

COLLEGE OF HUMANITIES AND SOCIAL SCIENCES

FCS 141: FOOD PREPARATION AND SELECTION

CREDIT HOURS: 4

SEMESTER: SPRING, 2008

CLASS MEETS: MWF 9:00–9:50 am, Lab Tuesday or Friday 11:00–12:50 pm
Room 301 and 212 Academic Building II

INSTRUCTOR: Claudia Sealey-Potts, PhD, R.D, LD.
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appointment

TEXT: McWilliams, Margaret, Food Fundamentals. 8th Ed.
Upper Saddle River, N.J., Pearson Prentice-Hall, Inc., 2006.
McWilliams, Margaret, Illustrated guide to food preparation., 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

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 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	45% of overall
Participation/Attendance	100 points	10% of overall
Laboratory experiences	500 points }	25% of overall
Final lab Project (group assignment)	150 points }	
Comprehensive final exam	200 points	20% of overall

Note: The instructor reserves the right to implement pop tests and other additional assignments. 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 by following completion of a lab. The labs schedule will be provided.

COURSE REQUIREMENTS/ATTENDANCE POLICY:

1. Regular and punctual class attendance is expected as stated in the latest Sam Houston State University catalog. A record of student's attendance will be kept. Three (3) absences are permitted without penalty before a subjective factor will be applied to the final grade. Those who miss a substantial number of classes will penalize themselves by missing material that will be discussed in class, that may not appear in the texts, and over which the class will be tested. 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.
- 2. If a student misses six classes (equivalent of 2 weeks of school), the maximum grade they can receive is "C". If a student misses nine classes (equivalent of 3 weeks of school), the student should drop the class, maximum grade they can receive is "D". If a student misses more than nine classes, they will receive an "F" for the course.**
3. Students must attend **all** labs. Each lab carries 50 points for attendance and assignment write-up. Final labs will count for 150 points; this is a group grade.
4. Attend all labs. Each lab carries 20 points.
5. You will not be permitted in the lab without proper dress.

LABORATORY PROCEDURES:

This information is in addition to the materials covered in your lab text: Chapter 1

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.
3. 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 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.

FCS 141: FOOD PREPARATION AND SELECTION – TENTATIVE CALENDAR

<i>Dates</i>	<i>Topics</i>	<i>Readings</i>
Week 1	Course Introduction Our Daily Bread	Chapter 1
Week 2	Our Daily Bread cont'd & Food Safety	Chapter 2
	<i>Practicum: Laboratory Basics</i>	<i>Chapter 1 (lab 1)</i>
Week 3	Factors in Food Preparation	Chapter 3 & 4
	<i>Practicum: Vegetables</i>	<i>Chapter 2 (lab 2)</i>
Week 4	Vegetables and Fruits	Chapter 4 and 5
	<i>Practicum: Fruits</i>	<i>Chapter 3 (lab 3)</i>
	<i>Exam 1 (multiple choice, true/false, matching)</i>	<i>Chapters 1-5 and lab readings</i>
Week 5	Salads and Salad Dressings; Fats and Oils	Chapter 6 & 7
	<i>Practicum: Salad and Salad dressings</i>	<i>Chapter 4 (lab 4)</i>
Week 6	Carbohydrates (sugars, Starches and Cereals) <i>Practicum: Starch and Cereal Cookery</i>	Chapter 8 & 9 <i>Chapter 5 (lab 5)</i>
Week 7	Proteins: Milk, and Cheese ; Meats	Chapter 10 & 11
	<i>Practicum: Milk and Cheese</i>	<i>Chapter 6 (lab 6)</i>
	<i>Exam 2(multiple choice, true/false, matching)</i>	<i>Chapters 6-11 and lab readings</i>
Week 8	SPRING BREAK	
Week 9	Proteins: Poultry, Fish, and Eggs	Chapter 11 & 12
	<i>Practicum: Meats, fish, poultry</i>	<i>Chapter 7 (lab 7)</i>
Week 10	Leavening agents, Batters and dough	Chapter 13 & 14
	<i>Practicum: Eggs and batters(bread)</i>	<i>Chapter 8 & 9 (lab 8)</i>
Week 11	Bread, cakes, cookies, and pastries	Chapter 15 & 16 (lab 7)
	<i>Practicum: Cakes and Cookies</i>	<i>Chapter 10 (lab 9)</i>
Week 12	Beverages	Chapter 17
	<i>Practicum: Sugar Cookery</i>	<i>Chapter 12 (lab 10)</i>
Week 13	Preserving Food,	Chapter 18
	<i>Exam 3(multiple choice, true/false, matching)</i>	<i>Chapters 12-16 and lab readings</i>
Week 14	Nutrition and Food	Chapter 19
Week 15	Menu Planning and Meal preparation	Chapter 20
	Meal planning lab (group assignment)	<i>Final lab (Group Project)</i>
	<i>Exam 4(multiple choice, true/false, matching)</i>	<i>Chapters 17-20 and lab readings</i>
Week 16	Meal Service and Hospitality	Chapter 21
	Written Assignment due	<i>Lab Clean Up</i>
	<i>Lab Clean Up</i>	

Comprehensive Final exams will be within the week of May 10 – 15. Date to be announced.