

Cedar Crest College
The Allen Center for Nutrition
Fall, 2008

COURSE NO: NTR 220

COURSE TITLE: Principles of Food

COURSE DESCRIPTION/

OBJECTIVES: The selection, preparation, and storage of food. Techniques in food preparation are developed. Food components, the chemistry of food preparation and their specific nature and behavior during preparation are introduced, along with the recognition and evaluation of quality in food products. Basic kitchen utensils and equipment will be covered. Menu planning will be introduced. Open to all students.

CREDITS: 3 credit hours

CLOCK HOURS/WEEK: 5 hours (2 hours didactic, 3 hours laboratory)

INSTRUCTOR: Barbara M. Carlson, MA, RD, CDE

Cedar Crest Phone Number: 610-606-4666 Extension 4487

email: bcarlson@cedarcrest.edu

PLEASE use email first, to send questions concerning the class. Phone calls are difficult to manage given the daily schedule.

Office Hours: Monday 1:00-4:00 PM or by appointment

I am happy to meet with you to assist with this class. I do require appointments to discuss projects, homework or exams. First email me with several dates and times that might work into your schedule and I will try to meet your needs. Because there are back to back labs in this class, I cannot meet with you after laboratory classes, but I am willing to make appointments before and after lecture classes! Please give me 24 hours notice if you want to meet on lecture class days.

If you will miss a class, please phone the number above and send an email. This is an E-companion course, so you will be able to access all lecture notes and handouts should you miss a class. See the policy on absences and grading.

PREREQUISITE: BIO 127 or 227

COURSE OUTCOMES:

1. The student will have a basic knowledge of culinary techniques.
2. The student will have a basic knowledge of food chemistry and physical properties of common ingredients.
3. The student will have a working knowledge of food safety and sanitation
4. The student will demonstrate the ability to:
 - A. Use current information technologies.
 - B. Work effectively as a team member
 - C. Apply food science knowledge to functions of ingredients in food
 - D. Demonstrate basic food preparation and presentation skills
 - E. Demonstrate safety skills and sanitation knowledge

TEXTBOOKS:

Introductory Foods: Marion Bennion & Barbara Schuele, Prentice Hall, 12th ED. Lab Manual: Julia Child: The Way to Cook

EVALUATION/ASSESSMENT:

Assessment of the student's progress is an ongoing process and involves the student as well as the instructor. The stated course objectives serve as the basis for evaluation. All Assignments are due on date scheduled. *Homework grade will be reduced by 10 points for each week late. Homework that is more than 2 weeks late will receive 0 point.* (exception for illness with a physician note.) Grading is as follows.

Test #1 50 points

Test #2 50 points

Test # 3 50 points

Final Exam: 100 points

Specific requirements of projects must be followed. All projects, presentations and papers must be typed, with the exception of the lab observation.

Paper: Knowledge of Cooking methods and their value to Nutrition Professionals. A Three page paper (not including the title page and bibliography) discussing the value of knowledge of culinary techniques and food preparation to the nutrition professional will be required.

Details will be provided at Lecture 2. 40 points

Labs – 7 labs: 20 points per week – participation and successful completion of lab assignments: 140 points total

Homework: 6 assignments – 20 points each: 120 points total. Homework is a vital part of this class and it is the primary learning experience along with laboratory for this course. The Homework is designed to help

you focus on the essential lessons for each two week period. Completion of the homework prior to taking the exams will assure that you understand the material and use it, both in food preparation and to explain the essentials of food preparation to potential clients or patients in the future.

Total Course Points: 550 points

Cumulative percentage will be the criteria for grades.

<u>POINTS</u>	<u>GRADE</u>	<u>POINTS</u>	<u>GRADE</u>
512 or more	A (93%)	423 - 439	C+ (77%)
495- 511	A- (90%)	401 - 422	C (73%)
476 - 494	B+ (87%)	385 - 400	C- (70%)
457 - 475	B (83%)	368 - 384	D+ (67%)
440- 456	B- (80%)	346- 367	D (63%)

Absence Policy

Laboratory – missing a laboratory in this class significantly affects your opportunity to observe and participate in development of skills related to food preparation. Therefore lab experiences must be made up. The lab can be made up at the next laboratory date, by attending both lab periods. If you traditionally attend the afternoon lab, you will complete the regular lab and then stay for the evening lab and complete the missed work experience.

Lateness – Late entry to labs creates confusion and difficulty for team members. If late, **more than once**, your cumulative percentage grade will be lowered by 3 points. Subsequent late entries will result in an additional 3 point decrease.

TEACHING METHODS:

1. Lecture/teacher-centered discussion
2. Observation and experience (cooking methods)
3. Demonstration (knife skills and food preparation skills)
4. Student presentations (sanitation)
5. Practice/skill rehearsal (food preparation)
6. Written exercises and practice

PARTICIPATION EXPECTED OF THE STUDENT:

1. You must wear a white bib apron or a white lab coat, or a chef's jacket. All students must wear a hair covering such as a hairnet, kerchief (must fully cover the hair) or chef's hat (baseball caps are not allowed). Long hair must be pulled back and pinned up if wearing a chef's hat.
2. **Close toed shoes** with non skid soles are required.
3. If you come to class without proper attire, you will not be allowed to participate in the lab and will lose the 20 points for that class.
4. Students are expected to have read the assignment prior to class and to actively participate in class discussions and lab.
5. In the lab, students are expected to work as a team with other students to complete lab assignments.
6. Students are responsible for all terms defined in the textbook.

7. Exams for this class are online. Exams will be open for 5 days. The honor code applies to online exams and discussing the exam, sharing answers or working on the exam with other class members is a violation of the honor code.
8. Individuals who do not complete the exam within the time frame open for the exam will forfeit the points for that exam, except in the case of documented emergency or illness.

CLASSROOM PROTOCOL

Appropriate classroom behavior is implicit in the Cedar Crest Honor Code. Such behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to their Cedar Crest College education.

The cedar crest college honor code will prevail at all times. For Online exams, the final question will have one point, asking that you validate you have followed the honor code.

PLAGIARISM or any other form of academic dishonesty will result in no points on the paper/exam on which you plagiarized or cheated. In addition, such an act may result in failing the entire course. Please refer to you customs book for a complete explanation of the Cedar Crest Honor Code.

This course will alternate lecture and lab weeks.

- Lecture: Class begins at 5:00 PM
- Lab: Afternoon lab – begins promptly at 2:30 and ends at 5:30
 - Evening Lab – begins promptly at 6:00 and ends at 9:00

Week One and Two	ASSIGNMENT Text / Lab Manual	LECTURE TOPIC	METHODS AND ACTIVITES
August 28 Lecture: 5:00 PM. Both sections Laboratory: September 4 Afternoon Labs 2:30 Evening Labs 5:00	Chapters 1 through 7 Laboratory Manual: None Methods of measurement:	Technology Food consumption Food Safety Standards of Identity Heat Transfer	<ul style="list-style-type: none"> • Review of course • Review of Laboratory Procedures • Review of E-college Procedures • Lab Activity: • Measurement: weight versus customary measure • Equipment use • Microwave use • Temperature evaluation • Microwave use • Temperature
Week Three and Four	ASSIGNMENT Text / Lab Manual	LECTURE TOPIC	METHODS AND ACTIVITES
Lecture: September 11 Laboratory:	Text: Chapter 8, 9,10 13 and 14	Seasoning and flavors Food Composition Fats and Emulsions	<ul style="list-style-type: none"> • Herb, Spice, Flavoring use • Pasta

September 18	Weekly Homework Lab observation due September 25	Starches and Grains	<ul style="list-style-type: none"> • Rice • Salad dressing preparation.
Exam One: Online Week 4 Open: September 18 through September 23 Chapters: 1 through 14 (except 11)			
Week 5 and 6	ASSIGNMENT Text / Lab Manual	LECTURE TOPIC	METHODS AND ACTIVITES
Lecture: September 25 Laboratory October 2	CHAPT - 11, 15, 16, 18	Muffins, cakes, batters	<ul style="list-style-type: none"> • Muffin preparation • Cake preparation – shortened • Biscuits
Week 7 and 8	ASSIGNMENT Text / Lab Manual	LECTURE TOPIC	METHODS AND ACTIVITES
Lecture: October 9 Laboratory: October 16	Chapters 17 and 19 Weekly Homework Lab observation due: October 23	Yeast Bread and Pastry	<ul style="list-style-type: none"> • French Bread • Pate Brisee • Stardard Pastry
Exam 2: Week 8 – Online Open October 16 through October 21 CHAPT - 11, 15, 16, 17, 18 and 19			
Week 9 and 10	ASSIGNMENT Text / Lab Manual	LECTURE TOPIC	METHODS AND ACTIVITES
Lecture: October 23 Laboratory: October 30	Chapters 20, 21, 22, 28 Weekly Homework Lab observation due November 6	Fruits, Vegetables and Gels	<ul style="list-style-type: none"> • Fruit compote • Vegetable master Recipe • Gelatin
Week 11 and 12	ASSIGNMENT Text / Lab Manual	LECTURE TOPIC	METHODS AND ACTIVITES
Lecture: November 6 Laboratory: November 13	Chapters 23 and 24 Weekly Homework Lab observation due November 28	Dairy: Milk Cheese and Eggs	<ul style="list-style-type: none"> • Souffle • White Sauce • custard
Week 12 - Exam 3: Open November 14 through the 18th Chapters: 20, 21, 22, 23, 24 and 28			
No Class Thanksgiving - November 21, 2008			

Week 13 and 14	ASSIGNMENT Text / Lab Manual	LECTURE TOPIC	METHODS AND ACTIVITES
Lecture: November 28 Laboratory: December 4 Paper: Knowledge of Cooking methods and their value to Nutrition Professionals Due November 28, 2008	Chapters 25, 26 and 27 Lab report due December 4, 2008 No Homework	Meat, Poultry and fish	<ul style="list-style-type: none"> • Poached fish • Braised and Pan Fried Meat • Roast Poultry
Week 14 Final Exam: Online – Open December 4 through December 9 Cumulative			

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Statement of Honor Code Expectations

Please read and sign this statement

1. The Cedar Crest Honor code defines and guides complete protection for the rights of all students and faculty to a courteous, respectful classroom environment.
2. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might be disruptive.
3. Academic dishonesty including plagiarism, collaborative work on exams, homework or any assignments that are to be completed independently is a violation of the honor code.

An Honor Code is associated with privilege and trust. An honor code encourages both the student and professor to trust that academic pursuits benefit the individual in a manner allowing independent study and completion of exams.

E-companion or online courses require additional discussion of the honor code for exams, homework and assignments. For this E-companion course the following are guidelines that meet the honor code:

1. Homework is to be completed independently.
2. On-line exams for this course are considered open book exams. Class notes and the book may be used in their completion.
3. Individuals may not share information about the exam, ask other class members to discuss the exam or work on the exam together during the period the exam is open.

I understand the honor code principles detailed above and agree to abide by them. Submission of exams and work electronically is equivalent to a signature validating the honor code has been followed.

Signature

Date