

FN 206 Introductory Foods – Spring 2024

Important Note: This syllabus, along with course assignments and due dates, are subject to change. It is the student's responsibility to check our Canvas course site for corrections or updates to the syllabus. Any changes will be clearly noted in a course announcement or through email.

Instructor Information

Instructor: Deborah Tang

Office: CPS 224

Office Hours: I have tentatively set aside Wednesdays from 2:00 – 3:00 p.m. and Thursdays from 1:00 – 2:00 p.m. as office hours. Please email me to schedule a time to meet in person or via Zoom (I will share a link with you). If this time does not work for you, we can determine another time that is mutually convenient.

Office Telephone: (715)346-2749

E-mail: dtang@uwsp.edu (preferred method of contact)

Course Information

Course Description: Introduction to basic physical and chemical properties of foods; interaction and reaction of food in food preparation procedures; evaluation of prepared products.

Credits: 3

Prerequisite: By instructor consent.

Lecture Schedule: This course is taught in a 50% hybrid format. Our class meets in-person on Mondays from 1:00 – 1:50 pm. in CPS 228. There will be online lecture recordings, videos, and links provided in Canvas for you to view and access on your own time.

Lab Schedule: In-person labs in CPS 211 on Wednesdays from 9:00-11:50 a.m. **The first lab meeting is Wednesday, February 7.**

Expected Instructor Response Times

- I will attempt to respond to student emails within 12 hours between Mondays to Fridays and 24 hours on weekends if it is urgent. If you have not received a reply from me within 24 hours, please resend your email.
- I will attempt to grade labs within one week of the due date.

Textbook & Course Materials

Required Text: Brown, Amy. *Understanding Food – Principles & Preparation*. 6th Edition. Thomson Wadsworth, 2019.

ISBN: 978-1-337-55756-6

Textbook is available for rent from UW-Stevens Point Text Rental.

Additional Readings and Resources: Posted on Canvas

2022 ACEND Accreditation Standards for Nutrition and Dietetics Didactic Programs (DPD):

KRDN 1.3 Apply critical thinking skills.

KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.6 Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity, and inclusion.

KRDN 4.5 Apply safety and sanitation principles related to food, personnel, and consumers.

KRDN 4.6 Explain the processes involved in delivering quality food and nutrition services.

Sustainable Food and Nutrition (SFN) – Society for Nutrition Education and Behavior. Nutrition Educator Competencies for Promoting Healthy Individuals, Communities, and Food Systems:

Agricultural Production and Food Systems

6.2 Explain the effects of various food processing, packaging, distribution, and marketing practices on food availability, food choices, and nutritional value as well as the amount and types of additives, contaminants, and pathogens in foods.

Food Science

3.1 Describe the functions of food ingredients and food processing techniques and their effects on the nutrient content of foods.

3.2 Describe the basic types of culinary practices, including the scientific basis for how flavor, texture, and appearance of foods are created or maintained during food preparation.

3.3 Describe the potential sources of food contamination and the best practices associated with the safe handling of food.

3.4 Explain how to plan, select, prepare, and manage foods to enhance the well-being of individuals, families, communities, and the food system.

Written, Oral and Social Media Communication

9.1 Communicate effectively in written, visual, and oral form, with individuals, the media, and other groups, in ways that are appropriate for diverse audiences.

Course Technology Requirements

- Minimum recommended computer and internet configurations for online courses can be found [Here](#).
- You will also need access to a stable internet connection (do not rely on cellular)

If you need technical assistance at any time during the course or to report a problem with Canvas you can:

- Seek assistance from the [IT Service Desk](#) (Formerly HELP Desk)
- IT Service Desk Phone: 715-346-4357 (HELP)

Course Structure

This course uses Canvas, the New Learning Management System (LMS) being adapted across the UW System. Canvas can be accessed via a launch portal at www.uwsp.edu/canvas using your campus login and password. Help in Canvas is available at the bottom of the launch portal, and through the “Help” menu within Canvas. A student orientation / training course is available for self-registration at <https://uws.instructure.com/enroll/FNRAL8>.

Student Expectations

In this course you will be expected to complete the following types of tasks.

- communicate via email
- download and upload documents to the learning management system (LMS)
- read the textbook
- read documents online
- view online videos and lecture recordings
- complete lab experiments in our food lab
- complete quizzes online
- submit assignments online
- participate in class meetings

Course Learning Objectives

Students will be able:

1. To integrate basic information needed for food selection and preparation.
2. To apply and demonstrate basic principles of food preparation for both quality and nutrient retention.
3. To evaluate food products based on established standards.
4. To apply acceptable food safety and sanitation procedures for handling food products.
5. To apply basic principles for modification of recipes for health, economic or cultural factors.
6. To identify culinary terms and techniques.

You will meet the outcomes listed above through a combination of the following activities in this course:

- Complete assigned readings from the textbook and other sources shared within Canvas.
- Participate in class discussions.
- Take practice quizzes to test your understanding.
- Take weekly quizzes.
- Follow instructions to complete lab assignments

Graded Course Activities

Description	Points
Attendance and participation	30
8 Practice Quizzes	40
11 Lab Assignments (10 points each, lowest score dropped)	100
15 Module Quizzes (15 points each, lowest score dropped)	210
Cultural Food Exploration Assignment	50
Total Points Possible	430

Completing Assignments

All assignments for this course will be submitted electronically through Canvas unless otherwise instructed. Assignments must be submitted by the given deadline or special permission must be requested from the instructor *before the due date*. Extensions will not be given beyond the assignment due date except under extenuating circumstances. Please note that Turnitin plagiarism software will be used for all assignments submitted; it can also detect the use of AI.

Stay connected with the course by turning on email/text notifications. Go to the Account tab at the far left, hit settings to enter your email and cell phone in “ways to contact” (top right corner) and then hit notifications to tell Canvas to alert you of due dates, announcements, grades posted, etc. Then, click Notifications on the far left, choose which course details you want to get reminders about and when you get the alerts.

Electronic Devices

The use of cell phones will not be permitted during lectures and labs. Research supports the idea that having visual access to a cell phone diminishes our ability to learn. Checking social media, texts, emails, and messages is unprofessional and disrespectful to our class community. Please turn off your phone during class; I will do so as well. If you are expecting an important phone call or dealing with an emergency, please silence your phone and let the instructor know that you may have to receive a call outside the classroom or lab. Laptops or iPads are permitted only for note taking activities related to course content, not for web browsing or completing assignments for other classes. Students will be asked to leave their electronics at the front of the classroom until the end of the class period if repeated misuse is observed.

Late Work Policy

Be sure to pay close attention to deadlines—there will be no make-up assignments or quizzes. Without special permission from the instructor, late assignments will not receive full points. Blank assignment submissions will be considered late; it is good practice to give different file names to your completed assignments to avoid uploading the wrong file. Late submissions will have a **10%** deduction and for each day it is submitted beyond the due date.

Practice Quizzes

There is a practice quiz added to most units to help assess your understanding. Each quiz contains multiple choice or fill in the blank questions. The deadline for taking a practice quiz is **Friday by 11:59 p.m.** for that week's content. You have unlimited attempts to take each quiz before the deadline and the highest score will be kept for your final grade.

Weekly Quizzes

Each module has a weekly quiz to assess your learning and comprehension. The format of these quizzes are multiple choice or true/false questions. You can take the module quiz at any time between Thursday to Sunday from 8:00 a.m. to 11:59 p.m. of the assigned week. Each quiz is timed, once you begin the quiz, you have 15 minutes to complete it. **Please note that Canvas tracks visits to other pages while you are taking the quiz so be sure to remain on that page until you are done.**

Correct answers for the previous week's quizzes will be available on the following Tuesday from 4:00 – 11:59 p.m.

Viewing Grades in Canvas

Points you receive for graded activities will be posted to the Canvas Grade Book. Click on the Grades link to view your points. I will update the online grades each time a grading session has been complete—typically within one week following the assignment due date. You will see a visual indication of new grades posted on your Canvas home page under the link to this course.

Letter Grade Assignment

Final grades assigned for this course will be based on the percentage of total points earned and are assigned as follows:

Letter Grade	Percentage
A	93-100%
A-	90-92.9%
B+	87-89.9%
B	83-86.9%
B-	80-82.9%
C+	77-79.9%
C	73-76.9%
C-	70-72.9%
D+	67-69.9%
D	60-66.9%
F	0-59.9%

Course Policies

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that we can help you find a solution.

Understand When You May Drop This Course

It is the student's responsibility to understand when they need to consider unenrolling from a course. Refer to the UWSP [Academic Calendar](#) for dates and deadlines for registration. After this period, a serious and compelling reason is required to drop from the course. Serious and compelling reasons includes: (1) documented and significant change in work hours, leaving student unable to complete assigned tasks, or (2) documented and severe physical/mental illness/injury to the student or student's family.

Incomplete Policy

Under emergency/special circumstances, students may petition for an incomplete grade. An incomplete will only be assigned if the student has maintained regular contact with the course instructor about his/her situation. All incomplete course assignments must be completed by the last day of classes of the following semester.

Inform Your Instructor of Any Accommodations Needed

If you have a documented disability and verification from the [Disability Resource Center \(DRC\)](#) and wish to discuss academic accommodations, please contact your instructor as soon as possible. It is the student's responsibility to provide documentation of disability to the DRC and meet with a Disability Services counselor to request special accommodation within 2 weeks of classes starting.

Statement of Policy

UW-Stevens Point will modify academic program requirements as necessary to ensure that they do not discriminate against qualified applicants or students with disabilities. The modifications should not affect the substance of educational programs or compromise academic standards; nor should they intrude upon academic freedom. Examinations or other procedures used for evaluating students' academic achievements may be adapted. The results of such evaluation must demonstrate the student's achievement in the academic activity, rather than describe his/her disability.

If modifications are required due to a disability, please inform the instructor, and contact the Disability and Assistive Technology Center in 609 ALB, or (715) 346-3365.

Commit to Integrity

As a student in this course (and at this university) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and integrity in your behavior in and out of the classroom.

UWSP Academic Honesty Policy & Procedures

Student Academic Disciplinary Procedures

UWSP 14.01 Statement of principles

The board of regents, administrators, faculty, academic staff and students of the university of Wisconsin system believe that academic honesty and integrity are fundamental to the mission of higher education and of the university of Wisconsin system. The university has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions.

UWSP 14.03 Academic misconduct subject to disciplinary action.

(1) Academic misconduct is an act in which a student:

- (a) Seeks to claim credit for the work or efforts of another without authorization or citation;
- (b) Uses unauthorized materials or fabricated data in any academic exercise;
- (c) Forges or falsifies academic documents or records;
- (d) Intentionally impedes or damages the academic work of others;
- (e) Engages in conduct aimed at making false representation of a student's academic performance; or
- (f) Assists other students in any of these acts.

(2) Examples of academic misconduct include, but are not limited to: cheating on an examination; collaborating with others in work to be presented, contrary to the stated rules of the course; submitting a paper or assignment as one's own work when a part or all of the paper or assignment is the work of another; submitting a paper or assignment that contains ideas or research of others without appropriately identifying the sources of those ideas; stealing examinations or course materials; submitting, if contrary to the rules of a course, work previously presented in another course; tampering with the laboratory experiment or computer program of another student; knowingly and intentionally assisting another student in any of the above, including assistance in an arrangement whereby any work, classroom performance, examination or other activity is submitted or performed by a person other than the student under whose name the work is submitted or performed.

Students Recording and Sharing Class Lecture

Lecture materials and recordings for FN 206 are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record my lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation.

[Regent Policy Document 4-1](#)

Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling

their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor's express written permission. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

Religious Beliefs

It is UW System policy ([UWS 22](#)) to reasonably accommodate your sincerely held religious beliefs with respect to all examinations and other academic requirements.

You will be permitted to make up an exam or other academic requirement at another time or by an alternative method, without any prejudicial effect, if:

- There is a scheduling conflict between your sincerely held religious beliefs and taking the exam or meeting the academic requirements; and
- You have notified your instructor within the first three weeks of the beginning of classes (first week of summer or interim courses) of the specific days or dates that you will request relief from an examination or academic requirement.
- Your instructor will accept the sincerity of your religious beliefs at face value and keep your request confidential.
- Your instructor will schedule a make-up exam or requirement before or after the regularly scheduled exam or requirement.
- You may file any complaints regarding compliance with this policy in the Equity and Affirmative Action Office.

Resources on Campus

Please know that there are resources available to you on campus. The UWSP Counseling Center is located on the 3rd Floor of Delzell Hall. Office Hours: Monday-Friday: 8:00am to 4:30pm. Telephone: (715) 346-3553. Email: counsel@uwsp.edu.

Health Services offers nutrition counseling appointments with the campus dietitian. These visits are covered by the health fee at no additional cost to the student. Appointments can be made directly by calling 715-346-4646 or a Student Health Service clinician can help coordinate a referral.

Care Team

The University of Wisconsin-Stevens Point is committed to the safety and success of all students. The Office of the Dean of Students supports the campus community by reaching out and providing resources in areas where a student may be struggling or experiencing barriers to their success. Faculty and staff are asked to be proactive, supportive, and involved in facilitating the success of our students through early detection, reporting, and intervention. As your instructor, I may contact the Office of the Dean of Students if I sense you are in need of additional support which individually, I may not be able to provide. You may also share a concern if you or another member of our campus community needs support, is distressed, or exhibits concerning behavior that is interfering with the academic or personal success or the safety of others, by reporting [here](#).

Additional Campus Policies:

Clery Act

The US Department of Education requires universities to disclose and publish campus crime statistics, security information, and fire safety information annually. Statistics for the three previous calendar years and policy statements are released on or before October 1st in our [Annual Security Report](#). Another requirement of the Clery Act is that the campus community must be given timely warnings of ongoing safety threats and immediate/emergency notifications. For more information about when and how these notices will be sent out, please see our [Jeanne Clery Act](#) page.

Copyright Infringement

This is the act of exercising, without permission or legal authority, one or more of the exclusive rights granted to the copyright owner under section 106 of the Copyright Act. Each year students violate these laws and campus policies, putting themselves at risk of federal prosecution. For more information about what to expect if you are caught, or to take preventive measures to keep your computing device clean, visit our [copyright page](#).

Drug Free Schools and Communities Act

The Drug Free Schools and Communities Act (DFSCA) requires institutions of higher education to establish policies that address unlawful possession, use, or distribution of alcohol and illicit drugs. The DFSCA also requires the establishment of a drug and alcohol prevention program. The Center for Prevention lists information about alcohol and drugs, their effects, and the legal consequences if found in possession of these substances. [Center for Prevention – DFSCA](#)

FERPA

The Family Educational Rights and Privacy Act (FERPA) provides students with a right to protect, review, and correct their student records. Staff of the university with a clear educational need to know may also have access to certain student records. Exceptions to the law include parental notification in cases of alcohol or drug use, and in case of a health or safety concern. FERPA also permits a school to disclose personally identifiable information from a student's education records, without consent, to another school in which the student seeks or intends to enroll.

Reporting Incidents of Bias/Hate

It is my intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that the students bring to this class be viewed as a resource, strength and benefit. It is my intent to present materials and activities that are respectful of diversity: gender identity, sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups.

If you have experienced a bias incident (an act of conduct, speech, or expression to which a bias motive is evident as a contributing factor regardless of whether the act is criminal) at UWSP, you have the right to report it: <https://www.uwsp.edu/dos/Pages/Anonymous-Report.aspx>.

You may also contact the Office of the Dean of Students directly at dos@uwsp.edu. Diversity and College Access is available for resources and support of all students: <https://www.uwsp.edu/dca/Pages/default.aspx>.

Title IX

UW-Stevens Point is committed to fostering a safe, productive learning environment. Title IX and institutional policy prohibit discrimination on the basis of sex, which includes harassment, domestic and dating violence, sexual assault, and stalking. In the event that you choose to disclose information about having survived sexual violence, including harassment, rape, sexual assault, dating violence, domestic violence, or stalking, and specify that this violence occurred while a student at UWSP, federal and state laws mandate that I, as your instructor, notify the Title IX Coordinator/Office of the Dean of Students. Please see the information on the [Dean of Students webpage](#) for information on making confidential reports of misconduct or interpersonal violence, as well as campus and community resources available to students.

Lab

Procedure:

1. Recipes will be assigned prior to lab. You will need to print your assigned recipes and bring them to the lab with you. This will give you time to review the procedures, ask any questions, and plan. You will also be able to determine the principles being performed during that lab day, prior to lab
2. Finalize mise en place*
3. Prepare the cooking assignment.
4. Complete sensory evaluations. If you have a food allergy, medical, or religious reason that prevents you from tasting certain foods, please meet with the instructor to discuss.
5. Clean and sanitize.
6. Discuss lab principles with lab group.

Note: leftovers may not be taken from the lab without permission. Please bring your own containers or bags for carrying leftovers.

Grading:

1. Students can drop the lowest lab grade at the end of the semester. There are 11 labs in total. In the event of illness or an unforeseen emergency, students can miss one lab without any point penalty. **Please inform the instructor before the lab or ASAP if you anticipate an absence from a lab so that changes to the lab or group assignments can be made to facilitate a smoother transition for the rest of the group.**
2. Each lab unit will be assessed on preparedness, economy, teamwork, professionalism, personal hygiene, and sanitation. Please refer to the outline below and review each section carefully.
3. Lab reports will be submitted on Canvas and due at the beginning of lab on the following week. Late lab reports will have 10% deducted and for each day it is late.
4. Individual product evaluations will also be submitted to Canvas along with your lab report one week following each lab. The criteria used in grading product evaluations are based on proper use of terminology and correct spelling (i.e., points deducted for use of slangs, inappropriate language, incorrect short-forms, and misspelled words; typically, ½ point deduction if one recipe/product evaluation is omitted or if 3 different errors are noted). Please refer to the sensory evaluation of products postings on Canvas prior to each lab for the terms commonly used to describe the various food categories.
5. Please note that lab principles will always be included on the exams. If you miss a lab, it is your responsibility to learn and understand the lab principles on your own.

Lab Performance Expectations

1. Preparedness

*Mise en place is the primary organizational principle in all cooking. It means “everything in its place”. It is as much a mental organization as a physical one. Arrange to have as few distractions as possible. Minimize conversation or you may make a mistake or miss an ingredient. Successful cooking requires focus. Mise en place happens **before** you prepare the recipe. It is a way of organizing so that you are prepared to complete the recipe.

Key steps to mise en place:

- **Prior to lab** read the recipe from start to finish and visualize how you will accomplish each step. This will help with visualizing the distribution of work in your team and the timing of the recipes. Determine the principles which underlie the food preparation. Bring your recipes to lab.
- In the lab, distribute work within your lab group.
- Assemble all your tools.
- Assemble all your ingredients.
- Wash, trim, cut, prepare, and measure your raw materials.
- Prepare your equipment (preheat oven, line baking sheets, etc.)
- Proceed with recipe.

2. Quality and Economy

- We will use the freshest, highest quality ingredients with conscious effort.
- UWSP Dietetics program supports the use of local, sustainable foods in their curriculum. You will be expected to become familiar with local seasonal foods as they are introduced throughout the semester.
- You will be required to optimize ingredients. This means being familiar with the ingredients, the correct preparation and method of cooking as well as proper storage. For example, peeling a vegetable requires proper washing, careful trimming of non-edible parts, and peeling with a vegetable peeler (not a paring knife).
- Shared ingredients must be measured at the ingredient cart/table and brought to your unit.
- The use of a chef’s knife is important for both safety and economy. It is strongly recommended that you have a good quality chef’s knife at home and practice proper technique. Dietetic and SFN students will be required to own and bring a chef’s knife to the FN 346 Advanced Foods class.
- Usable vegetable and meat scraps will be saved for stock. **Unusable plant scraps and eggshells will be composted in a bucket in the lab.** No animal product, except eggshells, can be composted.

3. Professionalism:

- Positive attitude: A cook with a positive attitude works quickly, efficiently, neatly, and safely.
- Ability to work with people: Food service work is teamwork. Teamwork is recognizing your strengths and weaknesses and helping others recognize and develop their talents.
- Eagerness to learn: Successful cooking requires skill, experience, inquiry, and an adventurous spirit.

- Dedication to quality: Gourmet food is food well-prepared. This requires the knowledge and *desire* to produce quality food.
- Understand the basics: To be innovative, you must know where to start from. Develop a solid grounding of vocabulary, techniques, methods, and ingredients.
- Communication: To develop teamwork and leadership skills, you must practice attentive listening and thoughtful conversation. Being able to ask questions and clarify misunderstandings with the instructor and peers helps create a positive learning environment.

4. Personal hygiene:

- You must have the FN apron and beret. All clothing must be clean. Hair must be pulled back and covered with chef beret. If you forget to bring your beret, a bouffant cap is available for purchase for 25 cents.
- Do not work with food if you have any communicable disease or infection.
- You must wear closed toe shoes with socks. Sandals, heels, or flip flops are not permitted.
- No dangling jewelry, minimal jewelry (ring and watch) is allowed.
- Wash hands and expose parts of arms before work and as often as necessary during work.
- Cover coughs and sneezes and then wash hands.
- Keep your hands away from your face, eyes, hair, and arms.
- Fingernails must be kept trimmed, filed, and maintained so that the edges and surfaces are cleanable and not rough. You may not wear fingernail polish or artificial fingernails when working with food. You will be given one warning and asked to wear gloves; subsequent violations will result in points deducted.
- Do not chew gum while in the lab.
- Cover cuts or sores with clean bandages and use work gloves. Report all cuts or burns to instructor.
- Do not sit on worktables.
- Keep all coats, books, bags, and backpacks in the lockers located on the second floor, as well as apron/beret when not in use. Please bring your own lock.
- Students who are not properly attired or who do not follow personal hygiene will not be allowed to participate in the lab that day.
- Wash hands after touching your face, hair, or electronic devices such as your mobile phone.
- A listing of the Wisconsin Food Code Fact Sheets is available via the following link: [Food Code Fact Sheets](#)

5. Sanitation

- All equipment must be thoroughly cleaned and properly stored at the end of each lab.
- Wipe up floor spills quickly using paper towels, not kitchen towels.
- All work surfaces must be cleaned with soapy water and sanitized using the following procedure: wash with a detergent solution, sanitize with the sanitizing solution and a clean cloth used only for this purpose, air dry.
- Dispose of all garbage and waste properly. All recycling must be cleaned with labels removed and put in the appropriate stairwell bins in the hallway before leaving the lab.
- Your lab station must be checked by the instructor before leaving the lab.

FN 206 – Tentative Schedule Spring 2024

Week of	Module	Topic / Class and Lab Meetings	Readings and Activities
1/21	1	Introduction Class – 1/22	Chapter 5 Appendix A and D BH&G Cookbook, pp. 7-14 (Scanned document) Wisconsin Food Code Fact Sheets (4) Basic Technique: Mise en Place - link Video: More Essential Tools Quizlet – Matching Game for Equipment Quizlet – Dry & Moist Heat Cooking Methods
1/28	2	Sensory Evaluation, Measuring, Food Safety, and Recipe Conversions Class – 1/29	Chapters 1, 2, 4, 5, and 29 (pages specified within module) Terms Used in Judging Food Products FAT TOM Videos on Food Safety (2) Video on Kitchen Math – Measuring Culinary Terms (review on your own) Lecture Recording – Recipe Conversions Recipe Conversions – Practice on your own Link - How to dispose of used cooking oil Module 1 Weekly Quiz (available Thursday to Sunday)
2/4	3	Fruit Class – 2/5 Lab – 2/7	Chapter 14 Video – Pear flower to young fruit Phytochemicals link Lecture Recording - Fruits Video – Homemade Strawberry Jam Video – How to shop for fruit Video – 7 Tips for Cleaning Fruits, Vegetables Lab 1 – Apples and Measures (due by the next lab) Module 2 Weekly Quiz (available Thursday to Sunday)
2/11	4	Vegetables and Knife Skills Class – 2/12 Lab – 2/14	Chapters 5 and 13 (pages specified within module) Knife Skills document Video- Culinary Classroom: Knife Skills Choose MyPlate link 2020-2025 Dietary Guidelines link Video – Vegetables in Glorious Variety Video – Grains and Beans

			<p>Lab 2 – Vegetables Cookery and Knife Skills (due by the next lab)</p> <p>Lab 1 due 2/14 @ 9 a.m.</p> <p>Vegetables Practice Quiz (until Friday)</p> <p>Module 3 Weekly Quiz (available Thursday to Sunday)</p>
2/18	5	<p>Starch and Pasta</p> <p>Class – 2/19</p> <p>Lab – 2/21</p>	<p>Chapters 3, 16, and 18 (pages specified within module)</p> <p>Lecture Recording - Starch, Pasta, and Cereal Grains</p> <p>Video – A Tasting of Culinary Science - Starch</p> <p>Lab 3 – Starch & Pasta (due by the next lab)</p> <p>Lab 2 due 2/21 @ 9 a.m.</p> <p>Starch Practice Quiz (until Friday)</p> <p>Module 4 Weekly Quiz (available Thursday to Sunday)</p>
2/25	6	<p>Salads and Dressings</p> <p>Class – 2/26</p> <p>Lab – 2/28</p>	<p>Chapters 15 and 22 (pages specified within module)</p> <p>MyPlate website</p> <p>Video – Nature and use of emulsifiers in food</p> <p>Video – Jamie Oliver’s Principles for Superb Salads</p> <p>Video – How to make homemade mayonnaise</p> <p>Lab 4 – Salads and Dressings (due by the next lab)</p> <p>Lab 3 due 2/28 @ 9 a.m.</p> <p>Module 5 Weekly Quiz (available Thursday to Sunday)</p>
3/3	7	<p>Eggs and Egg Substitutes</p> <p>Class – 3/4</p> <p>Lab – 3/6</p>	<p>Chapter 12</p> <p>Egg Structure Diagram</p> <p>Lecture Recording - Eggs & Egg Cookery</p> <p>Video – Eggs from the Classic to the Contemporary</p> <p>Video – Whipping egg whites to perfect peaks</p> <p>Video – How to whip and fold egg whites</p> <p>Link – How to make a dessert souffle</p> <p>Lab 5 – Eggs (due by the next lab)</p> <p>Lab 4 due 3/6 @ 9 a.m.</p> <p>Eggs Practice Quiz (until Friday)</p> <p>Module 6 Weekly Quiz (available Thursday to Sunday)</p>
3/10	8	<p>Poultry and Seafood</p> <p>Class – 3/11</p> <p>Lab – 3/13</p>	<p>Chapters 8 and 9</p> <p>Video – How to Bake Chicken Breast</p> <p>Lecture Recording - Fish & Shellfish</p> <p>Link – How to Handle and Cook Poultry so You Don’t Get Sick</p> <p>Wisconsin Food Code Fact Sheets (2)</p> <p>Lab 6 – Poultry and Seafood (due at the next lab)</p> <p>Lab 5 due 3/13 @ 9 a.m.</p>

			<p>Poultry and Seafood Practice Quiz (until Friday)</p> <p>Module 7 Weekly Quiz (available Thursday to Sunday)</p>
Spring break: March 18-22			
3/25	9	<p>Stocks, Soups, and Sauces</p> <p>Online lecture</p> <p>No lab this week</p>	<p>Chapters 15 and 18 (pages specified within module)</p> <p>Lecture Recording – Stocks and Soups</p> <p>Lecture Recording - Sauces</p> <p>Video – Sauces, From Beurre Blanc to Bechamel</p> <p>Video – Stocks and Broths, The Foundation</p> <p>Module 8 Weekly Quiz (available Thursday to Sunday)</p>
3/31	10	<p>Meat</p> <p>Class – 4/1</p> <p>Lab – 4/3</p>	<p>Chapter 7</p> <p>Lecture Recording – Meat & Meat Cookery</p> <p>Wisconsin Food Code Fact Sheets (2)</p> <p>Video – Pat LaFrieda Demonstrates How Meat is Graded and What to Look for When Choosing USDA Meat</p> <p>Video – Steak Tenderizing Experiment</p> <p>Link – Beef, Pork, and Lamb Cuts</p> <p>Link – Clostridium botulinum & Botulism</p> <p>Link – Should I wash meat and poultry before I cook it?</p> <p>Lab 7 – Soups and Sauces (due by the next lab)</p> <p>Lab 6 due 4/3 @ 9 a.m.</p> <p>Meat Practice Quiz (until Friday)</p> <p>Module 9 Weekly Quiz (available Thursday to Sunday)</p>
4/7	11	<p>Milk and Cheese</p> <p>Class – 4/8</p> <p>Lab – 4/10</p>	<p>Chapters 10 and 11 (pages specified within module)</p> <p>Lecture Recording – Milk & Cheese, Part 1</p> <p>Video – The Cheese Queen</p> <p>Lab 8 – Meat (due by the next lab)</p> <p>Lab 7 due 4/10 @ 9 a.m.</p> <p>Milk Practice Quiz (until Friday)</p> <p>Module 10 Weekly Quiz (available Thursday to Sunday)</p>
4/14	12	<p>Yeast Breads</p> <p>Class – 4/15</p> <p>Lab – 4/17</p>	<p>Chapters 17 and 20 (pages specified within module)</p> <p>Video - Sponge Yeast Pre-ferment</p> <p>Video – Yeast Breads, Just the Facts.</p> <p>Breadworld reference</p> <p>Lab 9 – Milk and Cheese (due by the next lab)</p> <p>Lab 8 due 4/17 @ 9 a.m.</p> <p>Yeast Breads Practice Quiz (until Friday)</p> <p>Cultural Food Exploration Assignment due Sunday @ 11:59 p.m.</p> <p>Module 11 Weekly Quiz (available Thursday to Sunday)</p>

4/21	13	Cakes Class – 4/22 Lab – 4/24	Chapter 23 Video – Mixing it Up – Methods for Cakes Video – How to Make Angel Food Cake Lab 10 – Yeast Breads and Cakes (due by the next lab) Cultural Food Exploration Presentation during lab Lab 9 due 4/24 @ 9 a.m. Module 12 Weekly Quiz (available Thursday to Sunday)
4/28	14	Quick Breads Class – 4/29 Lab – 5/1	Chapters 17 and 19 Tips for Making Muffins and Quick Breads – link How to Make Muffins – link Lab 11 – Quick Breads, Pastry, and Beverages; lab cleanup (due by the next lab) Lab 10 due 5/1 @ 9 a.m. Quick Breads Practice Quiz (until Friday) Module 13 Weekly Quiz (available Thursday to Sunday)
5/5	15	Pastry and Beverages Class – 5/6 No lab this week	Chapters 24 and 27 Video – Blue Ribbon Winners – Pies and Biscuits Lecture Recording – Beverages Link – The Story of Bottled Water Lab 11 due 5/8 @ 9 a.m. Module 14 Weekly Quiz (available Thursday to Sunday)
Module 15 Weekly Quiz – Wednesday, May 15 from 2:45 – 4:45 p.m.			