

FSHN 181 LECTURE
THE CHEMICAL NATURE OF FOOD
SYLLABUS FALL 2014

Instructor: Chef Mark Segobiano
Lab Location: Ag. Science 220
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Days: Tues. & Thurs. 12:00-1:15 p.m.
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CELL PHONES

- **Please turn all cell phones to silent mode prior to entering the classroom.**
 - **Please do not text during class. If I see you texting, I will tell you to leave!!**
 - **Take notes either by hand or using your computer.**
 - **You are NOT allowed to take notes by photographing the screen. I will tell you to leave!! If you are that lazy, please drop my class!!!**
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Student Learning Outcomes:

This course will provide the student with the basic fundamental principles of scientific technology involved in food through lecture, hands-on laboratory exercises with audio-visual media. Special emphasis will be given to the following areas:

- Basic properties of cooking such as pan frying, deep frying, sautéing, steaming, boiling and baking
- Kitchen equipment, its proper use and care
- The function of ingredients in food preparation such as yeast, chemical and mechanical leavening
- Effects of food preparation methods such as taste, texture, color and palatability
- Nutrients and food properties and how to prevent excessive loss

PREREQUISITES: None

REQUIRED TEXT: Introductory Foods, 13th edition by Marion Bennion & Barbara Scheule,
Prentice Hall Publishers, Copyright 2010

OPTIONAL TEXT: Techniques of Healthy Cooking. Copyright, 2008.
By The Culinary Institute of America

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-in. It is YOUR responsibility to sign in at each lecture and/or lab. Your failure to sign in will result in you being marked as “absent” for that particular lecture/lab. **Once lecture/lab is over, I do NOT allow students to come to me and “allege” that they were in fact in lecture/lab and merely “forgot” to sign in!!**
- Students that arrive on time for lecture, sign in on the attendance clipboard and then leave class are then marked as **“ABSENT.”** Students who arrive more than 15 minutes late to class are NOT allowed to sign in and are counted as **“ABSENT.”** In short, if you plan on leaving early, or arriving late, plan on **NOT** receiving credit for having attended class!!! **It is ABSOLUTELY not fair to those students that arrive on time and stay the duration of the class that a student receive full attendance credit for merely showing up to sign the attendance sheet and then leave early or arrive way late!!**
- For lecture, you are allowed to miss up to 4 sessions without explanation. After 4 absences your grade will be reduced by one letter grade. After 6 absences your grade will be reduced by two letter grades. After 8 absences your grade will be reduced by 3 letter grades.
- Attending lectures is not the only 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 merely reading a text.
- Important directions and announcements are most often made at the beginning of class. Students are responsible for these announcements.

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 any out of town events.

TESTS AND GRADING

Lecture, tests, quizzes and the final exam will account for your grade in this course. Periodic tests are scheduled during the course of the semester. Each test and the final exam may include any combination of short answer, multiple choice, matching, and true/false. You may also be asked to define terms from the lecture or text. The final exam will be comprehensive and will cover the material throughout the entire course.

Additional assignments may be made during your scheduled lecture. It is the student’s responsibility to complete all assignments on time.

The laboratory will be a separate grade than the lecture. Please review the lab performance worksheet.

EXTRA CREDIT

In order to be fair to all students, there is no extra credit in this course.

WEEK:

ASSIGNMENT:

8/26	Introduction: Syllabus Review, Class Expectations, Optional Books, etc.
8/28	Food Safety PowerPoint: “The Safe Food Handler” DVD: Providing Safe Food

9/2	Back to Basics (weights and measures) Heat Transfer in Cooking: Basic Cooking Methods
9/4	Seasonings & Flavorings: Herbs & Spices DVD: (CIA) “Knife Selection & Care” and “Vegetable Cuts”
9/9	Food Composition: What’s In Food
9/11	The Mother Sauces: 5 Classic Mother Sauces DVD: (CIA) Mother Sauces
9/16	Fats & Oils DVD: (CIA) Deep Frying, Pan Frying, and Sautéing
9/18	Frozen Desserts/Microwave Cooking
9/23	Sweeteners & Sugar Cookery: DVD: (CIA) Hand Formed Chocolates
9/25	Test #1
9/30	Pasta & Cereal Grains DVD: “Amazing Grains”
10/2	Starch: What is it? Where is it? How does it work?
10/7	Batters & Doughs:
10/9	Quick Breads:
10/14	Yeast Breads: DVD: (CIA) Basic Steps of Baking
10/16	Moist Heat Cooking Methods: Steaming, Poaching, Stewing, and Braising DVD: (CIA) Moist Heat Cooking Methods
10/21	Pies, Cookies & Pastry DVD: (CIA) Laminated Dough: Puff Pastry
10/23	<u>Test #2</u>
10/28	Vegetables & Vegetable Preparation
10/30	Roux, Thickeners, Chutneys, Relishes & Compotes
11/4	<u>No Class!! Election Day Tuesday, November 4th: GO VOTE!!</u>
11/6	Salads & Gelatin
11/11	<u>No Class!! Veteran’s Day Tuesday, November 11th</u>
11/13	Fruits, Eggs, and Egg Cookery
11/18	Milk & Milk Products/Cheese & Cheese Classifications
11/20	Beef Identification & Fabrication

11/25	<u>Test #3</u>
11/27	Thanksgiving Holiday: No Class!! Eat more turkey!!
12/2	Beef Identification & Fabrication
12/4	Pork & Lamb Identification & Fabrication
12/9	Poultry Identification & Fabrication:
12/10	Seafood Identification & Fabrication:
12/15 to 12/19	Final Exams as set by the university: FSHN 181 Lecture Final Exam: Thursday, December 18th 12:00-2:00 p.m.

- Please make a note of the date and time of the final exam for FSHN 181 Lecture above.
- **I do NOT, under ANY circumstances give the final exam early to anyone for any reason. With this, please make your Holiday travel plans/flights off the island accordingly!!!!!!**
- **If you do not take the final exam before the holiday break you will receive a '0' (ZERO) not an incomplete, a ZERO!!** Since there are 4 exams with equal weight (25% each) a zero will result in at least the loss of two and a half (2.5) FULL letter grades!! This of course would not take into account whether or not you have a grade reduction for too many absences, etc.

