

El Paso Community College

Syllabus

Part II

Official Course Description

SUBJECT AREA TITLE	<u>Health Services/Allied Health/Health Sciences, General</u>
COURSE RUBRIC AND NUMBER	<u>FDNS 1301</u>
COURSE TITLE	<u>Introduction to Foods</u>
COURSE CREDIT HOURS	<u>3 2 :</u> Credits Lec Lab

I. Catalog Description

Studies the composition of food and the chemical and biological changes that occur in storage and processing. Includes preparation techniques and selection principles. A grade of "C" or better is required in this course to take the next course. **(2:2). Lab fee.**

II. Course Objectives

Upon satisfactory completion of this course, the student will be able to:

- A. Explain esthetic values applied to food preparation.
- B. Define objective food analysis.
- C. Demonstrate approved measuring techniques and convert different systems of weights and measures, e.g., metric to U.S.
- D. Demonstrate microwave cookery and explain the use of heat.
- E. Describe what makes a solution.
- F. Describe the importance of good equipment, recipes, imagination and practice, food preparation, and timing in food preparation.
- G. Discuss the various factors which influence food selection and evaluation (texture, color, flavor, taste, smell, mouth feel, touch, and sound).
- H. Define lipids and differentiate between the saturated fats and unsaturated fats.
- I. Differentiate between hydrolytic and oxidative rancidity.
- J. Define carbohydrates and their chemical classifications.
- K. Differentiate between fiber and starch, addressing issues of digestibility and solubility.
- L. Define pH, acid, and base; relate the number of hydrogen ions in solution to these terms; and identify the ideal pH for cooking.
- M. Describe gelatinization, pasting, retrogradation, gelatin, and syneresis and explain what happens to starch beginning with mixing in cold water and followed by heating, cooling, and storing under refrigeration.
- N. Explain the impact of different fats and flours on pastry.
- O. Describe general principles and techniques for cooking cereals and explain how to cook pasta.
- P. List and describe the basic principles of safe food handling and storage.
- Q. Identify grades of eggs, explain optimal handling of eggs, and describe the composition of eggs.
- R. Describe the influence of muscle contraction, connective tissue, aging, age, enzymes, acid, salt, mechanical manipulation, and temperature (dry heat and moist heat) on meat tenderness.
- S. Differentiate between inspection and grading as they apply to meat, fish, and poultry.
- T. List and describe standards for fruit and vegetable selection and identify factors, such as pH, that affect preparation of fruits and vegetables.

- U. Explain how cooking affects the nutrient composition (protein) and digestibility of milk, egg, cheese, meat, fish, and plant protein.
- V. Demonstrate and explain the principles of preparing dough products, quick and yeast breads.
- W. Demonstrate food and kitchen safety and sanitation in the laboratory/for the home.
- X. Employ techniques used by food scientists to develop new food products and recipes.
- Y. Practice proper use, storage, and disposal of hazardous materials.
- Z. Identify the contents of the MSDS manual and practice safe use of chemicals.

III. THECB Learning Outcomes (WECM)

1. Explain esthetic values applied to food preparation, acid/base characteristics, use of heat in cookery, protein properties, composition of milk, egg, cheese, meat and fish, and properties of starch foods.
2. Describe what makes a solution
3. Define carbohydrates, lipids, objective food analysis.
4. List standards of fruit/vegetable selection.
5. Demonstrate approved measuring techniques, microwave cookery, and cooking principles for cereal, pasta, starch, plant protein, fruit, vegetables, cheese, poultry, fish, meat and sauces.
6. Explain and demonstrate principles of various dough products, quick and yeast breads, and cooking with fat.

IV. Evaluation

A. Pre-assessment

Successful completion of FDNS 1305 Nutrition with a grade of “C” or better. Instructors may check each student’s prerequisite the first week of class; those who do not qualify should be sent back to admissions.

B. Post-assessment

The instructor will maintain a continuous record of each student’s progress on an institutionally approved grade sheet or computerized substitute. All instructors must keep records in such a way that information would be clear to a second party having to check grade computation in special cases. An explanatory legend should be provided on the grade sheet.

C. Examinations: 45-50% of Grade

1. There will be a minimum of three examinations for the lecture portion of the class. Examinations given during finals week may be in the form of a written unit exam or comprehensive exam.
2. There will be a minimum of 10 laboratory quizzes and a final lab quiz.

D. Written Assignments: 45-50% of Grade

1. Upon completion of each assigned lab the student will provide a picture of himself/herself with product.
2. Student will answer questions at the end of each exercise.
3. The student must complete a minimum of 10 laboratory exercises to receive credit for the course.
4. In order to assist the student with developing individual responsibility, self-esteem, self-management, and integrity, extra credit activities are not recommended.

E. Grading Percentages

Weighting of examinations and written assignments may be devised by the individual instructor. Grades will be rounded to the nearest 10th of a percent.

F. Grading Scale

- A = 89.5 - 100
- B = 79.5 - 89.4
- C = 69.5 - 79.4
- D = 59.5 - 69.4
- F = 59.4 - and below

G. Remediation

At the instructor's discretion, students may be allowed to rewrite papers or retest for higher grades.

V. Disability Statement (American with/Disabilities Act [ADA])

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

VI. 6 Drop Rule

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.