



FOOD 102: INTRODUCTION TO FOODS

CRN 13087

3 UNITS

Monday 8:35 AM – 2:00 PM

Room 1017

FALL 2018

WELCOME

“Food is our common ground, a universal experience.” -James Beard-

I’m excited about the chance to help you explore the world of food throughout this course. It’s an honor to help students learn about the science of food preparation and how these apply in the real world. I look forward to the opportunity to help you learn how to gain more confidence with food and food preparation!

WHAT WILL I LEARN IN THIS CLASS?

You’ll gain knowledge of the fundamental scientific principles involved in food preparation, as well as practical experience in applying these principles to a wide variety of foods representative of those consumed in the United States. We’ll focus on developing skills in utilizing appropriate basic scientific methodology to study the components of food and food products; and on acquiring knowledge of as well as applying generally accepted quality standards to such foods and food products.

WHAT ARE THE STUDENT LEARNING OUTCOMES?

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

1. Apply appropriate scientific principles to determine the correct preparation methods for each major category of food.
2. Outline the steps that need to be taken to ensure maintenance of mandated sanitary standards in food preparation areas.
3. Assess the quality of a wide variety of prepared foods utilizing generally accepted industry standards.

HOW CAN I COMMUNICATE WITH THE INSTRUCTOR?

The instructor invites students to address questions or concerns before or immediately following class, via e-mail, office hours, or by making an appointment. Email is checked daily (with the exception of weekends/holidays/breaks) and

YOUR INSTRUCTOR

no later than 8PM and you will receive a reply within 24 business hours.



Michelle Loy, MPH, MS, RDN
Office: 1250-02

E-Mail: mloy@fullcoll.edu

Phone: (714) 992-7464

Office Hours:

Tue AM 11 AM – 2:15 PM

Wed 11:30 AM – 12:30 PM
(virtual)

Thur 1:00 – 2:15 PM

or by appointment

Website: staff.fullcoll.edu/mloy/



WHAT IS THE ATTENDANCE POLICY?

Participation is not merely attendance. A student may be dropped if no longer participating in the course, which includes but is not limited to excessive absences. Excessive absences are defined as being absent more than the number of times the class meets per week. Fifty percent of lab activity points will be deducted if a student is more than 15 minutes late to class OR leaves class early for unexcused reasons. For more on attendance, please see the [Fullerton College Catalog](#).

Use of profanity and side conversations are unacceptable. Disruptive behavior that interferes with instruction will result in a verbal warning; repetition of the

behavior may result in dismissal from class and may be counted as an absence. Further disruption will incur more serious penalties as identified by the Board of Trustees.

WHAT IF I'M ABSENT?

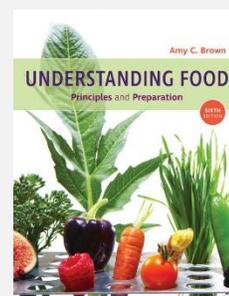
If you are absent, contact a classmate to copy lecture notes and get other important information. During the first class you'll be given the opportunity to get the name and contact information for a few of your classmates. Record their contact information below.

--

WHAT SUPPLIES DO I NEED?

- ✓ Three-ring binder with section dividers, pencil, pen, paper, basic calculator
- ✓ Four exam scantrons (882E)
- ✓ Access to a computer, printer, internet, campus email systems (MyGateway and Canvas), and printing/copying account

WHAT BOOK DO I NEED?



- ✓ **REQUIRED:** Brown, A. (2017). Understanding Food: Principles and Preparation, 6th Ed. ISBN 978-1-337-55792-4 or 978-1-337-55756-6. Loose-leaf from FC Bookstore, rented, or ebook from cengagebrain.com will all work.
- ✓ **RECOMMENDED:** The Editors of America's Test Kitchen. (2012). The Science of Good Cooking. ISBN 978-1933615981

HOW WILL MY GRADE BE DETERMINED?

Each student's grade will be determined according to the total number of points accumulated during the semester.

Assessment	Points	Weight	Course Grading Scale
3 Mid Terms (100 pts each)	300 points	30%	A = 900-1000 points B = 800-899 points C = 700-799 points D = 600-699 points F = ≤599 points
Final Exam	125 points	12.5%	
4 Assignments (20 pts each)	80 points	8%	
Biotechnology Report	40 points	4%	
Group Project	40 points	4%	
Quizzes (10 @ 10 pts each; drop 1)	90 points	9%	
Lab Reports/Participation	325 points	32.5%	
Total points	1000 points	100%	



HOW DO I SUBMIT ASSIGNMENTS?

Assignments **must be turned in to me directly in person or via Canvas** on or before the due dates

listed in the syllabus. Assignments not turned in to me directly through the appropriate channels will not be graded. **No late assignments will be accepted without a documented authorized absence.** It is the **student's responsibility to provide written documentation** (eg, doctor's note) as well as communicate with the instructor to make alternative arrangements. Whenever possible, please make arrangements prior to missing the assignment deadline and no later than 1 week after the due date.

Points for lab work includes full participation in lab; cooperation in individual and group procedures; organization; appropriate completion of laboratory worksheets; group discussion of results; and utilization of safety/sanitation techniques, including appropriate attire and grooming.

Lab assignments will generally be required weekly; almost all lab assignments are to be completed in class and turned in on the same day as the lab. It is not possible to make up missed laboratory sessions.

Save all work that is returned to you. In the event of a grade discrepancy or if a grade is not recorded, returned assignments are your proof of grades earned. Grades will be recorded on Canvas. Students should check the grade record periodically for accuracy. If an assignment is missing or incorrect, notify the instructor. No grade changes will be done after the final exam, so if a grade on the grade record is missing or incorrect, students need to take the necessary steps to correct it prior to the final exam.

HOW SHOULD I DRESS FOR CLASS?

Come to class prepared. Have your hair tied back and jewelry and nail polish removed. Wear slip-resistant, closed-toed shoes (no high heels, flip flops, sandals) and clothes that cover your torso and legs. Roll up your sleeves & pant legs if they drag on the ground.

WHAT IF THE INSTRUCTOR IS LATE?

If due to unforeseen emergencies, the instructor does not arrive at the scheduled start time for class, students are to remain in class for fifteen minutes unless otherwise notified by the division. If they do not receive such notification after fifteen minutes, the students may leave with no penalty for absence or assigned work due for that class meeting.

HOW WILL I ACCESS COURSE MATERIALS?



Announcements, lecture notes, assignment instructions, reading materials, quizzes, other media (eg, video), and grades may be placed on Canvas (see [Fullerton College home page](#) – left side bar). Be sure to enter or verify your email address in Canvas as reminders and all email communication from the instructor will be sent via this mode. **Make sure to check Canvas before each class and print out necessary materials.**

Click [here](#) for Canvas login/access instructions.

WHAT IF I NEED SPECIAL ACCOMMODATIONS?

If you need special accommodations, please let me know as soon as possible. The [Disability Support Services \(DSS\) office](#), (714) 992.7099, functions as a resource for students and faculty in the determination and provision of educational accommodations.

WHAT IF I NEED TO DROP THE CLASS?

It is the student's responsibility to officially withdraw from the class through MyGateway. Failure to drop the class may result in a failing grade. If you stop coming to class and do not officially drop the course, you will receive a letter grade rather than a "W". **The last date to drop and NOT receive a "W" grade is Monday, September 3rd. The last date to drop with a "W" grade is Sunday, November 11th.**

A student may be dropped for the accumulation of more than a week's absence, consecutive or non-consecutive. Unusual circumstances may allow exceptions with appropriate documentation. Therefore, it is important to contact the instructor as soon as possible if this is the case.



HOW CAN I GET ADDITIONAL ACADEMIC SUPPORT?

The Academic Support Center at Fullerton College offers various forms of services to students including free tutoring, workshops, group tutoring, writing consultation, and computer access to assist students in their academic development and success. Consult the college website at academicsupport.fullcoll.edu for more information.



MAY WE USE CELL PHONES OR ELECTRONIC DEVICES IN CLASS?

If you choose to use a laptop, tablet or other electronic device during class, *only* use it for class-related activities.

If you use your cell phone or other electronic devices for activities that are not related to class, students will be given a verbal warning. If repeated warnings need to be issued, you may be asked to leave the class and will be counted as absent for that day.



WHAT IF THERE IS AN EMERGENCY DURING CLASS?

Please take note of the safety features in and close to your classroom, as well as study the posted evacuation route. The most direct route of egress may not be the safest because of the existence of roofing tiles or other potentially hazardous condition. Similarly, running out of the building can also be dangerous during severe earthquakes. During strong quakes the recommended response is to duck – cover – and hold until the shaking stops. Follow the guidance of your instructor. You are asked to go to the designated assembly area. Your cooperation during emergencies can minimize the possibility of injury to yourself and others. Please review Emergency Preparedness information here: campussafety.fullcoll.edu.

WHAT IS THE POLICY REGARDING CHEATING AND PLAGIARISM?

Cheating and plagiarism are unacceptable practices and are in violation of the Academic Honesty policy at Fullerton College. All students involved in an instance of academic dishonesty will be disciplined according to the actions outlined in the Fullerton College Catalog. In the least, all students involved in an incident will receive zero points for the

WHAT IS THE EXAM POLICY?



Exams will occur **on the date listed in the syllabus unless** 1) I change the date or 2) we change the date together.

Exams must be taken on the dates scheduled unless a valid excuse is provided prior to the exam.

- Make-up exams will be granted **only** for serious illnesses or authorized absences and **documentation will be required**. Make-up exams will only be allowed if the instructor is notified in advance of the scheduled exam and must be taken within one week of the original test. Students with unexcused absences the day of the exam will receive no credit for the exam – no exceptions.
- If you fail to take the final exam, due to an unforeseen emergency, you must request an incomplete grade for the class prior to the start of the exam, and take the exam within the allotted time period for completion of the incomplete grade.

assignment/exam. Additionally, a Student Discipline Incident Report may be written and submitted to the Dean of the Natural Sciences Division.

Academic dishonesty includes copying the answers of homework and exams. Students who allow their assignments to be copied are also guilty of violating the Academic Honesty policy at Fullerton College. Regardless of the extent of participation, all instances of academic dishonesty will result in the penalties described above. See the policies in the [Fullerton College Catalog](#).

***SYLLABUS SUBJECT TO CHANGE.**

FOOD 102 COURSE SCHEDULE FALL 2018

[Subject to change]

Week	Date	What to read or do <u>BEFORE</u> class?	Topic	What is due?
1	8/20	<ul style="list-style-type: none"> Print Week 1 Documents Read pg. 61-68, 74-81 Read pg. A11-12 	<ul style="list-style-type: none"> Lecture: Introduction to Class Food Safety & Sanitation Lab: Kitchen Utensils, Glo-Germ & Bacteria 	<ul style="list-style-type: none"> Student Information Request Glo Germ & Foodborne Illness Mysteries
2	8/27	<ul style="list-style-type: none"> Print Week 2 Documents Read pg. 1-6, 97-103 Read pg. A8-10 Complete Quiz 1 on Canvas Complete Assignment 1 	<ul style="list-style-type: none"> Lecture: Measurements, Cutlery Techniques, Food Choices & Senses Lab: Measurements, Knife Skills & Sensory Evaluation 	<ul style="list-style-type: none"> Quiz 1 due by 8AM on Canvas Lab Procedure Verification Assignment 1
3	9/3	NO CLASS – LABOR DAY		
4	9/10	<ul style="list-style-type: none"> Print Week 4 Documents Read pg. 30-33, 82-83, 91-97 Complete Quiz 2 Start Preparing for Exam 1 	<ul style="list-style-type: none"> Lecture: Heat Transfer & Proper Use of Thermometers Lab: Thermometer Calibration & Heat Transfer 	<ul style="list-style-type: none"> Quiz 2 due by 8AM on Canvas
5	9/17	<ul style="list-style-type: none"> Prepare for Exam 1 Print Week 5 Documents Read pg. 36-43, 326-328, 338-339, 369-378 	<ul style="list-style-type: none"> Discuss Biotechnology Report Lecture: Carbohydrates, Starches & Grains Lab: Starches & Grains 	<ul style="list-style-type: none"> Exam 1 (covers 8/20-9/10)
6	9/24	<ul style="list-style-type: none"> Print Week 6 Documents Read pg. 256-262, 275-277, 284-288, 302-303, 52 Complete Quiz #3 Complete Assignment #2 	<ul style="list-style-type: none"> Lecture: Vegetables & Fruits Lab: Vegetable Pigment & Enzymatic Browning 	<ul style="list-style-type: none"> Quiz 3 due by 8AM on Canvas Assignment 2
7	10/1	<ul style="list-style-type: none"> Print Week 7 Documents Read pg. 315-321, 33, 43-47, 428-434, 440, 443-446 Complete Quiz #4 Complete Biotechnology Report 	<ul style="list-style-type: none"> Lecture: Salads, Lipids, Emulsions & Frying Lab: Salads, Salad Dressings & Frying 	<ul style="list-style-type: none"> Quiz 4 due by 8AM on Canvas Biotechnology Report
8	10/8	<ul style="list-style-type: none"> Print Week 8 Documents Read pg. 47-51, 236-249 Complete Quiz #5 Start Preparing for Exam #2 	<ul style="list-style-type: none"> Lecture: Protein & Eggs Lab: Eggs 	<ul style="list-style-type: none"> Quiz 5 due by 8AM on Canvas
9	10/15	<ul style="list-style-type: none"> Print Week 9 Documents 	<ul style="list-style-type: none"> Lecture: Recipe Modification 	<ul style="list-style-type: none"> Exam 2 (9/17-10/8)

Week	Date	What to read or do BEFORE class?	Topic	What is due?
		<ul style="list-style-type: none"> Prepare for Exam #2 	<ul style="list-style-type: none"> Lab: Work on Group Recipe Modification Project 	
10	10/22	<ul style="list-style-type: none"> Print Week 10 Documents Read pg. 197-205, 212-214, 218-227, 230-231 Complete Quiz #6 Complete Assignment #3 	<ul style="list-style-type: none"> Lecture: Milk & Cheese Lab: Milk & Cheese 	<ul style="list-style-type: none"> Quiz 6 due by 8AM on Canvas Assignment 3 Recipe and Market Order Due for Recipe Modification Project
11	10/29	<ul style="list-style-type: none"> Print Week 11 Documents Read pg. 132-145, 154-159 Complete Quiz #7 Complete Group Recipe Modification Project 	<ul style="list-style-type: none"> Lecture: Meat Lab: Prepare Modified Recipes 	<ul style="list-style-type: none"> Quiz 7 due by 8AM on Canvas Group Recipe Modification Project Due
12	11/5	<ul style="list-style-type: none"> Print Week 12 Documents Read pg. 163-165, 168-171, 177-184, 190-192 Complete Quiz #8 Complete Assignment #4 Start Preparing for Exam #3 	<ul style="list-style-type: none"> Lecture: Poultry & Seafood Lab: Fieldtrip 	<ul style="list-style-type: none"> Fieldtrip Quiz 8 Assignment 4
13	11/12	<ul style="list-style-type: none"> Print Week 13 Documents Read pg. 273-275, 279 Prepare for Exam #3 	<ul style="list-style-type: none"> Lecture: Legumes & Meat Substitutes Lab: Legumes & Meat Substitutes 	<ul style="list-style-type: none"> Exam 3 (covers 10/15-11/5)
14	11/19	<ul style="list-style-type: none"> Print Week 14 Documents Read pg. 411-418, 423-425, 489-496 Complete Quiz #9 	<ul style="list-style-type: none"> Lecture: Sugar & Candies Lab: Candies 	<ul style="list-style-type: none"> Quiz 9 due by 8AM on Canvas
15	11/26	<ul style="list-style-type: none"> Print Week 15 Documents Read pg. 346-353, 356-363, 385-392, 395-404 Complete Quiz #10 Start Preparing for Final Exam 	<ul style="list-style-type: none"> Lecture: Flour Mixtures, Quick Breads & Yeast Breads Lab: Quick Breads & Yeast Breads 	<ul style="list-style-type: none"> Quiz 10 due by 8AM on Canvas
16	12/3	<ul style="list-style-type: none"> Prepare for Final Exam 	<ul style="list-style-type: none"> Lab Clean-up and Reorganization 	<ul style="list-style-type: none"> Final Exam (comprehensive)