School of Human Sciences  
CHEF 1101-501  
PRINCIPLES OF FOOD SCIENCE  
Online Only  
Summer, 2021

Instructor: Jill Pruett, MS, RDN, LD  
Office: 101F HMS North  
Lab Course Time & Location: Online  
Office Phone: (936) 468-7010  
Email: pruettjs@sfasu.edu or Email through D2L  
Virtual Office Hours (CST)*:  
Credits: Lecture 1 hr  
Notes: Wed: 11:30 am -1:30 pm  
Prerequisites: None

*Additional days/times can be scheduled with me. Please email me to set up an appointment.  
NOTE: Emails and phone calls will be responded to within 24-48 hours, Monday -Friday. The preferred method of communication is through email.

All office hours will be conducted via Zoom. For information on how to join the office hours, please review the Getting Started module in Brightspace about virtual office hours. NOTE: you will be in a waiting room once you join office hours because I may be with another student. Please wait and I will join you as soon as possible. I will get to everyone who joins the virtual waiting room during office hours.

**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.

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)
### 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 kitchen setting.

### PCOE Core Values

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<thead>
<tr>
<th>Core Value</th>
<th>Learning Experience</th>
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<tr>
<td><strong>Academic excellence through critical, reflective and creative thinking</strong></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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<td><strong>Life-long Learning</strong></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>
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<td><strong>Collaboration and shared decision-making</strong></td>
<td>Students will participate in class discussion related to content.</td>
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<td><strong>Openness to new ideas, culturally diverse people, and to innovation and change</strong></td>
<td>Recipes that reflect diverse cultures will be utilized in the laboratory setting and will expose the students to culturally diverse food.</td>
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<td><strong>Integrity, responsibility, diligence, and ethical behavior</strong></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>
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<tr>
<td><strong>Service that enriches the community</strong></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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### 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, 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)
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 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 (2 @ 100 points each; 200 total points)
Exams are part of the lecture grade for this course. There will be 2 exams consisting of 50 multiple choice, true/false, and/or matching questions. Exams will be given online, and they will be timed and proctored. You will be able to go back and view questions after answering them until the exam time has expired. 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 online 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 (11 quizzes: 9 @ 15 pts each/ 2 @ 20 pts each – TOTAL 175 pts)
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 (9 lab reports: 5 @ 30 pts each, 2 @ 15 points each, 2 @ 50 points each – TOTAL 280 )
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 seven key concepts identified in this course. Students will receive one random topic with a number of questions they must answer related to that topic within the time limit. This is an online exam and it is timed and proctored. Students must prepare for all seven 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

<table>
<thead>
<tr>
<th>LECTURE:</th>
<th>Quizzes: 11 quizzes: 9 @ 15 pts each/ 2 @ 20 pts each</th>
<th>175 pts</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Exams: 2@100 pts each</td>
<td>200 pts</td>
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<tr>
<td>TOTAL LECTURE POINTS:</td>
<td></td>
<td>375 points</td>
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<tr>
<td>LAB:</td>
<td>Lab reports: 9 total: 5 @ 30 pts each, 2 @ 15 pts each, 2 @ 50 pts</td>
<td>280 pts</td>
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<td></td>
<td>Lab Practical</td>
<td>50 points</td>
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<td>TOTAL LAB POINTS:</td>
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<td>330 points</td>
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**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.
Because this is a 6-week course, each week you will have one to three quizzes and one to three labs that are due each Sunday at 11:59 pm, EXCEPT where noted in the calendar. Refer to this calendar weekly for exact due dates. NOTE: The Bonus Syllabus Quiz, Food Preparation Basics Quiz, Food Composition and Oils Quiz, and Food and Personal Safety Lab are all due on Sunday, July 4th by 11:59pm.

The ‘Topic/Module’ and ‘Chapter’ columns refer to online module content and any required textbook reading outlined in the modules—the textbook is required for the course but you are not required to read entire textbook. The ‘Quizzes/lab reports’ column gives you due dates of the weekly activities.

Complete quizzes or submit lab reports in Brightspace. All exams (highlighted in yellow) and quizzes are part of the lecture grade. The lab reports and lab practical exam are part of the lab grade. Lab reports must be typed, saved as a word doc, and uploaded to the Dropbox.

<table>
<thead>
<tr>
<th>Week</th>
<th>Chapter(s)</th>
<th>Topic/Module</th>
<th>Quizzes/Lab Reports</th>
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</thead>
<tbody>
<tr>
<td>Week 1: 6/28-7/4</td>
<td>Unit One</td>
<td>Getting Started</td>
<td>Bonus Syllabus Quiz—DUE 7/4</td>
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<tr>
<td></td>
<td>Ch. 3, 4, 5, 22</td>
<td>Food Safety and Preservation</td>
<td>Food &amp; Personal Safety Lab DUE 7/4 (Dropbox)</td>
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<td></td>
<td></td>
<td>Food Preparation Basics</td>
<td>Food Preparation Basics Quiz DUE 7/4</td>
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<td></td>
<td>Food Composition &amp; Oils</td>
<td>Food Composition &amp; Oils Quiz DUE 7/4</td>
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<tr>
<td>Week 2: 7/5-7/11</td>
<td>Unit One Ch. 2, 5, 15-16, 18</td>
<td><strong>BEGIN COOKING THIS WEEK!</strong>&lt;br&gt;Knife Skills &amp; Aromatics&lt;br&gt;Food Evaluation&lt;br&gt;Soups/Starches/Sauces and Thickeners&lt;br&gt;Starches/Sauces/Thickeners</td>
<td>Soups/Starches/Sauces/Knife Skills Quiz DUE 7/11&lt;br&gt;Soup/Knife Skills Lab DUE 7/11&lt;br&gt;Mother Sauces/Grains Lab DUE 7/11</td>
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<tr>
<td>Week 3: 7/12-7/18</td>
<td>Unit One Ch. 5, 7, 8, 9</td>
<td>Beef, Pork, Poultry, Fish: 3 Modules and Chapters&lt;br&gt;Cooking Methods: Dry Heat: Sautéing or Roasting&lt;br&gt;Cooking Methods: Moist Heat: Poaching</td>
<td>Protein Quiz (Beef, Pork, Poultry, Fish/Seafood) DUE 7/18&lt;br&gt;(Shortened) Dry Heat Lab DUE 7/18&lt;br&gt;(Shortened) Moist Heat Lab DUE 7/18&lt;br&gt;Comprehensive Cooking Methods Lab DUE 7/18</td>
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<td>Tues 7/20</td>
<td>MIDTERM EXAM: online proctored, timed exam covers food safety, food composition and oils, food preparation basics, knife skills, soups, starches and sauces, dry and moist heat cooking methods and beef, pork, poultry, and fish modules and identified sections of textbook chapters (Ch. 2-5, 7-9, 15, 16, 18, &amp; 22). Exam is open from 12:00 am to 11:59 pm on Tuesday, 7/20. Give yourself 60 minutes.</td>
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<td>Week 4: 7/19-7/25</td>
<td>Unit Two Ch. 10, 11, 12, 13</td>
<td>Eggs&lt;br&gt;Dairy&lt;br&gt;Vegetables &amp; Legumes</td>
<td>Eggs Quiz DUE 7/25&lt;br&gt;Dairy Quiz DUE 7/25&lt;br&gt;Egg Whites/Whipped Cream Lab DUE 7/25&lt;br&gt;Vegetables Quiz DUE 7/25</td>
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<tr>
<td>Week 5: 7/26-8/1</td>
<td>Unit Two Ch. 17, 19, 20, 23</td>
<td>Baked Good Ingredients and Leaveners&lt;br&gt;Quick Breads and Yeast Breads&lt;br&gt;Cakes &amp; Cookies</td>
<td>Baked Goods Quiz DUE 8/1&lt;br&gt;Quick and Yeast Breads Quiz DUE 8/1&lt;br&gt;Biscuits Lab DUE 8/1&lt;br&gt;Cakes and Cookies Quiz DUE 8/1&lt;br&gt;Cookies OR Cakes Lab DUE 8/1</td>
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<td>Week 6: 8/2-8/6</td>
<td>Unit Two Ch. 25</td>
<td>Candy</td>
<td>Candy Quiz DUE 8/5</td>
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<tr>
<td>Tues/Wed 8/3-8/4</td>
<td>LAB PRACTICAL EXAM – proctored, timed exam covers seven key concepts outlined in the Lab Practical Review. Exam opens from midnight on Tuesday 8/3 until Wednesday 8/4 at 11:59pm. Plan on 30 minutes to complete it.</td>
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<tr>
<td>Th/Fri 8/5-8/6</td>
<td>FINAL EXAM – proctored, timed exam covers Eggs, Dairy, Vegetables, Baked Good Ingredients and Leaveners, Quick &amp; Yeast Breads, Cakes and Cookies, and Candy modules and identified textbook chapters (Ch. 10-13; 17, 19-20; 23, 25). Some comprehensive material will also be covered—see Final Exam Review for details. Exam opens at midnight on Thursday 8/5 and closes on Friday 8/6 at 6:00pm. Plan on 60 minutes to complete it.</td>
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*The instructor has the right to change this calendar at any time throughout the semester.*

**VI. Required Textbook:** Brown, A. 2015. *Understanding Food Principles and Preparation, 6th ed.* Cengage Wadsworth Thomson Learning, Belmont, CA (**NOTE:** Use of the 5th or 4th edition is allowed in 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 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. 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 to know all the information contained in the modules and assignments.
Students with excused absences 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/](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](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.

If a student has been found guilty of academic dishonesty, a grade of “WP” or “WH” may be changed to “WF” at the discretion of the faculty member. In the case of a grade change to “WF”, the course will not count towards the six course drop limit since the student is incurring an academic penalty.

**Student Code of Conduct: Policy 10.4**

_Disruptive Behavior--Interference or disruption of students, faculty, administration, staff, the educational mission, or routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom or instructional program that interferes with the instructor or presenter’s ability to conduct the class or program, or the ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal university functions when requested to leave by a university official is prohibited. 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 Early Alert Program at SFA._

**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 at your own expense. 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.

**EARLY ALERT:** Students who miss multiple assignments, quizzes and/or exams will be contacted by Early Alert Program staff at SFA to offer assistance. Information regarding the iCare program is found at [https://www.sfasu.edu/judicial/earlyalert.asp](https://www.sfasu.edu/judicial/earlyalert.asp) or you can call the office at 936-468-2703.

SFASU values students’ mental health and the role it plays in academic and overall student
success. SFA provides a variety of resources to support student mental health and more information, contact:

**On-campus Resources:**
SFASU Counseling Services  
[www.sfasu.edu/counselingservices](http://www.sfasu.edu/counselingservices)  
3rd Floor Rusk Building  
936-468-2401

SFASU Human Services Counseling Clinic  
[www.sfasu.edu/humanservices/139.asp](http://www.sfasu.edu/humanservices/139.asp)  
Human Services Room 202  
936-468-1041

**Crisis Resources:**
Burke 24-hour crisis line 1(800) 392-8343  
Suicide Prevention Lifeline  1(800) 273-TALK (8255)  
Crisis Text Line:  Text HELLO to 741-741

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