

Introduction to Food Preparation

FSHN 181: Fall/2022 (08/22-12/22)

Course Instructor: Lara Hackney, MS, RDN

Lecture: MWF 930-1020 AM

Location: Webster 103

Office: AGSI 302G Office Phone #: (808) 956-3837

Office Hours: request appointments via email as needed

E-mail: laraj27@hawaii.edu

Former Student's Feedback:

- Always willing to help and answer questions. Probably one of the best professors I have ever had, and she truly cares about her students.
- The instructor was always enthusiastic and welcoming. She was also very understanding, and it was evident that she cared for every one of her students and wanted us to all succeed.
- I loved this course and learned a lot.

Teaching Assistant: Wanderley (Junior) Vital, Grad Student

E-mail: wwitalde@hawaii.edu

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

Course Description:

FSHN 181 is a 3-credit lecture course. This course will provide the student with the fundamental principles of scientific technology involved in food through lectures and audio-visual media.

Upon completion of this course students should be able to:

1. Describe the basic properties of cooking for 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. Explain how to preserve nutrients with food preparation and cooking methods.

This course fulfills the core **Knowledge Requirements for Dietetics (KRDNs)** as listed below:

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| KRDN 1.3 | Apply critical thinking skills. |
| KRDN 2.1 | Demonstrate effective and professional oral and written communication and documentation. |
| KRDN 4.5 | Describe safety principles related to food, personnel, and customers. |

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

Required Materials:

Introductory Foods, 15th ed by Barbara Scheule & Amanda Frye. Prentice Hall Publishers

This course will be participating in the Bookstore's Interactive Digital Access Program (IDAP). Through this program, you will access your course material digitally, and it will be available to you by the first day of class.

*A charge of \$29.20, for the digital course material through IDAP will be added to your MyUH account. You have the option to opt-out of receiving your course material through IDAP. By opting out, you will lose access to the course material and the charge will be refunded to your MyUH account. If you do not opt-out, the charge will stay on your MyUH account. Any unpaid charges on your MyUH account will turn into a hold. Holds

on your account will prevent you from accessing various services within the University.

You may opt-out by visiting your unique Inclusive Access Student Portal, which can be found in your IDAP welcome email (Subject Line: "IMPORTANT: You have enrolled in an IDAP Course"). For more information regarding IDAP, please contact your campus bookstore.

Course Format:

This is a three-credit lecture course. Students read the textbook to accompany the class lecture materials.

This course is comprised of textbook readings, online readings, and lecture slides. The course grade is determined based on attendance, participation, activities, presentation, 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 and Participation:

Attendance and participation are essential parts of the course. Each week will be comprised of lectures and discussions that complement the covered topics. Failure to attend class and lack of participation in discussions will weigh on the assessment of your final grade. We will utilize the forum postings for class activities. A sign-in sheet link will be available in Laulima and should be initialed each classroom day. This won't include the exam days. If any UH athletic events are occurring during class; the activities, classes, assignments, and all tests have set dates. Please identify yourself and reasonable accommodations will be made for you.

Course Grade:

Lectures, exams, quizzes, and activities will determine your grade in this course. Exams are scheduled during the semester online. Additional assignments may be made during lecture time. Extra Credit will be at the discretion of the instructor and may be given during the course. 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 (10 x 10 pts)	100
In-class activities (13 x 5 pts)	65
Four-Course Meal Presentation	50
Exams (5 x 100 pts)	500
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Total	745

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 (10 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, drop-down selections, true and false, and short answers. 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 two 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 the instructor immediately.

Weekly Engagement (16 x check mark):

UHM requirement found in Laulima.

Class Activities/Forum (13 x 5 pts):

Activities will allow for further discussion and collaborative thoughts in class on the weekly topics. If you are not present for these class discussions, you will need to complete them on your own time.

Four-Course Meal Planning Presentation (1 x 50 pts):

Create a presentation highlighting a four-course meal with learned cooking principles identified. More Details to follow.

Exams (5 x 100 pts):

All exams will be administered online on the dates scheduled during class time. They will 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. If you miss an exam, it is your responsibility to contact the instructor. Your grade will be dropped by 10% of your final score for the missed exam.

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 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/>)

"Basic needs include food and housing, childcare, mental health, financial resources, and transportation, among others. Student basic needs security is critical for ensuring strong academic performance, persistence and graduation, and overall student well-being. If you or someone you know are experiencing basic needs insecurity, please see the following resources: [UH System Basic](#)

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 the due dates assigned, EXCEPT the Final Exam, which is on Monday, December 12: 9:45-11:45 HST. LATE SUBMISSIONS MAY NOT BE ACCEPTED. Work accepted after the deadline will be reduced by 10% of the original points. Once the final exam 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	8/22 8/24 8/26	Course Introduction/Syllabus Review, Survey Ch 1 Factors Influencing Food Choices Ch 3 Food Regulations and Standards	Class Introductions Syllabus Quiz Reading Quiz 1
2	8/29 8/31 9/2	Ch 2 Food Safety Activity Ch 2 Food Safety Ch 4 Equipment and Recipe Basics	Class activity 1 Reading Quiz 2
3	9/5 9/7 9/9	Holiday: Labor Day Appendix A & Recipe Conversions Ch 5 Heat Transfer in Cooking / Temperature Control	Class activity 2 Reading Quiz 3
4	9/12 9/14 9/16	ESHA Food Processor, Nutritional Values Ch 7 Food Composition Food Labels Exam #1 Chpts 1, 2, 3, 4, 5, & 7	Computer Lab? Class activity 3 Exam #1
5	9/19 9/21 9/23	Meal Planning and Introduction to Four-course Meal Project Ch 6 Seasoning, Flavoring, & Food Additives Ch 11 Starch	Class activity 4 Reading Quiz 4
6	9/26 9/28 9/30	Ch 8 Fats, Frying, & Emulsions Ch 9 Sweeteners and Sugar Cookery Ch 10 Frozen Desserts	Class activity 5 Reading Quiz 5
7	10/3 10/5 10/7	Ch 12 Cereal Grains, Noodles, and Pasta Ch 13 Flour Mixtures, Batters, and Doughs Exam #2 Chpts 6, 8, 9, 10, 11, & 12	Class activity 6 Exam #2
8	10/10 10/12 10/14	Ch 14 Quick Bread Ch 15 Yeast Breads Ch 16 Cakes, Cookies, and Crackers	Class activity 7 Reading Quiz 6
9	10/17 10/19 10/21	Ch 17 Pies and Pastry Ch 18 Vegetables & Vegetable Prep Ch 20 Fruits & Fruit Preparation	Class activity 8 Reading Quiz 7
10	10/24 10/26 10/28	Ch 21 Salads, Gelatin Salads, and Table Olives Ch 22 Milk Products & Alternatives Exam #3 Chpts 13, 14, 15, 16, 17, & 18	Exam #3
11	10/31 11/2 11/4	Ch 23 Egg and Eggs Cookery Ch 24 Meat and Meat Cookery Ch 19 Alternative Proteins	Class activity 9 Reading Quiz 8
12	11/7	Ch 25 Poultry	Class activity 10

	11/9 11/11	Ch 26 Seafood No Class: Election Day	Reading Quiz 9
13	11/14 11/16 11/18	Ch 27 Beverages Ch 28 Food Preservation & Packaging Exam #4 Chpts 19, 20, 21, 22, & 23	Reading Quiz 10 Exam #4
14	11/21 11/23 11/25	Four Course Meal Presentations Four Course Meal Presentations Holiday: Thanksgiving Friday	Class activity 11
15	11/28 11/30 12/2	Four Course Meal Presentations Four Course Meal Presentations Four Course Meal Presentations	Class activity 12
16	12/5 12/7	Four Course Meal Presentations Four Course Meal Presentations	Class activity 13
	12/12	Exam #5 Chpts 24, 25, 26, 27, & 28	Exam #5: Final