School of Human Sciences
HMS 137-501 and L-050 PRINCIPLES OF FOOD SCIENCE
Lecture (online) and 9am Lab section
Fall 2019

Instructor: Sarah Drake, M.S., R.D., L.D.  
Office: 101D HMS North
Course Time & Location: MW 9:00am-10:40am, HMS North 204  
Office Phone: (936) 468-5560
Email: drakes@sfasu.edu or Email through D2L (preferred)
Credits: Lecture 1hr (online); Lab 2 hr = 3 hours
Office Hours: T/Th 1-3pm; F 9-10am
Prerequisites: None

**SYLLABUS IS SUBJECT TO CHANGE**

I. Course Description:
Basic principles and techniques of food selection, preparation and storage, including food composition, nutrient content and role in the diet. This course includes a lab fee of $10/student and a course fee of $45/student. In addition, this course requires a specific uniform, which costs approximately $100 (See the “Other Relevant Information” section of this syllabus for more details on the required uniform).

Principles of Food Science (1 credit lecture; online) Students in this course receive extensive course content information via online content modules equivalent to 50 minutes per week for 15 weeks and a comprehensive exam on week 16. Students will engage in a variety of assignments that can include, but not limited to, quizzes and proctored exams. For every hour a student spends engaging with the course content, they spend at least two hours completing associated activities and assessments.

Principles of Food Science lab (2 credits lab; face-to-face) Students in this course receive extensive course content information in a lab setting equivalent to 200 minutes per week for 15 weeks and includes a culminating lab practical on week 16. Students will engage in labs, that may include, but not limited to, quizzes, field experiences and a final lab practical. Students will spend 4 contact hours per week in the lab setting.

II. Intended Learning Outcomes/Goals/Objectives:
This course supports the vision, mission, goals, and core values of the Perkins College of Education (PCOE)

### PCOE Mission

*The mission of the Perkins College of Education is to prepare competent, successful, caring and enthusiastic professionals from diverse backgrounds dedicated to responsible service, leadership, social justice and continued professional and intellectual development in an interconnected global society.*

Relation to learning experiences in HMS 137

This course will afford the student the opportunity to develop competence in understanding and applying knowledge of food science principles in the laboratory setting.

### PCOE Core Values

**Academic excellence through critical, reflective and creative thinking**

Students will use critical, reflective and creative thinking skills in applying food science principles to the assigned laboratory activities.

**Collaboration and shared decision-making**

Students will work together as a team during laboratory activities.

**Openness to new ideas, culturally diverse people, and to innovation and change**

Recipes that reflect diverse cultures will be utilized in the laboratory setting and will expose the students to culturally diverse food.

**Integrity, responsibility, diligence, and ethical behavior**

Students will become aware of the impact of values, beliefs and attitudes in relation to diverse populations through ongoing class discussions. Questioning commonly held assumptions and belief systems will be emphasized during lecture along with identifying critical thinking skills needed to exhibit ethical and social behavior.

**Service that enriches the community**

Students will understand the value of food systems and its effect on the local, state, national and global community.

### Program Learning Outcomes

No specific program learning outcomes for this major are addressed in this course.

**Stephen F. Austin State University’s Didactic Program in Dietetics (DPD) is accredited by The Accreditation Council for Education in Nutrition and Dietetics (ACEND). ACEND requires that “food science and food systems, environmental sustainability, techniques of food preparation and development and modification and evaluation of recipes, menus and food products acceptable to diverse groups (ACEND Standard 5.2).” This course meets part of this standard.**

This course does meet standards set for Family Consumer Sciences Composite Certificate and Family Consumer Sciences Hospitality focus students, as set by the Texas Education Agency (TEA). See Student Learning Outcomes below for specifics.

### Student Learning Outcomes
After successful completion of this course, the student will:

1. Be able to demonstrate the effects of chemical reactions, temperature, manipulation, and environment on food quality and retention of nutrients.* (4.10s)
2. Develop an understanding of the preparation of specific foods and food products in relation to the scientific concepts of food.
3. Know and understand factors that affect food quality and nutrient retention.* (4.9k)
4. Be able to explain safety and sanitation procedures related to food storage, transportation, preparation and service.* (4.9s)
5. Know and understand food preparation and meal management techniques.
6. Identify changes occurring during food preparation.
7. Know and understand the standards of quality related to food selection.* (4.7k)
8. Students are able to apply safety principles related to food, personnel and consumers.
9. Identify the government food controls that protect the consumer.
11. Demonstrate knowledge of tools, equipment, and supplies used in food production, management, and service.
12. Know and understand global factors that affect the production, supply and distribution of food.
13. Know and understand the effects of technology on food product development, processing, packing and availability.* (4.12k)
14. Be able to describe food-borne illnesses, their causes, and prevention methods.* (4.7s)
15. Have demonstrated the ability to work effectively as a team member.
16. Have knowledge of applied sensory evaluation of food.
17. Be able to evaluation food science and nutrition research data and conclusions for validity and reliability.* (4.13s)

*Meets TEA Standards. The specific standard reference is indicated in parentheses following the student learning outcome.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:

Brightspace enhancements will be used for this course. You can access Brightspace via http://d2l.sfasu.edu.

If you need help with Brightspace please contact the Brightspace help desk at 936-468-1919.

Please refer to the “Evaluations and Assessments (Grading)” section of this syllabus for a detailed description of all graded course activities and assessments.
LECTURE:

1. **Exams (3 @ 100 points each; 300 total points)**

Exams are part of the lecture grade for this course. There will be 3 exams consisting of 50-100 multiple choice, true-false, and/or matching questions. Exams will be given online, and they will be timed. Questions will open one at a time and you will not be allowed to revisit. The exams will be proctored. Please see the course timeline for dates and times available for proctoring. Copying from someone else’s screen while taking the exam, visiting other sites while your browser is opened to the exam, using your notes or the textbook, giving or receiving an advance copy of the examination, getting an old copy of the examination, or hiring a surrogate test-taker will all be considered cheating and are flagrant violations of University policy.

*Exams will be proctored. If for some reason you cannot make the proctoring time, please contact the instructor for this course to discuss.*

There will be no make-up unit exams. In the event that you miss a unit exam, the final exam will count twice for **SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL AND WITH PROPER DOCUMENTATION.**

2. **Quizzes (15 quizzes @ 15 points each – 1 quiz will be dropped; 210 total points)**

All module quizzes (not assignment quizzes) are part of the lecture grade for this course. There are a total of 16 module quizzes. At the end of the semester the quiz that received the lowest grade will be dropped, meaning you will only receive a grade for 15 quizzes. Quizzes will cover the Brightspace module and textbook material and will close at class time on the due date. The textbook will be required to complete the Brightspace quizzes. All quizzes will be timed; however, you will be allowed to revisit a question, unlike the exams. **There will be no make-up quizzes.** Failure to complete a quiz by the due date will result in a zero. Quizzes are open all semester and you are given ample time to complete them; therefore, excuses are rarely accepted. The same rules apply to quizzes as for the exams regarding off campus computer use.

LECTURE:

3. **Lab Preparation/Attendance (25 labs/attendance days @ 15 points each = 375 total points)**

All 25 lab days require mandatory attendance. Points for lab attendance and participation are part of the lab grade for this course. **There will be no make-ups!** You are expected to be on time to all classes, with the proper attire as stated below (section IX). If you are late to class/lab, you will lose points: 2 points for 0-10 minutes late, 5 points for 10+ minutes late. You are responsible for obtaining material and assignments from classmates if you miss a class period.

A missed class period will be excused only for **special circumstances and with proper documentation.** In this case, your total grade points available will decrease by every excused lab you have missed. For example, if you miss one lab which has been excused, your final lab grade will be based on 360 points rather than 375 points. Missing greater than 4 days of class due to a special circumstance may require you to withdraw from the course with a WH. This will be determined on an individual basis.
Example lab grading:
*Being timely and wearing the proper uniform are expected. If you are late for lab or need to borrow a uniform or toque from the instructor (**more than once**), points will be deducted from the day’s total. Points deducted will be noted in Brightspace.

<table>
<thead>
<tr>
<th>Available Points</th>
<th>Timeliness/Uniform (points deducted)</th>
<th>Participation/Product Quality/Lab Report/Clean-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td><strong>15</strong></td>
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</table>

4. Assignments (11 assignments; 145 points total)
Assignments are part of the lab grade for this course. Assignments are either due via Dropbox, are discussions, or are quizzes that are called “assignment” quizzes in Brightspace. The textbook will be required to complete the Brightspace assignments. Some assignments will be completed in class; however, you will still be asked to upload proof of completion into Dropbox for most of the in-class assignments. The majority of the assignments are completed outside of class.

5. Lab Practical (50 points)
The lab practical will take place at the end of the semester and will be a practical lab examination for the lab portion of this course. This means that you will be required to demonstrate skills of food science and food preparation that you learned in class. The skills will be chosen by you at random in lab from a list of skills and concepts that you will be provided prior to the lab final. You will have a maximum of 15 minutes to complete the skills and oral test. Once everyone has taken the final, the lab practical grades will be posted. You will have one attempt to complete the lab final. There will be no make-up lab finals offered, except for those students who receive prior instructor approval.

**Please note, lecture and lab grades are two separate grades.**
Your lecture grade is based on your quizzes and exam grades; your lab grade is based on your
assignments, lab practical, and lab attendance/participation grades. Lecture and lab grades will be entered independently when grades are due. Lecture is worth 1 credit hour and lab is worth 2 credit hours.

**Using technology in online testing**
If you choose to take an exam at a computer that is not supported by the University you will do so at your own risk. Inability to access the exam, finish the exam or submit an exam during the designated exam time due to unreliable internet connections or other technical problems at an off-campus computer will not be accepted as a valid excuse. Your exam will be graded “as is.” Using a campus computer does not guarantee that connections may be lost, however they do guarantee a reliable way to verify interruptions of service. This alone could save your grade. It is best to take the exam during the 8-5 work day in the event you have technical problems. If you need technical assistance during an exam please call the Brightspace help desk at 936-468-1919.

V. Tentative Course Outline/Calendar.

**NOTE:** All quizzes are due on the Sunday before the week in which the lab will take place. All assignments are due on the Friday after all labs are completed for the week. Be sure to reference the course calendar for exact due dates. There are a few exceptions for in-class assignments, but mostly this format is followed exclusively. **Note that the quiz over Cheese is actually due the day of lab due to the exam falling in that week.**

The ‘Activity’ column refers to readings in the textbook, completing online modules and required lab attendance. The Quizzes (lecture)/Assignments (Lab) column gives you details on topics and due dates and times. All quizzes are in green type, assignments are in purple type. Quizzes are part of the lecture grade, while assignments are part of the lab grade.

Complete quizzes or hand in assignments on Brightspace. You have a quiz with most modules and the assignments are either additional quizzes or assignments that will be completed and uploaded via Dropbox. You also have two discussions in the first module. All exams are in yellow highlighted sections and are part of the lecture grade.
<table>
<thead>
<tr>
<th>Lab Date</th>
<th>Chapter(s)</th>
<th>Topic/Module</th>
<th>Activity</th>
<th>Quizzes/Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/26 M</td>
<td></td>
<td>Intro &amp; Course Syllabus/content overview</td>
<td>Lecture</td>
<td><strong>Syllabus Quiz: Due 8/28</strong></td>
</tr>
<tr>
<td>8/28 W</td>
<td>Ch. 5</td>
<td>Assign kitchen groups</td>
<td>Lecture, Lab</td>
<td><strong>Food Prep Basics Quiz: Due 8/28</strong></td>
</tr>
<tr>
<td></td>
<td>Ch. 4</td>
<td>Food Prep Basics -- Kitchen Stations</td>
<td></td>
<td>Food and Personal Safety Assignment: Due 8/30</td>
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<td></td>
<td></td>
<td>Food Safety and Preservation: Safety Contract</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Dishwasher Overview</td>
<td></td>
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</tr>
<tr>
<td>9/2 M</td>
<td>Ch. 3, 22</td>
<td>Food Composition &amp; Oils: Food composition science principles stations</td>
<td>Lecture, Lab</td>
<td>Food Comp &amp; Oils Quiz: Due 9/1</td>
</tr>
</tbody>
</table>
| 9/4 W    | Ch. 1, 2, & 5 | ***FIRST DAY TO WEAR YOUR UNIFORM!  
Mise En Place  
Knife Skills & Aromatics  
Food Selection & Evaluation | Lecture, Lab | Herb Evaluation Assignment: upload to Dropbox - Due 9/6 by 11:59 pm – Completed in class  
Knife Skills Assignment Quiz: Due 9/1 |
<p>| 9/9 M    | Ch. 15, 18 | Thickeners Lab: Soups                                                        | Lecture, Lab   | Soups/Starches/Sauces Quiz: Due 9/8                                                   |
| 9/11 W   | Ch. 15, 18 | Mother Sauces Lab 1—Starch thickened/Pasta                                  | Lecture, Lab   | Mother Sauces/Thickeners Assignment Quiz: Due 9/13                                   |
| 9/16 M   | Ch. 15, 18 | Mother Sauces Lab 2 – Non-starch thickened/Pasta                            | Lab            |                                                                                      |</p>
<table>
<thead>
<tr>
<th>Lab Date</th>
<th>Chapter(s)</th>
<th>Topic/Module</th>
<th>Activity</th>
<th>Quizzes/Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/18 W</td>
<td>Ch. 16</td>
<td>Rice &amp; Other Grains</td>
<td>Lecture, Lab</td>
<td>Cereal Grains and Pasta Quiz: Due 9/15</td>
</tr>
<tr>
<td>9/20 F</td>
<td>EXAM 1</td>
<td>(online proctored exam; covers Ch. 1-5, 15, 16, 18, &amp; 22) – LOCATION Library Info Lab 2 (9-11am OR 1-3pm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9/23 M</td>
<td>Ch. 7, 8, 9, 10</td>
<td>Protein Lab 1: Sautéing/ Roasting</td>
<td>Lecture, Lab</td>
<td>Meat Quiz (Beef and Pork): Due 9/29</td>
</tr>
<tr>
<td>9/25 W</td>
<td>Ch. 7, 8, 9, 10</td>
<td>Protein Lab 2: Frying</td>
<td>Lab</td>
<td>Poultry Quiz: Due 9/29</td>
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<td>Fish Quiz: Due 9/29</td>
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<tr>
<td>9/30 M</td>
<td>Ch. 7, 8, 9, 10</td>
<td>Protein Lab 3: Poaching, boiling, steaming</td>
<td>Lecture, Lab</td>
<td>Comprehensive Assignment – Cooking Methods: Due 10/4 (Dropbox)</td>
</tr>
<tr>
<td>10/2 W</td>
<td>Ch. 7, 8, 9, 10</td>
<td>Protein Lab 4: braising, stewing</td>
<td>Lecture, Lab</td>
<td></td>
</tr>
<tr>
<td>10/7 M</td>
<td>Ch. 10 &amp; 11</td>
<td>Dairy: Cheese &amp; Milk Make cheese and whipped cream</td>
<td>Lecture, Lab</td>
<td>Dairy Quiz: Due 10/6</td>
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<td>Milk Assignment Quiz: Due 10/11</td>
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<tr>
<td>10/9 W</td>
<td>Ch. 13, 14</td>
<td>Vegetables &amp; Legumes Pigments Enzymatic browning</td>
<td>Lecture, Lab</td>
<td>Vegetables &amp; Fruit Quiz: Due 10/6</td>
</tr>
<tr>
<td>10/11 F</td>
<td>EXAM 2</td>
<td>(online proctored exam; covers Ch. 7-11) – LOCATION: Library Info Lab 2 (9-11am OR 1-3pm) **Eggs are not on exam 2</td>
<td></td>
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</tr>
<tr>
<td>10/14 M</td>
<td>Ch. 12</td>
<td>Eggs I: Basic Prep &amp; Emulsifiers</td>
<td>Lecture, Lab</td>
<td>Eggs -Quiz: Due 10/13</td>
</tr>
<tr>
<td>10/16 W</td>
<td>Ch. 12</td>
<td>Eggs II: Foams &amp; Tempering</td>
<td>Lecture, Lab</td>
<td>Egg Function Assignment Quiz: Due 10/18</td>
</tr>
<tr>
<td>Lab Date</td>
<td>Chapter(s)</td>
<td>Topic/Module</td>
<td>Activity</td>
<td>Quizzes/Assignments</td>
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<tr>
<td>10/21 M</td>
<td>Ch. 17 &amp; 19</td>
<td>Flours &amp; Leaveners Lab – Quick Breads: Pancakes</td>
<td>Lecture, Lab</td>
<td>Baked Goods Quiz: Due 10/20 IN CLASS Assignment: Due 10/21</td>
</tr>
<tr>
<td>10/23 W</td>
<td>Ch. 17 &amp; 19</td>
<td>Quick Breads -- Muffins</td>
<td>Lecture, Lab</td>
<td>Quick &amp; Yeast Breads Quiz: Due 10/20</td>
</tr>
<tr>
<td>10/28 M</td>
<td>Ch. 17 &amp; 19</td>
<td>Quick Breads -- Biscuits</td>
<td>Lecture, Lab</td>
<td>Quick Breads Assignment Quiz: Due 11/1</td>
</tr>
<tr>
<td>10/30 W</td>
<td>Ch. 17 &amp; 20</td>
<td>Yeast Breads</td>
<td>Lab</td>
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<tr>
<td>11/4 M</td>
<td>Ch. 14, 22, &amp; 24</td>
<td>Candy</td>
<td>Lecture, Lab</td>
<td>Candy Quiz: Due 11/10</td>
</tr>
<tr>
<td>11/6 W</td>
<td>Ch. 17 &amp; 23</td>
<td>Cake</td>
<td>Lecture, Lab</td>
<td>Cakes &amp; Cookies Quiz: Due 11/3</td>
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<td>Cakes Assignment Quiz: Due 11/8</td>
</tr>
<tr>
<td>11/11 M</td>
<td>Ch. 17 &amp; 23</td>
<td>Cookies/Pie dough</td>
<td>Lecture, Lab</td>
<td>Cookie Ingredient Assignment-- Upload to Dropbox: Due by 11/15 at 11:59pm</td>
</tr>
<tr>
<td>11/13 W</td>
<td>Ch. 14, 22 &amp; 24</td>
<td>Fruit/Pies/Pastries</td>
<td>Lecture, Lab</td>
<td>Pie/Pastry Quiz: Due 11/10</td>
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<td></td>
<td>SIGN UP FOR LAB PRACTICAL and Top Chef Competition categories</td>
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<tr>
<td>11/18 M</td>
<td>LAB PRACTICAL</td>
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<tr>
<td>11/20 W</td>
<td>LAB PRACTICAL</td>
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<tr>
<td>11/25 &amp; 11/27</td>
<td>THANKSGIVING BREAK</td>
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<tr>
<td>12/2 M</td>
<td>Top Chef Competition</td>
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<tr>
<td>12/4 W</td>
<td>Clean-up Lab (Mandatory Attendance)</td>
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<tr>
<td>12/9 M</td>
<td>FINALS WEEK (online proctored exam; covers Ch. 12-14, 17, 19, 20, 23-25) – LOCATION: TBD</td>
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</tbody>
</table>
VI. Readings:

**Required Textbook:** Brown, A. 2015. *Understanding Food Principles and Preparation*, 6th ed. Wadsworth Thomson Learning, Belmont, CA *(NOTE: the 5th or 4th edition is fine to use for this course).* There is also an older version of the textbook on reserve in the library for room use only.


VII. Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information: Found at [https://www.sfasu.edu/policies/](https://www.sfasu.edu/policies/)

**Class Attendance and Excused Absence: Policy 6.7** Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports (including the first 12 day attendance report) and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

**Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6** To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a
timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/

Student Academic Dishonesty: Policy 4.1 Abiding by university policy on academic integrity is a responsibility of all university faculty and staff. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one’s own work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one’s paper without giving the author due credit. Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp.

Penalties for Academic Dishonesty Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5 At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4 Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.
IX. Other Relevant Course Information:

Lab Preparation: You MUST adhere to the following standards in order to participate in the lab portion of the class. Any student not adhering to these standards will have points deducted or be asked to leave for that class period.

1. All students will purchase the purple SFA chef’s coat, black pants, black toque, slip-resistant shoes, and instant-read thermometer. The price for the entire uniform is about $80-$100. Don’t be alarmed with the cost; you will wear these items for at least 2 more courses. Obtain the uniform at Barnes & Noble Bookstore in the SFA Student Center (2301 North Street, (936) 462-7328) or Jack Backers College Bookstore (315 E. College, (936) 205-5708). Non-majors are also required to conform to the dress code.
2. All students will wear the hat (toque) purchased with their chef’s coat. In addition, long hair must be restrained with a clip or rubber band.
3. All students will wear black leather closed toe shoes that completely cover the top of the foot near the ankle. The shoes must have rubber soles or non-skid soles.
4. Earrings, necklaces, bracelets, and certain types of facial piercings are NOT allowed.
5. Fingernails must be clean and of modest length. No fingernail polish or acrylic nails are allowed during lab.
6. Food service gloves are required when open wounds are present on the hands. Other wounds that are not covered by the chef’s coat should be bandaged properly.
7. Cell phone use during the lab is prohibited unless all other kitchen duties have been performed. If this requirement is met, cell phones can only be used in the classroom area, not in the kitchen.
8. Horseplay and sitting on the countertops are not allowed.

Note: The instructor will observe and evaluate the participation of each student in preparation, service, food quality, attitude and kitchen clean up as part of the grade determination for each lab period.

One Bite Policy: This class puts emphasis on preparation of meals that meet the standards of good menu planning. There may be foods included in a particular meal that you do not enjoy eating. Regardless of your personal taste preferences, all students must try at least one bite of each food prepared by all kitchens. If you have a medical condition that prevents the intake of certain foods you must provide written documentation that explicitly states what foods cannot be consumed. If you follow religious food restrictions you must provide written documentation stating what foods cannot be consumed. All documentation must be submitted PRIOR TO THE FIRST PREPARATION LAB.

Clean Up: ALL STUDENTS WILL PARTICIPATE IN CLEAN UP OF THEIR KITCHEN UNIT. This includes washing dishes (dishwasher use will be discussed in class), wiping off the counters and stovetops, putting away supplies, rinsing out the sinks and running the disposal, putting away dishtowels, and emptying the trashcans. If the kitchen unit is left unclean, this will result in having the grade for that lab reduced for EVERY MEMBER OF THE GROUP. Kitchen groups will rotate for the clean-up of the common areas.

The instructor has the right to change or amend this syllabus at any time throughout the semester.