

FN 106 INTRODUCTORY FOODS

Spring 2011

Course Description: Introduction to basic physical and chemical properties of foods; interaction and reaction of food in food preparation procedures; evaluation of prepared products. Two hours of lecture, three hours of laboratory per week. (3 credits)

Class Schedule:	Lecture	12:00 – 12:50 pm	Monday and Wednesday	CPS 210
	Lab (sect.1)	9:00 – 11:50 am	Tuesday (1 st lab 2/1)	CPS 211
	Lab (sect.2)	1:00 – 3:50 pm	Tuesday (1 st lab 2/1)	CPS 211
	Lab (sect 3)	1:00 – 3:50 pm	Thursday (1 st lab 2/3)	CPS 211

Instructor: Deborah Tang, MS, RD, CD 240B CPS 346-2749 dtang@uwsp.edu

Office Hours: Please arrange a meeting time in person or via email.

Required Text Rental:

Brown, Amy. *Understanding Food - Principles & Preparation*. 3rd Ed. Thomson Wadsworth, 2008.

Required Purchases:

Better Homes and Gardens New Cookbook, (Spiral Bound). 14th Ed. Available at the UWSP bookstore
Lab apron and chef beret purchased in class or from HPHD office prior to the first lab, total cost of \$32.

Student Objectives:

1. To integrate basic information needed for food selection and preparation.
2. To apply and demonstrate basic principles of food preparation for both quality and nutrient retention.
3. To evaluate food products based on established standards.
4. To apply acceptable food safety and sanitation procedures for handling food products.
5. To apply basic principles for modification of recipes for health, economic or cultural factors.
6. To identify culinary terms and techniques.

Commission on Accreditation of Dietetic Education (CADE): Foundation Knowledge and Skills for Dietetic Education Programs

Graduates will have the knowledge of:

Food technology: lecture and lab
Culinary techniques: lab
Food safety and sanitation: lab
Promotion of pleasurable eating: lecture and lab
Applied sensory evaluation of food: lab
Food and non-food procurement: lecture
Role of food in promotion of a healthy lifestyle: lecture
Food and nutrition laws/regulations/policies: lecture

Graduates will have demonstrated knowledge of:

Work effectively as a team member: classroom and lab
Apply microbiological and chemical considerations to process controls: lab
Apply food science knowledge to functions of ingredients in food: lab, lab reports and exams
Demonstrate basic food preparation and presentation skills: lab

Class Evaluation:

4 exams - 250 points

Recipe Makeover - 50 points

Lab – 15 points per lab, divided equally amongst the following components:

Food Principles (group lab report)

Food Evaluation

Lab performance (Preparedness, economy, teamwork, professionalism, personal hygiene, and sanitation)

Extra credit (approximately 15 points in total): in-class quizzes (unannounced)

Total: 465 points

Grading Scale:

Grade	Percentage	Grade	Percentage
A	93-100%	C+	77-79.9%
A-	90-92.9%	C	73-76.9%
B+	87-89.9%	C-	70-72.9%
B	83-86.9%	D+	67-69.9%
B-	80-82.9%	D	60-66.9%
		F	< 60%

Attendance Policy:

Students should plan to attend all classes and are responsible for all information presented in class. Notify the instructor in person, by phone or email if an absence is anticipated. Class begins promptly at the scheduled times. As a courtesy to others, arrive on time so as not to disrupt the class. Valuable class information including changes in syllabus schedule and course content are announced in the first 5 minutes of the class. As a courtesy to you, I will end promptly at the scheduled time. Wait until I indicate that class is done before packing up books, backpacks, etc.

Academic Integrity:

Please refer to the statements on Academic Standards as outlined by the Office of Student Rights and Responsibilities. You can read the full text of Chapter 14 on “Student Academic Standards & Disciplinary Procedures” at <http://www.uwsp.edu/admin/stuaffairs/rightsandresponsibilities.aspx>

Electronic Devices:

The use of cell phones will not be permitted during lectures and labs. With permission from the instructor, calls may be taken outside the classroom or lab in cases of emergency. All other electronic devices are not permitted during lectures, labs, or exams unless prior approval has been granted by the instructor.

Desire2Learn (D2L):

This class uses Desire2Learn (D2L), UWSP's Online Learning Management System. Your course Syllabus, lecture slides, lab outlines, and grades will always be found here. You can log into D2L at, <http://uwsp.courses.wisconsin.edu/>, with your UWSP logon. D2L can also be found on your MyPoint portal on the Academics tab. After you have logged into D2L, look below "My Stevens Point Courses" in the middle of the screen. Click the plus sign in front of the current semester to access the link to our class.

Exams:

Students are expected to inform the instructor **prior to an exam** if there is a legitimate conflict so that alternate arrangements can be made. Without prior notification with an acceptable reason, the exam cannot be made up.

Extra Credit Opportunities

Throughout the semester, students will be presented with the opportunity to earn extra credit points during in-class quizzes. These quizzes will be unannounced and offered at the discretion of the instructor.

Lab

Procedure:

1. Recipes will be assigned prior to lab. This will give you time to review the experiments, ask any questions, and plan. You will also be able to determine the principles being tested during that lab day, prior to lab
2. Finalize mise en place*
3. Prepare the cooking assignment.
4. Complete sensory evaluations.
5. Clean and sanitize.
6. Discuss lab principles with lab group.
Note: leftovers may not be taken from the lab without permission. Please bring your own containers or bags for carrying leftovers.

Grading:

1. **No opportunity exists for making up missed labs (lab evaluation and performance points cannot be made up). Please inform the instructor as soon as possible by phone or email if you anticipate an absence from a lab so that changes to the lab or group assignments can be made to facilitate a smoother transition for the rest of the lab group.** Please note that the opportunity to earn extra credit points by completing in-class quizzes will help to offset a missed lab in the case of unforeseen circumstance.
2. Each lab unit will be assessed on preparedness, economy, teamwork, professionalism, personal hygiene, and sanitation. Please refer to the outline below and review each section carefully.
3. As a lab group, you will be responsible for preparing **one lab report**. Lab reports will be due at the beginning of lab on the following week. Late lab reports will have points deducted.
4. Individual product evaluations will also be submitted along with the group lab report one week following each lab. The criteria used in grading product evaluations are based on **proper use of terminology and correct spelling** (i.e., points deducted for use of slangs, incorrect short-forms, and misspelled words). Please refer to the sensory evaluation of products postings on D2L prior to each lab for the terms commonly used to describe the various food categories.
5. If you've missed a lab, you will be expected to **submit an individual lab report. This must be submitted at the beginning of lab on the following week or it will not be accepted.**
6. Please note that lab principles will always be included on the exams.
7. If the lab cleaning is missed on the last lab, there will be a **25 point deduction**.

Lab Performance Expectations

1. Preparedness

*Mise en place is the primary organizational principle in all cooking. It means “everything in its place”. It is as much a mental organization as a physical one. Arrange to have as few distractions as possible. Minimize conversation or you may make a mistake or miss an ingredient. Successful cooking requires focus. Mise en place happens **before** you prepare the recipe. It is a way of organizing so that you are prepared to complete the recipe.

Key steps to mise en place:

- **Prior to lab** read the recipe from start to finish and visualize how you will accomplish each step. This will help with visualizing the distribution of work in your team and the timing of the experiments. Determine the principles which underlie the food preparation. Bring your cookbook to lab unless indicated otherwise by the instructor.
- In lab, distribute work within your lab group.
- Assemble all your tools.
- Assemble all your ingredients.
- Wash, trim, cut, prepare and measure your raw materials.
- Prepare your equipment (preheat oven, line baking sheets, etc.)
- Proceed with recipe.

2. Quality and Economy

- We will use the freshest, highest quality ingredients with conscious effort.
- UWSP Dietetics program supports the use of local, sustainable foods in their curriculum. You will be expected to become familiar with local seasonal foods as they are introduced throughout the semester.
- You will be required to optimize ingredients. This means being familiar with the ingredient, the correct preparation and method of cooking as well as proper storage. For example, peeling a vegetable requires proper washing, careful trimming of non-edible parts, and peeling with a vegetable peeler (not a paring knife).
- Shared ingredients must be measured at the ingredient cart/table and brought to your unit.
- The use of a chef’s knife is important for both safety and economy. It is strongly recommended that you have a good quality chef’s knife at home and practice proper technique. Dietetic students will be required to own and bring a chef’s knife to the FN 246 Advanced Foods class.
- Usable vegetable and meat scraps will be saved for stock. **Unusable plant scraps and egg shells will be composted in a bucket in lab.** No animal product, except egg shells, can be composted.
- As a gesture of goodwill and pride, we will invite others into the lab to sample any leftovers. Faculty and students in the building will be invited. This will alert other people to the quality of your work and introduce them to food science.

3. Professionalism:

- Positive attitude: A cook with a positive attitude works quickly, efficiently, neatly and safely.
- Ability to work with people: Food service work is teamwork. Teamwork is recognizing your strengths and weaknesses and helping others recognize and develop their talents.
- Eagerness to learn: Successful cooking requires skill, experience, inquiry and an adventurous spirit.
- Dedication to quality: Gourmet food is food well-prepared. This requires the knowledge and *desire* to produce quality food.
- Understand the basics: In order to be innovative, you have to know where to start from. Develop a solid grounding of vocabulary, techniques, methods and ingredients.
- Communication: To develop teamwork and leadership skills, you must practice attentive listening and thoughtful conversation. Being able to ask questions and clarify misunderstandings with the instructor and peers helps create a positive learning environment.

4. Personal hygiene:

- You must have the FN apron. These can be purchased from the HPHD office. All clothing must be clean. Hair must be pulled back and covered with chef beret. If you forget to bring your beret, a bouffant cap is available for purchase for 25 cents.
- Do not work with food if you have any communicable disease or infection.
- You must wear closed toe shoes with socks. Sandals, heels or flip flops are not permitted.
- No dangling jewelry, minimal jewelry (ring and watch) are allowed.
- Wash hands and exposed parts of arms before work and as often as necessary during work.
- Cover coughs and sneezes and then wash hands.
- Keep your hands away from your face, eyes, hair and arms.
- Keep fingernails clean and short. Acrylic or fake nails and nail polish are not permitted in lab. Students will be given a warning on the first occurrence; subsequent occurrence(s) will result in dismissal from lab. There are no opportunities to make up for missed lab points.
- Do not chew gum while in the lab.
- Cover cuts or sores with clean bandages and use work gloves. Report all cuts or burns to instructor.
- Do not sit on worktables.
- Keep all coats, books, bags, and backpacks in the lockers located on the second floor, as well as apron/beret when not in use. Please bring your own lock.
- Students who are not properly attired or who do not follow personal hygiene will not be allowed to participate in the lab that day.

5. Sanitation

- All equipment must be sanitized and stored properly at the end of the lab.
- Wipe up floor spills quickly using paper towels, not the kitchen towels.
- All work surfaces must be cleaned with soapy water and sanitized with bleach solution using the following procedure: wash with a detergent solution, sanitize with the sanitizing solution and a clean cloth used only for this purpose, air dry.
- Dispose of all garbage and waste properly. All recycling must be cleaned with labels removed and put in the appropriate stairwell bins in the hallway before leaving the lab.
- Please note that cooktops (gas, electric, and induction) should not be used as a counter top. Equipment and personal belongings should never be placed on the cooktops. The cooktops should only be used for cooking.
- Your lab station must be checked by the instructor before leaving the lab.

FN 106 TENTATIVE SCHEDULE – Spring 2011

Week	Dates	Topic	Reading
1	Jan 24, 26	Introduction, food selection, cultural & religious preferences Culinary terms, types of moist and dry heat preparation No labs this week	Ch. 1 (pp. 1-11), Ch. 4 (pp. 78-83) Cookbook pp. 7-15, 23
2	Jan 31, Feb 2	Sensory evaluation, food safety, measuring Weights & measures, sensory evaluation – Lab 1	Ch. 1 (pp. 14-18), Ch. 3 (pp. 53-54, 63-72) Ch. 4 (pp. 87-90) Cookbook pp. 16-23
3	Feb 7, 9	Fruits – Lab 2 Introduce recipe makeover assignment	Ch. 13
4	Feb 14, 16	Vegetables, Knife skills – Lab 3 Exam 1 on Feb 16 (Weeks 1-3)	Ch. 12 Ch. 4 (pp. 85-87)
5	Feb 21, 23	Starch, Pasta – Lab 4	Ch. 15, 17
6	Feb 28, Mar 2	Salads, Dressings – Lab 5	Ch. 14 (pp. 302 – 312), p. 430
7	Mar 7, 9	Eggs; Egg substitutes – Lab 6	Ch. 11
8	Mar 14, 16	Poultry, Seafood – Lab 7 Exam 2 on Mar 16 (Weeks 4-6)	Ch. 7, 8
Spring Break Week of March 21 – 25			
9	Mar 28, 30	Poultry, Seafood Stocks, Sauces, Soups – Lab 8	p. 297-302
10	Apr 4, 6	Stocks, Sauces, Soups No labs this week – WDA conference Recipe Makeover due on April 4	Ch. 6
11	Apr 11, 13	Meat – Lab 9 Exam 3 on Apr 13 (Weeks 7-10)	Ch. 9, 10
12	Apr 18, 20	Milk, Cheese – Lab 10	Ch. 19, 22 (pp. 444-455)
13	Apr 25, 27	Yeast Breads, Cakes – Lab 11	Ch. 18, 23, 26
14	May 2, 4	Quick Breads, Pastry, Beverages- Lab 12	
15	May 9, 11	Complete Lectures, review Lab cleaning	
Final Exam: Thursday, May 19th 8:00 – 10:00 a.m. (Weeks 10-15)			