School of Human Sciences
CHEF 1101-501 PRINCIPLES OF FOOD SCIENCE
Lecture (online)
Fall, 2020

Instructor: Jill Pruett, MS, RDN, LD
Office: 101F HMS North
Lecture: online in Brightspace D2L
Office Hours: MW: 11am – 12:30pm; F: 9am -11am*
Credits: 1 hr
Office Phone: (936) 468-7010
Prerequisites: None
Email: pruettjs@sfasu.edu or through Brightspace D2L

Expect a response to emails and phone calls within 24-48 hours, Monday-Friday. It’s best to communication through email (above).

*I will be hosting virtual office hours through Zoom during posted hours. For information about virtual office hours, please refer to section IX in this syllabus and in the ‘Getting Started’ module of the course in Brightspace. NOTE: Requests for appointments to meet with me at other times should be scheduled by email. Allow at least 24 hours in advance for requests to schedule a new meeting time.

**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 utilizes funds from the general SFA course fee charged to each student upon registration, and includes a lab fee of $10/student. In addition, the lab portion of the 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.), and a cloth face covering in the lab.

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.

James I. Perkins College of Education Diversity Statement is found at the following link:
http://coe.sfasu.edu/about-us/

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

<table>
<thead>
<tr>
<th>PCOE Mission</th>
<th>Relation to learning experiences in HMS 137</th>
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<tbody>
<tr>
<td>The mission of the Perkins College of Education is to prepare competent,</td>
<td>This course will afford the student the opportunity to develop competence in understanding and applying</td>
</tr>
<tr>
<td>successful, caring and enthusiastic professionals from diverse backgrounds</td>
<td>knowledge of food science principles in the laboratory setting.</td>
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<tr>
<td>dedicated to responsible service, leadership, social justice and continued</td>
<td></td>
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<tr>
<td>professional and intellectual development in an interconnected global society.</td>
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<tr>
<td>PCOE Core Values</td>
<td>Students will use critical, reflective and creative thinking skills in applying food science principles to the assigned laboratory activities.</td>
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</tbody>
</table>
Life-long Learning

Students will utilize the process of learning to develop and/or expand food science and nutrition interests in key concepts taught in the course that can be used throughout their lives.

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 by trying unfamiliar foods and food preparation techniques. 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 meets 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 D2L 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 below for a detailed description of all graded course activities and assessments.

IV. Evaluation and Assessments (Grading):
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. You will be allowed to revisit exam questions as long as time permits. The exams will be timed and proctored. Please see the course timeline for dates for each of the exams. 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 except what is allowed, 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.

Exam days are posted at the beginning of the semester. Please adjust your schedule accordingly with your work and other extracurricular activities to allow you to take them when scheduled. If for some reason, there are issues, please contact your instructor before the exam to discuss. There will be no make-up unit exams unless prior approval by the instructor has been given to do so. In the event that you miss a unit exam with an unexcused absence, the final exam may count twice with SPECIAL CIRCUMSTANCES ONLY, AND PRIOR APPROVAL AND PROPER DOCUMENTATION.

2. Quizzes (15 quizzes @ 15 points each – 1 quiz will be dropped; 210 total points)
All module 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 content and identified textbook material, and will close at 11:59 pm on the due date. Some of the material in the textbook will be part of the exams to complete the Brightspace quizzes. All quizzes will be timed; however, you will not be allowed to revisit a question, unlike the exams. There will be no make-up quizzes unless prior approval by the instructor has been given. 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 and honesty policies.

**Please note: lecture and lab grades are two separate grades.** Lecture grade is based on your quizzes and exam grades; the lab grade is based on points received on lab reports and the lab practical. 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 workday 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 and lab reports are due on Sunday at 11:59 pm, except where noted in the calendar. Be sure to reference the course calendar weekly for exact due dates.

The ‘Module/Chapter’ column refers to online module reading and any required textbook reading. The Quizzes/lab reports column gives you details on activity due dates and times. All quizzes are in green type, lab reports are in purple type. Quizzes are part of the lecture grade, while lab reports including hands-on lab attendance are part of the lab grade. **NOTE: the Syllabus bonus quiz and the Food and Personal Safety lab report are due on Sunday, August 30th by 11:59pm. The textbook is required to complete these activities!**

Complete quizzes or hand in lab reports in Brightspace D2L. You have a quiz and lab report with most modules, but not all. Check the course calendar for details. Lab reports will be completed, typed and uploaded to Dropbox. All exams are in yellow highlighted sections and are part of the lecture grade. Lab practical is part of the lab grade.

<table>
<thead>
<tr>
<th>LECTURE</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>Quizzes -- 210 Points Total</td>
<td><strong>PERCENTAGE</strong></td>
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<tr>
<td>15 Quizzes @ 15 points</td>
<td>A    90% - 100%</td>
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<tr>
<td>each (1 quiz will be</td>
<td>B    80% - 89%</td>
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<tr>
<td>dropped)</td>
<td>C    70% - 79%</td>
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<td></td>
<td>D    60% - 69%</td>
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<tr>
<td>3 Exams – 300 Points Total,</td>
<td>F Less than 60%</td>
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<tr>
<td>100 points each</td>
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<tr>
<td>510 Points Total</td>
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<tr>
<td>Week</td>
<td>Modules/Chapter(s)</td>
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| 8/24     | All students: W 8/26 all students | Introduction Course and Syllabus overview, Food Safety and Preservation, Food Evaluation | Lecture, Lab | Syllabus BONUE Quiz - DUE 8/30  
Food and Personal Safety Lab DUE 8/30 (worksheet) |
|          | Unit One           | Bring textbook, a notepad and pen, Food Composition | Lecture, Lab | Comp & Oils Quiz DUE 9/6  
Food Comp Lab DUE 9/6  
Emulsifier Lab: Mayonnaise DUE 9/6  
Food Prep Basics Quiz DUE 9/6 |
| 8/31     | Unit One           | **FIRST OFFICIAL DAY TO WEAR YOUR UNIFORM!** Knife Skills & Aromatics, Soups/Starches/Sauces-Thickeners | Lecture, Lab | Soup/knife skills Lab DUE 9/13  
Soups/Starches/Sauces Quiz DUE 9/13 |
| 9/7      | Unit One           | Soups/Starches/Sauces-Starch thickened mother sauces, Cereal Grains and Pasta | Lecture, Lab | Mother Sauces Lab 1: Bechamel & Veloute & Rice/pasta DUE 9/20  
Cereal Grains and Pasta Quiz (PROCTORED) DUE 9/16 (NOTE: DUE WED. BEFORE EXAM 1) |
| 9/18 F   | EXAM 1 (online proctored exam; covers unit one modules and sections of Ch. 2-5, 15, 16, 18, & 22)  
-- from 12:00 am to 11:59 pm. Give yourself 60 minutes. | | | |
| Lab Date | Modules/Chapter(s) | Topic/Module                               | Activity | Quizzes/Assignments                                      |
| 9/21     | Unit two           | Dry Heat Cooking Methods Sautéing/Roasting | Lecture, Lab | Meat Quiz (Beef and Pork) DUE 9/27  
Dry Heat Lab DUE 9/27  
Start working on comprehensive cooking methods lab DUE 10/18 |
<table>
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<tr>
<th>Lab Date</th>
<th>Modules/ Chapter(s)</th>
<th>Topic/Module</th>
<th>Activity</th>
<th>Quizzes/Assignments</th>
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<tbody>
<tr>
<td>10/26 M group &amp; 10/28 W group</td>
<td>Unit three Ch. 17 Ch. 19, 20</td>
<td>Baked Good Ingredients Quick Breads and Yeast Breads</td>
<td>Lecture, Lab</td>
<td>Baked Goods Quiz DUE 11/1 Leaveners Lab DUE 11/1 Quick and Yeast Breads Quiz DUE 11/1 Muffin Lab DUE 11/1</td>
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<tr>
<td>11/2 M group &amp; 11/4 W group</td>
<td>Unit three Ch. 23</td>
<td>Cakes &amp; Cookies Make Pie Crust – store</td>
<td>Lecture, Lab</td>
<td>Cakes &amp; Cookies Quiz: Due 11/8 Cookies Lab DUE 11/8</td>
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<tr>
<td>11/9 M group &amp; 11/11 W group</td>
<td>Unit three Ch. 14, 24</td>
<td>Fruit, Pastries, Pies</td>
<td>Lecture, Lab</td>
<td>Pie/Pastry Quiz DUE 11/15 Pie Lab DUE 11/15</td>
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11/16 M group & 11/22 W group

**MANDATORY CLEAN UP LAB** – absence will result in a deduction of 50 points from lab grade – counted as a lab Grade (30 points)

11/23 – 11/27

**HAPPY THANKSGIVING** – Study for Lab Practical

11/30-

12/6

**NO In-class LAB**

Online LAB PRACTICAL – exam is open all week – take it any time during the week.

Plan on 20 minutes to complete it.

<table>
<thead>
<tr>
<th>Unit three</th>
<th>Lecture</th>
<th>Candy Quiz DUE 12/6</th>
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<tbody>
<tr>
<td>Ch. 25</td>
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12/7 M

**FINAL EXAM DURING FINALS WEEK** (online proctored exam is opened all day from 12:00 am – 11:59 pm. Choose a time to take it – starting 12/7 from 12:00 am to 12/8 at 11:59 pm. Give yourself 60 minutes.

The instructor has the right to change this calendar at any time throughout the semester.

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. ISBN-13: 978-1337557566

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/

**Class Attendance and Excused Absence: Policy 6.7** Regular documented participation, and, if indicated in the syllabus, submission of completed quizzes and exams are expected. 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/](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](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.

Masks (cloth face coverings) must be worn over the nose and mouth at all times in this class, and appropriate physical distancing must be observed. Students not wearing a mask and/or not observing appropriate physical distancing will be asked to leave the class. All incidents of not wearing a mask and/or not observing appropriate physical distancing will be reported to the Office of Student Rights and Responsibilities. Students who are reported for multiple infractions of not wearing a mask and/or not observing appropriate physical distancing may be subject to disciplinary actions.

IX. Other Relevant Course Information:

Virtual Office Hours: Hosting office hours is one way to support you. This semester I will have virtual office hours. They will run very similarly to normal face-to-face office hours. You decide when to attend during the hours I have posted and log in to zoom. When you click the link in the syllabus to be connected to my office hours, you will be put into a "waiting room." You will see a message stating that I will let you in shortly. If no one is ahead of you, I will immediately let you in. If you have to wait for a few minutes, that means I am with someone. Do not worry! I WILL get to you in the order that you entered the waiting room, even if it extends beyond my office hours. Everyone who logs on gets to talk with me privately. If you have to wait, please be patient and know that I have not forgotten you are there.

Required Equipment: A cell phone with a camera or a handheld camera that takes digital images is required, as well as a computer with a webcam and a microphone.

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