I. Course Description:
Basic principles and techniques of food selection, preparation and storage, including food composition, nutrient content and role in the diet.

Principles of Food Science (1 credit lecture; online). Students in this course receive extensive course content information via online content modules equivalent to 150 minutes per week for 5 weeks and a final exam. Students will engage in a variety of assignments that can include, but are 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, online). Students in this course receive extensive course content information in their personal kitchen setting, as well as completing lab reports, equivalent to 600 minutes per week for 5 weeks and a culminating lab practical. Students will engage in labs that may include, but not limited to lab reports, practical hands-on experiences and a final lab practical.

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

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>
</tr>
</thead>
<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</td>
</tr>
<tr>
<td>successful, caring and enthusiastic professionals from diverse backgrounds</td>
<td>understanding and applying knowledge of food science principles in</td>
</tr>
<tr>
<td>dedicated to responsible service, leadership, social justice and continued</td>
<td>the kitchen setting.</td>
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<tr>
<td>professional and intellectual</td>
<td></td>
</tr>
</tbody>
</table>
development in an interconnected global society.

**PCOE Core Values**

<table>
<thead>
<tr>
<th>Academic excellence through critical, reflective and creative thinking</th>
<th>Students will use critical, reflective and creative thinking skills in applying food science principles to the assigned laboratory activities.</th>
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</thead>
<tbody>
<tr>
<td>Life-long Learning</td>
<td>Students will utilize the process of learning to develop and/or expand food science and nutrition interests in key concepts taught in the course.</td>
</tr>
<tr>
<td>Collaboration and shared decision-making</td>
<td>Students will participate in class discussion related to content.</td>
</tr>
<tr>
<td>Openness to new ideas, culturally diverse people, and to innovation and change</td>
<td>Recipes that reflect diverse cultures will be utilized in the laboratory setting and will expose the students to culturally diverse food.</td>
</tr>
<tr>
<td>Integrity, responsibility, diligence, and ethical behavior</td>
<td>Students will become aware of the impact of values, beliefs and attitudes in relation to diverse populations through engagement with course content. 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.</td>
</tr>
<tr>
<td>Service that enriches the community</td>
<td>Students will understand the value of food systems and its effect on the local, state, national and global community.</td>
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</table>

**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, preparation and service.* (4.9s)
5. Know and understand food preparation techniques.
6. Identify changes in food that occur during food preparation.
7. Know and understand the standards of quality related to food selection.* (4.7k).
   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 independently.
16. Have knowledge of applied sensory evaluation of food.
*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 D2L tools 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.

IV. Evaluation and Assessments (Grading):

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 and proctored. Questions will open a few at a time and you will be allowed to revisit past questions. Please see the course timeline for dates and times available to take the proctored exams, as well as the Getting Started section for details on taking exams and quizzes.

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. There will be no make-up unit exams unless prior approval by the instructor was
been given to do so. In the event that you miss a unit exam with an unexcused absence, the final exam will count twice for SPECIAL CIRCUMSTANCES ONLY, WITH PRIOR APPROVAL AND WITH PROPER DOCUMENTATION.

2. Quizzes (12 quizzes @ 15 points each – 1 quiz will be dropped: 165 points).
All module quizzes are part of the lecture grade for this course. At the end of the semester the quiz that received the lowest grade will be dropped, meaning you will only receive a grade for 10 quizzes. Quizzes will cover the Brightspace module and textbook material and will close at the scheduled due date and time. The module content and textbook will be required to complete the Brightspace quizzes. All quizzes will be timed and not proctored, 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.

LAB:
3. Lab Reports (13 @ 30 pts each: 390 points)
All lab report are due on the scheduled due date and time in the appropriate Brightspace Dropbox folder. Late work will not be accepted, unless prior approval has been given by the instructor. This will be determined on an individual basis.

4. Lab Practical (50 points)
The lab practical will take place at the end of the semester and will be a comprehensive lab examination on eight key concepts identified in this course. Students will receive one random topic with a number of questions they must answer related to that topic. This is an online exam and it is timed and proctored. Students must prepare for all eight concepts as they will not know which topic they will receive when they open up the exam. The questions will be related to both food science concepts and food preparation tips associated with the topic. Students 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.

COURSE POINTS

| LECTURE: | Quizzes: 12 at 15 points each (Lowest quiz grade will be dropped) 165 points |
|          | Exams: 3 300 points |
|          | **TOTAL LECTURE POINTS: 465 points** |
| LAB:     | Lab reports: 13 @ 30 points each 390 points |
|          | Lab Practical 50 points |
|          | **TOTAL LAB POINTS: 440 points** |

**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 lab reports and lab practical 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 between 8:00 am to 5:00 pm 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 Sundays by 11:59 pm. Be sure to refer to this document for exact due dates and times. The following calendar outlines the topics, dates and activities of the course. The ‘Activities’ column refers to the quiz and lab content that will be covered during the weeks. All quizzes are in green type, lab reports are in purple type. Quizzes are part of the lecture grade, while lab reports are part of the lab grade. **NOTE: the first 2 quizzes (Syllabus bonus quiz and Food Preparation Quiz) and the first lab report (Food Safety) are due on Sunday, July 12th by 11:59pm. The textbook is required!

Complete quizzes or hand in lab reports in Brightspace D2L Typically you will have 1-4 quizzes and 2-4 lab reports due every week. All exams are in the yellow highlighted sections and are part of the lecture grade.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>ACTIVITIES</th>
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<tbody>
<tr>
<td>Week 1: 7/7-7/12</td>
<td>Getting started</td>
<td>Bonus Syllabus Quiz</td>
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<tr>
<td></td>
<td>Food Safety</td>
<td>Food Safety Lab (worksheet)</td>
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<td></td>
<td>Food Prep Basics</td>
<td>Food Preparation Basics Quiz</td>
</tr>
<tr>
<td>DUE: Sun, 7/12</td>
<td>The week’s Lab Report (1) AND Quizzes (2) are DUE TODAY at 11:59 pm</td>
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<tr>
<td>Week 2: 7/13-7/20</td>
<td>Food Composition &amp; Oils</td>
<td>Food Composition Quiz</td>
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<td>Food Comp – Food Science Lab (worksheet)</td>
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<td></td>
<td>Emulsifiers/Mayo Lab (Hands on)</td>
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<td></td>
<td>Soups, Sauces, Starches</td>
<td>Starch Quiz (soups, sauces, grains)</td>
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<td></td>
<td>Soup/Knife Skills Lab (Hands on)</td>
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<td></td>
<td>Mother Sauces/Pasta+Rice Lab (Hands on)</td>
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<tr>
<td>DUE: Sun, 7/19</td>
<td>The week’s Lab Reports (4) AND Quizzes (2) are DUE TODAY at 11:59 pm</td>
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</tbody>
</table>
Week 3: 7/20-7/26

M July 20 EXAM 1: covers Unit 1 content on food safety, food prep, knife skills, food composition and oils, soups, sauces and starches
   Beef/Pork/Chicken Meat (Beef/pork) Quiz
   Poultry Quiz
   Dry Method Lab: Beef OR Chicken (Hands on)
   Fish/shellfish Fish & Shellfish Quiz
   Moist Method Lab: Fish OR Chicken (Hands on)
   Dairy: Milk & Cheese Dairy Quiz
   Whipped Cream Lab (Hands on)

DUE: Sun 7/26 The week’s Lab Reports (3) AND Quizzes (4) are DUE TODAY at 11:59 pm

Week 4: 7/27-8/2

Eggs Egg Quiz
   Egg Whites Lab (Hands on)
Vegetables/Legumes Vegetables Quiz
   Comprehensive Cooking Methods Lab (worksheet)

Wed July 29 EXAM 2 covers Unit two content: beef, pork, chicken, fish/shellfish, dairy, eggs
   Baked Goods & Leaveners Baked Goods Quiz
   Leaveners Lab (Hands on)

DUE: Sun 8/2 The week’s Lab Reports (3) and Quizzes (3) are DUE TODAY by 11:59 pm

Week 5: 8/3-8/7

Quick & Yeast Breads Quick/Yeast Breads Quiz
   Biscuits Lab (Hands on)
Cakes & Cookies Cakes/Cookies Quiz
   Cookies Lab (Hands on)

DUE: Wed, 8/5 The week’s Lab Reports (2) and Quizzes (2) are DUE TODAY at 11:59 pm

STUDY FOR LAB PRACTICAL AND FINAL EXAM

Th Aug 6 LAB PRACTICAL Lab Practical Exam
Fr Aug 7 FINAL EXAM covers Unit three and comprehensive material-key concepts

The instructor reserves the right to change the syllabus and course calendar at any time.


VI. 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.

VII. Student Ethics and Other Policy Information: Found at https://www.sfasu.edu/policies/

Class Participation. Regular access to course content, quizzes and assignments is required. Brightspace monitors participation through submission of quizzes, exams and assignments as indicated in the syllabus 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 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 instructor 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 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/disabilitieservices/

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 Student’s 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 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 have access to a personal kitchen with a stovetop, oven, refrigeration, and a sink with running water. You must also obtain the textbook and the required tools, equipment and ingredients listed in the getting started section of the course and at the start of each lab in the course. If you cannot adhere to these standards, you need to contact the instructor immediately, or you may be asked to drop the class.

Risk of injury: Utilizing kitchen knives and equipment runs the risk of lacerations or other injuries during the completion of the lab assignments. It is critical that you focus completely on the task at hand to reduce your chances of injury. All risks will be assumed by the student upon participating in the course, without liability by the university.

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 the food they prepare.** If you have a medical condition or follow religious food restrictions that prevent the intake of certain foods, you must contact the instructor before the end of the first week.

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