restricted with hairnet or hat, and held back from the face before coming into the laboratory.
3. Clean hands and fingernails are essential. Hands should be washed with soap after using a disposable tissue or after touching hair or face.

##### **Personal Conduct:**

1. Each student is expected to conduct himself/herself in a professional manner.
2. Each student is expected to be responsible for washing his/her own equipment and assist in general housekeeping of the laboratory.

##### **Work Habits:**

1. Keep conversation to a minimum. It is difficult to concentrate on the assignment when surrounded by chatter.
2. Spoons and/or rubber spatulas used for blending or stirring food ingredients are not to be licked. Use tasting tools (spoons or forks) only for tasting. Any spoon or fork placed in the mouth must be washed before being used for further food sampling.

**Dishwashing:**

1. Rinse soiled utensils immediately after use. Wipe out greasy pans with paper towel before rinsing and/or washing.
2. Soak pans used for protein or starchy foods in cold water to soak.
3. If food scorches or burns in a cooking pan, remove pan immediately from heat. Transfer food quickly into another container and allow the burned utensil to cool. Add hot water and place it over low heat 10-15 minutes; then wash.
4. Use hot water suds for washing (order: glass, silver, dishes, cooking utensils); rinse with hot water; drain, wipe with a clean towel and replace in **CORRECT STORAGE POSITION**.
5. Wet dish towels should be collected at the end of lab and placed either in or on top of the washing machine in the utility closet in the lab.

**Safety:**

1. Spilled materials should be cleaned up as soon as possible. Do not pick up broken glass with hands. Keep drawers and cupboard doors closed.
2. Locate the fire extinguisher and know how to use it.
3. Use dry potholders to lift hot containers. Damp or wet dishtowels or potholders can cause steam burns.
4. Handle sharp knives carefully. Cut down towards a cutting board or away from yourself.
5. First aid supplies will be located in a central location and check with your instructor if any care needed.