

# FN 206 INTRODUCTORY FOODS

Fall 2016

**Course Description:** Introduction to basic physical and chemical properties of foods; interaction and reaction of food in food preparation procedures; evaluation of prepared products. Two hours of lecture, three hours of laboratory per week. (3 credits)

**Class Schedule:**

Lecture	9:00 – 9:50 am	Tuesday and Thursday	CPS 229
Lab	9:00 – 11:50 am	Wednesday	CPS 211

Sept 14<sup>th</sup> – meet in food lab for apron sales

**Instructor:** Deborah Tang, MS, RD, CD 240B CPS 715-346-2749 [dtang@uwsp.edu](mailto:dtang@uwsp.edu)

**Office Hours:** I plan to be available on Mondays from 9:00-11:00 a.m. and Thursdays from 10:00 a.m.-12:00 p.m. However, times may vary for some weeks due to last minute meetings and other unforeseeable circumstances. It is best to make an appointment with me in person or via email to secure a meeting time. There may be other times more convenient for you that can be arranged as well.

## Required Text Rental:

Brown, Amy. *Understanding Food - Principles & Preparation*. 3<sup>rd</sup> Ed. Thomson Wadsworth, 2008.

## Required Purchases:

*Better Homes and Gardens New Cookbook*, (Spiral Bound). 15<sup>th</sup> Ed. (16<sup>th</sup> Ed. is acceptable) Available at the University Bookstore or online.

Lab aprons and chef berets (instructor will share information regarding purchase during the first class).

## Student Objectives:

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.

## ACEND: 2012 Standards for Didactic Programs in Nutrition & Dietetics

**KRD 1.1** The curriculum must reflect the scientific basis of the dietetics profession and must include research methodology, interpretation of research literature and integration of research principles into evidence-based practice.

**KRD 4.2** The curriculum must include content related to quality management of food and nutrition services.

**KRD 5.1** The food and food systems foundation of the dietetics profession must be evident in the curriculum. Course content must include the principles of food science and food systems, techniques of food preparation and application to the development, modification and evaluation of recipes, menus and food products acceptable to diverse groups.

## Attendance Policy:

Students should plan to attend all classes and are responsible for all information presented in class. Notify the instructor in person, by phone or email if an absence is anticipated. Class begins promptly at the scheduled times. As a courtesy to others, arrive on time so as not to disrupt the class. Valuable class information including changes in syllabus schedule and course content, are announced in the first 5 minutes of the class. As a courtesy to you, I will end promptly at the scheduled time. Wait until I indicate that class is done before packing up books, backpacks, etc.

**Academic Conduct:**

This course is part of the UW-Stevens Point academic community, an academic community that is bound together by the traditions and practice of scholarship. Honest intellectual work – on examinations and on written assignments - is essential to the success of this community of scholars. Using classmates' responses to answer exam questions or disguising words written by others as your own undermines the trust and respect on which our course depends. The work in this course is challenging and will demand a good deal from each of you. I have every confidence that each of you can succeed. Doing your own work will enhance your sense of accomplishment when the semester comes to a close.

Additionally, the classroom environment is a unique opportunity for students to share ideas, opinions, discuss classroom and course content. As each student is entitled to contribute in class, specific expectations are necessary to ensure a thriving classroom environment. Expectations include: arriving to class on time, being prepared for class, and keeping cell phones silenced or turned off and put away. Behaviors such as loud shouting, excessive side conversations, arriving to class under the influence of any alcohol or drugs, profane language, and verbal or physical threats, intimidation of any kind, or any other behavior that may be disruptive to the instructor or other students are considered unacceptable. If any of this behavior is exhibited, you may be asked to leave the class for the day. Any continued disruptive behavior may result in a referral to the Dean of Students Office.

For additional information, please refer to the statements on Academic Standards as outlined by the Office of Student Rights and Responsibilities. You can read the full text of Chapter 14 on "Student Academic Standards & Disciplinary Procedures" at <http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf>

**Electronic Devices:**

The use of cell phones will not be permitted during lectures and labs. With permission from the instructor, calls may be taken outside the classroom or lab in cases of emergency. 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 misuse is observed.

**Desire2Learn (D2L):**

This class uses Desire2Learn (D2L), UWSP's Online Learning Management System. Your course Syllabus, lecture slides, lab outlines, and grades will always be found here. You can log into D2L at, <http://uwsp.courses.wisconsin.edu/>, with your UWSP logon. D2L can also be found on your MyPoint portal on the Academics tab. After you have logged into D2L, look below "My Stevens Point Courses" in the middle of the screen. Click the plus sign in front of the current semester to access the link to our class.

**Exams:**

Students are expected to inform the instructor **prior to an exam** if there is a legitimate conflict so that alternate arrangements can be made. Without prior notification with an acceptable reason, the exam cannot be made up.

**Special Accommodations:**

Within the first 2 weeks of class, students requiring special accommodations and/or program access should arrange an appointment with UWSP Disability and Assistive Technology Center located at the Learning Resource Center (LRC 609), telephone (715)346-3365. After the assessment; please provide eligibility documentation to me in order to request appropriate accommodations.

**Class Evaluation:**

4 exams - 250 points; exams 1-3 (50 points each), exam 4 (100 points)

Recipe Makeover - 50 points

Lab:

Food Principles (group lab report) - 50 points (5 points /lab)

Food Evaluation - 50 points (5 points /lab)

Lab performance (Preparedness, economy, teamwork, professionalism, personal hygiene, and sanitation) – 50 points (5 points /lab)

Learning & Leadership ePortfolio – Set up template and Food Service page – 30 points

Extra credit (approximately 15 points in total): in-class quizzes (unannounced)

*Total: 480 points*

**Grading Scale:**

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

**Extra Credit Opportunities**

Throughout the semester, students will be presented with the opportunity to earn extra credit points during in-class quizzes. These quizzes will be unannounced and offered at the discretion of the instructor.

# Lab

## Procedure:

1. Recipes will be assigned prior to lab. This will give you time to review the experiments, ask any questions, and plan. You will also be able to determine the principles being tested during that lab day, prior to lab
2. Finalize mise en place\*
3. Prepare the cooking assignment.
4. Complete sensory evaluations.
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 have the opportunity to drop the lowest lab grade at the end of the semester. There are 11 labs in total. This means that in the event of illness or an unforeseen emergency, students can miss one lab without any point penalty. **No opportunity exists for making up missed labs (lab principles, evaluations and performance points cannot be made up). Please inform the instructor as soon as possible by phone or email 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. As a lab group, you will be responsible for preparing **one lab report**. Lab reports will be due at the beginning of lab on the following week. Late lab reports will have 10% deducted for each day it is late.
4. Individual product evaluations will also be submitted along with the group 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, incorrect short-forms, and misspelled words; typically ½ point deduction if a product evaluation is omitted or if 3 different errors are noted). Please refer to the sensory evaluation of products postings on D2L 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.
6. The instructor must be notified **prior to the scheduled lab cleaning** if a student will be absent. The instructor may offer other arrangements for the student to make up the missed lab cleaning if the absence is due to a legitimate excuse or other extenuating circumstances. If the lab cleaning is missed without prior notification, there will be a 25 point deduction.

# 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 experiments. Determine the principles which underlie the food preparation. Bring your cookbook to lab unless indicated otherwise by the instructor.
- In 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 ingredient, 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 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 egg shells will be composted in a bucket in lab.** No animal product, except egg shells, can be composted.
- As a gesture of goodwill and pride, we will invite others into the lab to sample any leftovers. Faculty and students in the building will be invited. This will alert other people to the quality of your work and introduce them to food science.

## 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: In order to be innovative, you have to 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:

- Refer to Wisconsin Food Code Fact Sheet #6 on Employee Hygiene: <http://datcp.wi.gov/uploads/Food/pdf/EmployeeHygiene-6.pdf>
- You must have the FN apron. These can be purchased from the HPHD office. 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) are allowed.
- Wash hands and exposed 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. Unless wearing intact gloves, you may not wear fingernail polish or artificial fingernails when working with exposed food.
- 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.
- A listing of the Wisconsin Food Code Fact Sheets are available via the following link: [http://datcp.wi.gov/food/food\\_code\\_fact\\_sheets/index.aspx](http://datcp.wi.gov/food/food_code_fact_sheets/index.aspx)

#### 5. Sanitation

- All equipment must be sanitized and stored properly at the end of the lab.
- Wipe up floor spills quickly using paper towels, not the kitchen towels.
- All work surfaces must be cleaned with soapy water and sanitized with bleach solution 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 – Fall 2016**

<b>Week</b>	<b>Dates</b>	<b>Topic</b>	<b>Reading</b>
1	Sept 6, 8	Introduction Culinary terms, cooking methods, recipes <b>No lab this week</b>	Ch. 1 (pp. 1-11, 14-18) Ch. 4 (pp. 78-83) Cookbook: 15 <sup>th</sup> ed. pp. 7-16; 16 <sup>th</sup> ed.
2	Sept 13, 15	Weights and measures, sensory evaluation, food safety <b>Wednesday – Lab day</b> <b>9:00 – 9:30 a.m. CPS 211 (Apron sales)</b> <b>9:35 – 11:00 a.m. CPS 107</b>	Ch. 3 (pp. 53-54, 63-72) Ch. 4 (pp. 87-90) WI Food Code Fact Sheets Cookbook: 15 <sup>th</sup> ed. pp. 633-634; 16 <sup>th</sup> ed.
3	Sept 20, 22	Fruits Weights & measures, fruits – Lab 1	Ch. 13
4	Sept 27, 29	Vegetables Knife skills - Lab 2	Ch. 12 Ch. 4 (pp. 85-87)
5	Oct 4, 6	Starch and Pasta <b>Oct 6- Exam 1 (Weeks 1-3, introduction to end of fruits)</b> Starch and Pasta – Lab 3	Ch. 15, 17
6	Oct 11, 13	Starch and Pasta - continued Salads; Dressings – Lab 4	Ch. 14 (pp. 302 – 312), p. 430
7	Oct 18, 20	Salads; Dressings - continued Eggs; Egg substitutes – Lab 5	Ch. 11
8	Oct 25, 27	Poultry, Seafood – Lab 6	Ch 7, 8
9	Nov 1, 3	Stocks, Soups, and Sauces – Lab 7 <b>Nov 3 - Exam 2 (Weeks 4-7, Vegetables to end of Salads &amp; Dressings)</b>	p. 297-302
10	Nov 8, 10	Meat – Lab 8 <b>Nov 10 - Recipe makeover assignment due in D2L Dropbox by 9:00 a.m.</b>	Ch 6
11	Nov 15, 17	Milk, cheese – Lab 9 <b>Nov 17 - Exam 3 (Weeks 7-9, Eggs &amp; Egg Substitutes to end of Stocks, Soups, Sauces)</b>	Ch 9, 10
12	Nov 22	Yeast breads <b>No lab this week</b>	Ch 19
<b>Thanksgiving Holiday – No Class on November 24</b>			
13	Nov 29, Dec 1	Cakes Yeast breads, cakes – Lab 10 <b>Dec 1 - Learning &amp; Leadership ePortfolio due in D2L dropbox</b>	Ch 22 (pp. 444-455) Ch. 18, 23, 26
14	Dec 6, 8	Quick breads, pastry Quick breads, pastry, beverages - Lab 11	
15	Dec 13, 15	Beverages, review Lab cleaning on Dec 14 <sup>th</sup>	
<b>Final Exam: Wednesday, December 21<sup>st</sup> 2:45 – 4:45 p.m. (Weeks 10-15, Meat unit to end)</b>			