

FSHN 181 LECTURE
INTRODUCTION TO FOOD PREPARATION
SYLLABUS FALL 2017

Lecture: MWF 9:30 – 10:20 AM	Classroom AGSCI 204
Instructor: Chef Leslie	Office: AGSCI 302G
Office Hours: Weds & Fri 12:00–4:00 PM	EM lleslie@hawaii.edu
Office Phone: (808) 956-3837	CRN: 73058
Lab AGSCI 224 Tues or Thurs 12:00 PM	3 credits lect, 1 credit lab

*Please turn all cell phones to silent mode prior to the start of class.
Do not text in class*

COURSE OUTCOMES

This course will provide the student with the basic fundamental principles of scientific technology involved in food through lecture, hands-on laboratory exercises and audio-visual media. At the completion of this course, students will be able to:

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

PREREQUISITES: There are no prerequisites to this course. Everyone is welcome

REQUIRED TEXT **Introductory Foods**, 14th Edition by Marion Bennion & Barbara Scheule. Prentice Hall Publishers

STUDENTS WITH DISABILITIES

If you are a student with a physical and/or mental disability and you have disability access concerns, you are encouraged to contact the KOKUA Program on the ground floor of the new Student Services Center. KOKUA's phone number is (voice/text) 956-7511.

ATTENDANCE

A clipboard will be available at each class for sign-ins. Your responsibility will be to sign in at each lecture and each lab.

Important directions and announcements are made at the beginning of class. Students are responsible for these announcements. Those who are consistently late must make sure they get these announcements and any missed material.

Attending lectures may not be the only, or best way to learn, but lectures can provide access to a range and variety of ideas and stimuli which would otherwise require from you very extensive resources of time and energy – often these are not to be found by reading a text. There is no other way to ensure that you at least have contact with the substantive materials of the course.

Up to four classes may be missed without an explanation. After four, your grade will be affected at the discretion of the instructor.

ATHLETICS

For those in UH athletic activities, classes, assignments and tests (including the final exam) are not flexible dates. Please identify yourself to the instructor, and reasonable accommodations will be made for out of town events.

TESTS AND GRADING

Lecture, tests, quizzes and exams will determine your grade in this course. Periodic tests are scheduled during the course of the semester. Each test will be short answer, multiple choice and/or matching questions with some true and false included. You may also be asked to define terms from the lecture or text.

Additional assignments may be made during your scheduled lecture. It is the students responsibility to complete all assignments on time. If you are absent or late, please ask another classmate for material and announcements that may have been missed. There are five scheduled tests (100 points each test) during the semester for a total of 500 possible points. Tests are multiple choice, true & false, short answer and fill in the blanks. Material from lecture as well as assigned reading from the text, & media material presented in class will be covered. Tests are scheduled, but dates may change at the discretion of the instructor.

Letter grades with the plus (+) and minus (-) designations will be used in this course. Grades using the plus and minus symbols are assigned different grade points. If your final score is at the mid range of the scale, the letter grade without the plus or minus category will be recorded. For example, if your score is 85%, you will be given a B for the course. More points would result in a plus, less assigned a minus. 90% to 100% is an A. 80% to 90% is a B, 70% to 80% will result in a C. Final test scores will be curved.

The laboratory will be a separate grade than the lecture.

MAKEUP ASSIGNMENTS

See Chef Leslie during office hours to arrange makeup work. It is the responsibility of every student to notify the instructor within 48 hours to make-up missed tests or assignments. All work turned in late will receive a maximum of 50% credit.

WEEK ASSIGNMENT

- 8/21 Syllabus & Book Review
Class Startup/Interest survey
DVD: Cooking Ingredients & Technique (25 min)
- 8/23 Ch 5 P. 71 -75 Back to Basics
Lect: Knife & small tools, weights & measures
Read: P. 81 Four Basic recipe Styles. Standardized recipes
DVD: Knives Skills toolkit (30 min)
DVD: More Essential tool: Pots to Shears (30 min)
Video: On Cooking: Knife skills (35 min)
- 8/25 Ch 6 P. 84 Heat Transfer in Cooking
Conduction, Convection & Energy
Study P. 65 Thermometers & Calibration
- 8/28 Text Ch 7 P 95 Microwave Cooking
Lect: Microwave Science & Utensils & Heat
DVD: Basic Kitchen Preparation (1:19) Part 1 & 2 only
- 8/30 Ch 30 P 541 Food Preservation
Appendix P. 560 Temperature Control
Read: P. 34 & 35 Temperature & Thermometers
Lect: Temperature & Effects on Food Storage
- 9/1 Ch 5 P. 75-80 Basics: Weights & Measures
Read: P. 557-559 Weights & Measures
Lect: Temperature & Calibration. Volume & Weight
Video: Using the Balance & Spring Scale (15 min)
- 9/4 **HOLIDAY** **LABOR DAY**

WEEK ASSIGNMENT

- 9/6 Ch 9 P. 120 Food Composition
Lect: Food Composition, an overview
DVD: Grilling & Broiling Dry/Moist Heat (40 min)
DVD: Braising & Stewing Combined (40 min)
- 9/8 DVD: Principles & Processes of Cooking (40 min)
DVD: Principles & Processes of Cooking (35 min)
- 9/11 **TEST 1 (100 Points) Ch 5, 6, 7, 9, 30 & lectures**
- 9/13 Ch 11 P. 169 Sweeteners & Sugars
Lect: Monosaccharides & Disaccharides: Candy
Video: Candy & Chocolate
Ch 13 P. 207 Starch
Lect: Complex Carbohydrates: Sols, Gels
- 9/15 Ch 10 P. 143 Fats, & Frying. Emulsions
Lect: Fats & Frying, Saute & Deep Fat/ Safety
DVD: Frying – Dry Heat Cooking with Fat (30 min)
- 9/20 Ch 12 P. 194 Frozen Desserts
Lect: Frozen Desserts
AV: Alton Brown “Churn, Baby, Churn” (18 min)
- 9/22 Ch 8 P 105 Seasonings & Flavoring. Herbs & Extracts
Lect: Soups & Sauces: Mother sauces, roux & soy sauce
DVD: Stocks & Broths (30 min)
DVD: Sauces, Buerre Blanc to Bachamel (min)
- 9/25 Lect: Soups & Salads
Lect: Seasonings & Flavorings
DVD: Herbs & Spices, Flavors on Demand (20 min)
- 9/27 Ch 14 P. 222 Pasta & Cereal Grains
Lect: “You’ve got Pastabilities”
Lect: Cereal Grains & Pastas
DVD: Feuccini to Orecchiette Pasta (min)
- 9/29 **TEST 2 (100 Points) Ch 8, 10, 11, 12, 13, 14 & lectures**

WEEK ASSIGNMENT

- 10/2 Ch 20 P. 311 Vegetables & Salads, “Soy to the World” B
Lect: Vegetables & Salad, Osmosis, Turgor
Vegetables, “24 carrots”
- 10/4 DVD: Vegetables in Glorious Variety (min)
DVD: Basic Kitchen Preparation (min)
DVD: Culinary Knives Vol 2 Vegetable Techniques (14:47)
- 10/6 Ch 21 P. 345 Fruit & Fruit Preparation
Lect: Fruit, Gelatin, Pectin
Ch 22 P. 367 Salads & Gelatin, sols, gels, & acid
- 10/9 Ch 24 P 409 Eggs & Egg Cookery
Lect: Pure Eggstacy
Video: Souffles (min)
DVD: Eggs – From Classic to Contemporary (min)

Video: Egg Production (46 min)
- 10/11 Ch 23 P 382 to 399 Milk & Milk Products
Lect: “Mighty Milk” (Milk, cream, custards, puddings)
DVD: Vanilla Sauce & Pastry Cream (40 min)
- 10/13 Review Ch 23 P. 399 - 407
Lecture: Cheese Ripening, grades, process
- 10/16 DVD: Cheese Production (21 min)
Video: Cooking with Cheese (30 min)
- 10/18 TEST 3 (100 Points) Ch 20, 21, 22, 23, 24 & lect**
- 10/20 Ch 15 P 239 Batters & Doughs
Lect: For Batter or Worse, Intro to Baking
DVD: Functions of Ingredients in Baking
- 10/23 Ch 16 P. 258 Quick Breads
Lect: Methods of Mixing “Mind over Batter”
DVD: Chemistry of Cooking – Sponge cake (19 min)
- 10/25 Ch 18 P. 287 Cookies & Cakes
Ch 19 P. 303 Pastry

WEEK ASSIGNMENT

10/27 Ch 17 P 269 Yeast Bread
Lect: "The Nature of the Yeast." "Yeast meets West"
Video: Basic Bread Baking Part 1 (40 min) or
CIAVideo: Chemistry of a Loaf of Bread (19 min)

10/30 TEST 4 (100 Points) Ch 15, 16, 17, 18, 19, & lecture

11/1 Ch 25 P 433 Meat & Meat Cookery
Lect: Red Meat "Where's the Beef?"
Video: Selecting and Storing Meats (7 min)
DVD: From Poach to Steam, Moist heat cooking (35 min)
Video: Meat Science, Slaughter Plant tour (36 min)

11/3 Video: Meat Science, Fabrication (36 min)
Lect: Meat & Pork, continued
Video: Pork Beyond the Chop (13 min)
DVD: Chops Ahoy (min)

11/6 DVD: Culinary Knives Vol 2 Meat Techniques (53:20)

11/8 Ch 26 P. 477 Poultry & Pork
Lect: Poultry: Fowl Feathers
DVD: Poultry Fabrication (45 min)
DVD: Raising chickens & turkeys (min)

11/10 HOLIDAY VETERANS DAY

11/13 DVD: Poultry & Egg Production (min)
DVD: Culinary knives Vol 2 Poultry Techniques (23:19)

11/13 Ch 27 P 492 Seafood
Lect: Seafood & Local Markets
Video: Seafood Fabrication (36 min)

11/15 DVD: From Market to Plate (20 min)
DVD: Culinary Knives Vol 2 Fish & Shellfish Techniques (27:25)

11/17 Ch 28 P 509 Beverages & Chocolate
Lect: Coffee, Tea, Chocolate, Alcoholic Flavorings
Video: Chocolate in Venezuela (10 min)
Video: Kauai Coffee (7 min)

WEEK ASSIGNMENT

- 11/20 Lect: Casseroles: Putting it all together
Optional Video: Casseroles: Putting it all Together
- 11/22 Ch 1 P. 7-13 Sensory Characteristics
DVD: Crafting a Meal, Engaging the Senses (40 min)
DVD: Food, Delicious Science (25 min)
- 11/24 HOLIDAY THANKSGIVING**
- 11/27 Ch 29 P 528 Food Preservation & Packaging
Lect: Packaging
- 11/29 Ch 4 P 54 Food Regulations & Standards
Lect: Role of FDA, nutritional labeling, additives
- 12/1 Lect: Supermarket Secrets
DVD Supermarket Persuasion
- 12/4 Lect: Appetizers hors d'oeuvres
Video: Appetizers (25 min)
- 12/6-7 Open

DEC 11-15 TEST 5 (100 Points) Ch 1, 4, 25 thru 29, 54, & Lectures

The final exam is not a flexible date. Make all travel arrangements accordingly.