

Delta State University
College of Education
Division of Family and Consumer Sciences
FCS 102: Principles of Food Preparation
Spring 2014: 11:00 am to 12:50 pm Mondays and Wednesdays

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COURSE SYLLABUS

Course Designation

FCS 102 Principles of Food Preparation. Cultural, social, economic and scientific aspects of food selection, and preparation. Includes cooking techniques and equipment, sensory and nutritional evaluation. 3 hours credit.

Course Objectives

The Student will:

1. Identify and apply basic principles of food preparation.
2. Demonstrate appropriate organization, use, care and selection of kitchen equipment and appliances.
3. Identify and apply appropriate food safety and sanitation practices
4. Describe the relationship of food selection and preparation to the promotion of individual and family health and welfare.
5. Identify cultural aspects of food selection and preparation.
6. Identify terminology and abbreviations used in basic food preparation.
7. Interpret a recipe.
8. Evaluate principles of food selection and preparation and adapt procedures to nutritive and socioeconomic needs.
9. Develop appropriate time management plans for food preparation.
10. Plan a menu.
11. Identify basic principles of table setting.
- 12.

Text

Bennion, M. & Scheule, B. (2010) *Introductory foods* (13th. Edition). Upper Saddle River, NJ: Prentice Hall.

General Information

Tentative Grade Chart

<u>Assignments</u>	<u>Points</u>
Exams (including Final)	300
6 @ 60 points, drop lowest	
Class Participation	160
Food Safety Online Course	40
Lab Activities 15 points/lab (14 labs, drop 2 lowest)	210
Lab Reports	<u>140</u>
Total Possible Points	800

University grading scale

A	94-100
B	84-93
C	75-83
D	65-74
F	below 65

Detailed information on these assignments will be given later. Final grades will be calculated based on an accumulation of points. To determine a percentage grade, divide the number of points earned by 700 or number of points possible if that is different. This percentage grade will be converted to a letter grade using the university scale.

A loose leaf notebook that will accommodate 8 ½' x 11' paper is required. This notebook will contain all lab reports, recipes used in the laboratory, internet assignments, and other documents as assigned. Section dividers, labels and other means of organization are required. Notebook will be graded on the basis of completeness, attention to detail, neatness and organization.

- **Labs or group work cannot be made up. Students have two labs to drop built into their grade.**
- Excused absences will be addressed individually. It is the student's responsibility to obtain make-up work, handouts and/or notes missed. Make-up work will be due within a week of the excused absences unless other arrangements are made in advance.
- Assignments are due at the beginning of the class period on the due date. Assignments turned in after that time are late. Points will be deducted from late assignments.
- Canvas learning management system will be used as a supplement to this class. All students must have be sure that he/she can access Canvas before the first assignment is due. Students having trouble accessing Canvas may find help through the help desk and are responsible for doing so. Communication may be through email or phone at helpdesk@deltastate.edu or 662-846-4444 or 866-264-1465 (toll free) for help with email or Canvas issues.
- Communication outside of class will be done through Canvas and university e-mail. It is the responsibility of the student to check this e-mail regularly.
- Students should attend to any needs that can be anticipated **prior to coming to class.**
- Cell phones and pagers must be turned off during class. If an emergency call is expected, special arrangements can be made with the instructor at the beginning of the class. Students who use their phone for texting or talking will lose class participation points and be asked to either leave their phones at home or with the instructor in the future.

Attendance Policy

- Class attendance is required and expected. University policy will be followed in determining a student's eligibility to pass the course as related to absences (total of both excused and unexcused absences). **Seven absences will result in failure.** Three tardies or early departures constitute one absence.
- Excused absences should be cleared with the instructor in advance whenever possible.
- Class participation points will be deducted for each absence. Progressive points will be deducted for multiple absences. This will reduce the potential points for class participation and the maximum grade that a student can receive for the course. One cannot participate in a class if he/she is absent.

Policy Statement for Written Assignments

The teaching of writing as a subject matter is the responsibility of the Department of English; however, the Division of Family and Consumer Sciences advocates that evaluations are appropriate for all courses. The Division consequently expects that students will construct writings that are grammatically accurate, appropriately organized, specifically developed and correctly spelled. All written assignments must be completed using appropriate software; students will be responsible for printing their assignments.

Written assignments are to be done individually unless otherwise specified.

University Policy on Cheating and Plagiarism

Cheating and plagiarism are not to be tolerated. If it is established beyond a reasonable doubt that a violation has occurred, instructors may determine the penalty, or may report the offense to the division chair and dean of their school. The usual penalty involves the grade of zero on the test, examination or paper in question. If cheating or plagiarism is suspected, but not established beyond a reasonable doubt, the instructor may require the student to take another test or submit another paper. A second offense by any student should be reported immediately for more stringent action.

Accommodation of Disabilities

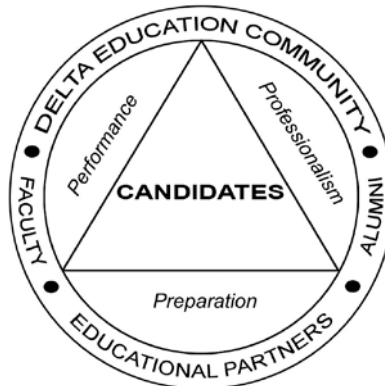
It is the responsibility of students who have professionally diagnosed disabilities to notify the instructor so that necessary and/or appropriate modifications can be made to meet any special learning needs.

“Delta State University is committed to a policy of equal employment and educational opportunity. Delta State University does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, or veteran status. This policy extends to all programs and activities supported by the University.”

Reference List

- Charley, J., Weaver C. (1998) *Foods a scientific approach* (3rd edition). Upper Saddle River, New Jersey: Prentice-Hall.
- Labensky, S.R., Hause, A.M. (1999) *On cooking* (2nd edition). Upper Saddle River, New Jersey: Prentice-Hall.
- Largen, V.L., Bence, D.L. (2004) *Guide to good food* (8th edition). Tinley Park, Illinois: The Goodheart-Willcox Company, Inc.
- McWilliams, M. (2005) *Foods experimental perspectives* (5th edition) Upper Saddle River, New Jersey: Pearson Prentice Hall.

**Delta State University
College of Education Conceptual Framework
DELTA EDUCATION MODEL**



Vision: The Delta State University College of Education promotes a vibrant educational community committed to preparing capable and confident teacher candidates who can positively affect learning outcomes of students in the P-12 school setting. Appropriately illustrated by the Delta triangle, the model reflects teacher candidate development through the triad of preparation, performance and professionalism, supported by the larger Delta educational community (faculty, educational partners, and alumni).

Guiding Principles:

1. **Education is a lifelong endeavor**, requiring an ever-expanding content knowledge base, a repertoire of skills, and a broad experience base. (GP1)
2. **Education is interactive and reflective**, a process that is accomplished through assessment and reflection of a collaborative nature. (GP2)
3. **Education is culturally contextualized**, requiring both an understanding and appreciation of the diversity of all individuals within the learning community. (GP3)
4. **Education is dynamic**, with change being driven by assessment data and the needs of all segments of the educational community. (GP4)
5. **Education is enhanced by technology**, infused throughout programs and services. (GP5)

TENTATIVE SCHEDULE FCS 102 FOOD PREPARATION

SPRING 2014: Mondays and Wednesdays from 11:00 a.m. to 12:50 p.m.

Day	Date	Topic	Notes
Monday	1/13/14	Food Choices, Food Economics, Food Safety	Chapters 1-3
Wednesday	1/15/14	Lab 1: Kitchen Appliances & Utensils, Sustainability, Food Safety/Sanitation	
Monday	1/20/14	HOLIDAY—NO CLASS	
Wednesday	1/22/14	Food Regulations, Back to Basics Lab 2: Weights & Measures, Recipes	Chapter 4-5
Monday	1/27/14	Vegetable Preparation, Fruit Preparation	Chapters 20-21
Wednesday	1/29/14	Lab 3: Vegetables & Fruits	
Monday	2/3/14	Salads & Gelatin Salads	Chapter 22
Wednesday	2/5/14	Lab 4: Salads & Gelatin Salads	
Monday	2/10/14	Heat Transfer, Microwave, Seasoning, Food Composition, Frying	Chapters 6-10
Wednesday	2/12/14	Lab 5: Meal Planning	
Monday	2/17/14	Milk & Milk Products, Egg Cookery	Chapters 23-24
Wednesday	2/19/14	Lab 6: Dairy & Eggs	
Monday	2/24/14	Starch, Pasta & Cereal Grains	Chapters 13-14
Wednesday	2/26/14	Lab 7: Pasta & Cereal Grains	
Monday	3/3/14	Batters & Doughs, Quick Breads, Pastry	Chapters 15, 16, 19
Wednesday	3/5/14	Lab 8: Quick Breads & Pastry	
Monday	3/10/14	SPRING BREAK-NO CLASS	
Wednesday	3/12/14	SPRING BREAK-NO CLASS	
Monday	3/17/14	Yeast Breads	Chapter 17
Wednesday	3/19/14	Lab 9: Yeast Breads	
Monday	3/24/14	Cakes & Cookies	Chapter 18
Wednesday	3/26/14	Lab 10: Cakes & Cookies	
Monday	3/31/14	Meat, Poultry, Seafood	Chapters 25, 26, 27
Wednesday	4/2/14	Lab 11: Meat, Fish, Poultry	
Monday	4/7/14	Beverages	Chapter 28
Wednesday	4/9/14	Beverages	MS-AND, Biloxi 4/10-11
Monday	4/14/14	Food Preservation & Packaging	Chapters 29-30
Wednesday	4/16/14	Lab 12: Food Preservation	(Good Friday 4/18/14)
Monday	4/21/14	Global Environment	
Wednesday	4/23/14	Lab 13: International Foods	
Monday	4/28/14	Sweeteners & Sugar Cookery	Chapters 11-12
Wednesday	4/30/14	Lab 14: Candy	
Wednesday	5/7/14	FINAL EXAM at 8:00 a.m.	