

Instructors: Melanie Tracy Burns, PhD, RDN
Email: mdburns@eiu.edu
Phone: 217-581-6353
Office: Klehm Hall 1439
Office Hours: M 1-2:30, T 9-10, W 11-1:30

Katie Breen
kabreen@eiu.edu
217-581-6353
Klehm Hall 1435
MF 9-10 am

Course Description

Food selection considerations and basic food preparation practices. (2-1-2, 2 credit hours)

Course Objectives

As a result of experiences in this class, students will be able to:

- Safely use basic food preparation equipment
- Apply food safety and sanitation practices
- Evaluate sensory attributes of various food products
- Demonstrate an understanding of cultural competence/sensitivity in the preparation of basic food products
- Apply basic food science principles to the functions of ingredients in prepared food products

Course Policies and Procedures

1. If you are a student with a **documented disability** in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). Accommodations for confirmed and diagnosed *food allergies* will require documentation from this office. All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.
2. Students who are having difficulty achieving their academic goals are encouraged to contact the **Student Success Center** (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696 or go to 9th Street Hall, Room 1302.
3. Students are expected to maintain principles of **academic integrity and conduct** as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>). Violations will be reported to the Office of Student Standards. Eastern Illinois University acknowledges the use of Turnitin as a learning and evaluation tool. The goal is to provide students with the necessary skills and knowledge to successfully and properly cite references while composing original and authentic written works for classes and professional publications.
4. **Exams** will not be made up. If you must miss an exam, you must notify the instructor within 24 hours **BEFORE** the exam and follow up with appropriate written documentation. If excused, the point value of the missed exam will be added to the next scheduled exam. If unexcused (reason for absence is not excused or the procedures were not followed), no credit will be allowed.
5. Assignments are due in D2L by 11:59pm. **Late assignments** include any assignment, REGARDLESS OF THE REASON, turned in after the due date. Ten percent will be deducted per day late, and 5% will be deducted if received on the due date but after the due date time has passed. No assignments will be accepted in person or online after one week late. Lab assignments will be due before you leave the lab experience each week.
6. Per University Policy, **attendance** is expected at *all* class sessions. When an absence does occur, the student is responsible for the material covered during the absence. When possible, the student should notify the instructor in advance of an anticipated absence. The instructor will grant make-up

privileges (when possible) to students for properly verified absences due to illness, emergency, or participation in an official University activity. In-class activities must be completed during the lecture in order for you to receive any points. As this is a laboratory class, your attendance on lab days is crucial for a passing grade as well as mastery of the content. **Laboratory experiences will not be made up regardless of the reason.** If a laboratory experience must be missed for an excused reason, a maximum of half the lab points may be made up through out-of-class activities.

7. **Tardiness** is not an acceptable behavior. If you are 15 or more minutes late to a lab, you will not be permitted to complete the lab experience and no points will be awarded. If your absence or tardiness causes you to miss any class announcements, it is your responsibility to find out what announcements were made and how they might affect you.
8. **Cell phone usage** (e.g. talking, texting, Internet usage) is not allowed in this course. The cell phone is to be turned off (not on vibrate) and not visible (e.g. keep it in your bookbag). If the instructor witnesses cell phone usage, then, you will be marked as absent and will be asked to leave class. If there is a special circumstance in which you need to have the phone on, you need to discuss this with the instructor prior to the start of class.

Course Expectations

We expect you to attend both lecture and lab every week having critically reviewed the lab experience pages in the lab manual before attending lab, have a *practical understanding* of the course materials, not have your cell phone out during lab time, and be actively involved in both the lecture and lab portions of the course.

Course Texts

Scheule, B. & Bennion, M. (2015). *Introductory Foods*, 14e. Pearson Publishing.
NTR 1120 Lab Manual. Available at Copy X (219 Lincoln Ave). \$4ish

Required Laboratory Attire

- ✓ Clean, white lab coat, available in the MLK Union Bookstore or online
- ✓ Approved hair restraint (if a hat is worn, then, you will need to have **ALL** hair in the hat), available at Walmart or online
- ✓ Safe shoes (It is very important that you do not wear open-toes or backless shoes, no flip-flops!)

Evaluation of Learning

| Assignment | Total points |
|---------------------------------------|--------------|
| Exams (3 unit exams @ 55 points each) | 165 |
| Labs (14 @ 20 points each) | 280 |
| Lab Practical | 55 |
| Total Points | 500 |

Grading Scale

90-100% A 80-89% B 70-79% C 60-69% D 59% and below F

Tentative Schedule

| Week | Topics/Assignments | Readings |
|-------------|--|--------------------|
| 1 8/19 | Lecture: Why do we eat what we eat? Lab 1: Sensory Evaluation of Food | Ch. 1 & 2 |
| 2 8/26 | Lecture: Food Composition Lab 2: Food Prep Terms and Techniques | Ch. 6 & 9 |
| 3 9/2 | Lecture: No lecture- Labor Day Lab 3: Grocery Store Tour @ County Market | |
| 4 9/9 | Lecture: Food Safety and Sanitation Lab 4: Knife Skills | Ch. 3-5 |
| 5 9/16 | Lecture: Carbohydrates Lab 5: Sauces | Ch. 11, 13 & 14 |
| 6 9/23 | Lecture: Exam 1 (Ch 1-6, 9, 11, 13, 14) Lab 6: Grains | |
| 7 9/30 | Lecture: What happens in baking and why? Lab 7: Quick Breads | Ch. 15, 16 |
| 8 10/7 | Lecture: Protein: Dairy and Eggs Lab 8: Dairy *No Friday lab (Fall Break) - Out of class assignment for F lab only! | Ch. 23, 24 |
| 9 10/14 | Lecture: Protein: Meats Lab 9: Protein | Ch. 25-27 |
| 10 10/21 | Lecture: Exam 2 (Ch 15-16, 23-27) Lab 10: Milk and Cookies | Ch. 18, 23 |
| 11 10/28 | Lecture: Lipids Lab 11: Pastry | Ch. 10 & 19 |
| 12 11/4 | Lecture: Vegetables Lab 12: Fruits and Vegetables | Ch. 20 |
| 13 11/11 | Lecture: Fruits Lab 13: Salads | Ch. 21, 22 |
| 14 11/18 | Lecture: Menu Planning Lab 14: MyPlate with Table Setting | |
| 11/25 | Thanksgiving Break | |
| 15 12/2 | Lecture: Lab Practical and Final Review Lab: Lab Practical | |
| 12/11 | Final Exam at 10:15 (Ch 10, 19-22) | |