

Introduction to Food Preparation

FSHN 181: Fall/2019 (08/19-12/19)

Course Instructor: Lara Hackney, MS, RDN

Lecture: MWF 930-1020 AM MIL101

Lab: T/Th/Fri 1230-320 PM AGSI 224

Office: AGSI 302G

Office Phone #: (808) 956-3837

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Use email to contact your instructor. You can expect an email reply within 24 hours during the week (M-F). On weekends and university holidays, your instructor does not respond to course inquiries to maintain work-life balance.

Course Description:

FSHN 181 is a 3-credit lecture course with a 1-credit lab. This course will provide the student with the fundamental principles of scientific technology involved in food through lecture, hands-on laboratory exercises and audio-visual media.

Upon completion of this course students should be able to:

1. Perform basic properties of cooking to a variety of foods.
2. Identify kitchen equipment, including its proper use and care.
3. Describe the function of mixing ingredients in food preparation.
4. Explain chemical cooking reactions in scientific terminology.
5. Preserve nutrients and food preparation and cooking methods.

Pre-requisites: No pre-requisites for this class, everyone is welcome.

Required Materials:

Introductory Foods, 14th ed by Marion Bennion & Barbara Scheule. Prentice Hall Publishers

Course Format:

This is a three-credit lecture course and one-credit lab. Students read the textbook to accompany the class lectures materials. **This course comprised of textbook readings, online readings, and lecture slides. Course grade is determined based on performance on activities, discussion posts, quizzes, and exams. Each of these is described in detail below.**

Course communication:

All course announcements will be posted using the Announcements section on [Laulima](#). High priority announcements will be emailed to all students via the Announcements tool.

Attendance:

A sign in sheet will be available for each class and lab. Please be sure to sign in for both. Part of your grade will be determined by attendance. For those in UH athletic activities; classes, assignments, and all tests have set dates. Please identify yourself and reasonable accommodations will be made for out of town events.

Course Grade:

Lecture, exams, quizzes, and activities will determine your grade in this course. Exams are scheduled during the semester. Additional assignments may be made during the lecture time. The final grade for the course will be based on the following components:

<u>Item</u>	<u>Points</u>
Syllabus Quiz (1 x 5 pts)	5
Reading Quizzes (12 x 10 pts)	120
In class activities (10 x 5 pts)	50
Exams (4 x 100 pts)	400
Final Exam (1 x 100 pts)	100
Total	675

Approximate overall course grades will be assigned on the following scale:
90%-100% = A, 80-89% = B, 70-79% = C, 55-69% = D, 54% and lower = F

Graded Work Descriptions:

Weekly Module Quizzes (12 x 10 pts):

All quizzes will be administered through [Laulima](#), using Assignments, Tests, and Surveys. You may use any resources available to you **except** other people. The quizzes are untimed but make sure you have a reliable internet connection and can work uninterrupted to take the 10 question weekly module quizzes. The quiz questions are all multiple choice, fill in, true and false, and short answer. You can view your quiz grade immediately upon completion in the Gradebook. Quiz questions will be available for review after the quiz closes for the week. Make-up quizzes are not allowed (therefore you have multiple chances to take weekly quizzes and the highest scores are counted in your grade). If you have any issues with the weekly module quizzes, contact instructor immediately.

In Class Activities/Quizzes (12 x 10 pts):

All activities will be conducted in class. If an activity is missed see the instructor for information on what needs to be completed.

Exams (5 x 100 pts):

All exams are administered in class and consist of multiple choice, fill in, true and false, matching, and short answer questions. Material from the lecture as well as assigned reading from the text and media material presented in class will be covered.

Academic Honesty:

Because the university is an academic community with high professional standards, its teaching function is seriously disrupted and subverted by academic dishonesty. Such dishonesty includes, but is not limited to, cheating which includes giving/receiving unauthorized assistance during an examination; obtaining information about an examination before it is given; using inappropriate/unallowed sources of information during an examination; altering answers after an examination has been submitted; and altering the record of any grade. (Refer to the UH Student Conduct Code for further information.)

Plagiarism:

Plagiarism includes, but is not limited to, submitting, to satisfy an academic requirement, any document that has been copied in whole or in part from another individual's work without identifying that individual; neglecting to identify as a quotation a documented idea that has not been assimilated into the student's language and style; paraphrasing a passage so closely that the reader is misled as to the source; submitting the same written or oral material in more than one course without obtaining authorization from the instructor involved; and "dry-labbing," which includes obtaining and using experimental data from other students without the express consent of the instructor, utilizing experimental data and laboratory write-ups from other sections of the course or from previous terms, and fabricating data to fit the expected results. **PLAGIARISM WILL NOT BE TOLERATED. ANY PLAGIARIZED WORK WILL RECEIVE A SCORE OF 0 (ZERO) ON THE QUESTION PLAGIARIZED AND A 10% GRADE REDUCTION. (Refer to the UH Student Conduct Code for further information.)**

Disability Accommodation

Any student who feels s/he may need an accommodation based on the impact of a disability is invited to contact me privately. I would be happy to work with you, and the KOKUA Program (Office for Students with Disabilities) to ensure reasonable accommodations in my course. KOKUA can be reached at (808) 956-7511 or (808) 956- 7612 (voice/text) in room 013 of the Queen Lili'uokalani Center for Student Services.

Additional Assistance: Additional assistance with study skill development, tutoring, and study groups may be obtained from the Student Success Center at Sinclair Library (<http://gohere.manoa.hawaii.edu/>)

Course Schedule

***The instructor reserves the right to make changes to the course syllabus. Any changes will be communicated with the students via Laulima Announcements ***

All graded work is due by 11:55 PM HST on due dates assigned, EXCEPT the Final Exam, which is on Friday, December 20th: 9:45-11:45 HST. Once the due date has passed, late work will not be accepted.

Feedback on graded material will be provided approximately 1 week past the due date. Keep up with your grade and contact me if there are any questions. Do not wait until the last week of the semester.

Week	Dates	Topic	Items Due and Other Important Information All Assignments are Due 11:55pm HST
1	8/26 8/27 8/29	Course Introduction/Syllabus Review, Interest Survey Ch 1 Sensory Characteristics Ch 2 Food Economics & Convenience	Syllabus Quiz Reading Quiz 1
2	9/2 9/4 9/6	Labor Day Holiday Ch 3 Food Safety Ch 3 Food Safety	In class activity 1 Reading Quiz 2
3	9/9 9/11 9/13	Ch 4 Regulations and Standards Ch 5 Back to Basics: Knives & small tools Ch 5 Back to Basics: Weights & Measures	In class activity 2 Reading Quiz 3
4	9/16 9/18 9/20	Ch 5 Recipe analysis: Computer Lab Exam #1 Chpts 1, 2, 3, 4, & 5 Ch 6 Heat Transfer in Cooking	Exam #1
5	9/23 9/25 9/27	Ch 7 Microwave Cooking Ch 8 Seasoning, Flavoring, & Food Additives Ch 8 Seasoning, Flavoring, & Food Additives	In class activity 3 Reading Quiz 4
6	9/30 10/2 10/4	Ch 9 Food Composition Ch 9 Principles & Processes of Cooking Exam #2 Chpts 6, 7, 8, & 9	Exam #2
7	10/7 10/9 10/11	Ch 10 Fats & Frying Ch 11 Sweeteners and Sugar Ch 11 Sweeteners and Sugar	In class activity 4 Reading Quiz 5
8	10/14 10/16 10/18	Ch 12 Frozen Desserts Ch 13 Starch Ch 14 Pasta & Cereal Grains	In class activity 5 Reading Quiz 6
9	10/21 10/23 10/25	Ch 15 Batters & Dough Exam #3 Chpts 10, 11, 12, 13, 14, & 15 Ch 16 Quick Breads	Exam #3
10	10/28	Ch 17 Yeast Breads	

	10/30 11/1	Ch 18 Cakes & Cookies Ch 19 Pastry	In class activity 6 Reading Quiz 7
11	11/4 11/6 11/8	Ch 20 Vegetable & Vegetable Prep Ch 21 Fruits & Fruit Preparation Ch 21 Fruits & Fruit Preparation	In class activity 7
12	11/11 11/13 11/15	Veterans' Day Holiday Ch 22 Salads & Gelatin Salads Exam #4 Chpts 16, 17, 18, 19, 20, 21, & 22	Reading Quiz 8
13	11/18 11/20 11/22	Ch 23 Milk & Milk Products Ch 24 Egg & Eggs Cookery Ch 24 Egg & Eggs Cookery	In class activity 8 Exam #4
14	11/25 11/27 11/29	Ch 25 Meat & Meat Cookery Ch 25 Meat & Meat Cookery Day after Thanksgiving Holiday	In class activity 9 Reading Quiz 9
15	12/2 12/4 12/6	Ch 26 Poultry Ch 27 Seafood Ch 28 Beverages	In class activity 10 Reading Quiz 10
16	12/9 12/11 12/13	Ch 29 Food Preservation & Packaging Ch 30 Food Preservation, Freezing & Canning Final Review	Reading Quiz 11
17	12/16 12/18 12/20	Study Study Final Exam Chpts 23, 24, 25, 26, 27, 28, 29, & 30	Reading Quiz 12