

## NUTR 140 Introduction to Foods

Dr. Virginia A. Bennett

PE 134 - 963-3360

Office hours: 10:00 T & Th

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### **Course Syllabus**

This class includes a study of the fundamental principles of food preparation, including how the physical and chemical properties of ingredients used in food preparation may influence food quality. Also included is an emphasis on food purchasing, storage, preparation, food safety and sanitation and nutrient preservation.

**Text:** Understanding Food - Principles and Preparation, Amy Christine Brown

A "clicker" is also required. Ask clerk for a clicker.

### **Learner Outcomes**

Identify the functional properties of the various ingredients used in food preparation and how they affect the quality of the product

Identify the standards of food purchasing and storage to achieve maximum quality and nutrient retention.

### **Course Objectives**

Identify the procedures for properly preparing food products to achieve ideal quality and nutrient retention

Identify the safety and sanitation principles of proper food preparation

**Extra Credit Study Groups:** Study groups of 3-4 students. Extra credit given based upon how the group performs on the **exams**:

90-100% - additional 4%

80-90% - additional 3 %

70-80% - additional 1 %

Turn in group member names by **Oct 4**

### **Grading Procedures**

Exams

1 midterm and 1 final exam

Consist of a variety of multiple choice, true/false and short answer

Questions will be derived from lectures and assigned readings

Exams must be taken as scheduled

### **Clicker Points**

We will be using some new technology this quarter to increase student participation and attendance with the goal of increasing student learning. You are required to purchase and bring to each class period your personal Clicker (remote control transmitting device).

Each lecture period, you will be asked either survey questions or knowledge questions that will require you to transmit your answer with your Clicker. Responding to graded questions will give you 3 points for right answers, 1 point for wrong answers (attendance point), and 0 points for no answer. At the end of the quarter 6 points will be added to your score to allow for TWO unexcused absences. Thus, if you have to miss a class or forget to bring your clicker, do not ask for special accommodations. Please let me know if you have an excused absence (CWU sports, significant illness with written note from health care provider).

**Grades**

Clicker questions = 75  
 Mid term = 100  
 Final exam = 100  
**TOTAL = 275**

**GRADING SCALE:**

A > 93%      A- 90 - 92%  
 B+ 87 - 89%    B 83 - 86%    B- 80 - 82%  
 C+ 77 - 79%    C 73 - 76%    C- 70 - 72%  
 D+ 67 - 69%    D 63 - 66%    D- 60 - 62%  
 F <60 %

**Course Schedule**

Date	Topic	Assigned Reading
	Introduction	
Jan 3	<a href="#">Food Selection /Evaluation</a> <a href="#">Food safety</a>	1, 3 & 6
Jan 8	<a href="#">Food Preservation</a>	7
Jan 10	<a href="#">Milk</a> and <a href="#">Eggs</a>	11-13
Jan 15	Martin Luther King Holiday	
Jan 17	<a href="#">Meat, Poultry and Fish</a>	14-16
Jan 22	<a href="#">Meat, Poultry and Fish</a>	14-16
Jan 24	<a href="#">Meat, Poultry and Fish</a> <b>Midterm 1</b>	14-16
Jan 29	<a href="#">Vegetables</a>	17
Jan 31	<a href="#">Starch</a>	20
Feb 5	<a href="#">Grains and Pastas</a>	21
Feb 7	<a href="#">Flours mixtures &amp; Quick Breads</a>	22 & 23
Feb 12	Yeast bread	24
Feb 14	<b>Mid-term</b>	
Feb 19	President's Day	
Feb 21	<a href="#">Cakes and Cookies</a>	25
Feb 26	<a href="#">Cakes and Cookies</a>	25
Feb 28	<a href="#">Pies and Pastries</a>	26
Mar 5	<a href="#">Fat</a>	10
Mar 7	<b>Catch up- review</b>	
Mar 15 Noon	Final	

<b>December</b>	<b>FINAL - Comprehensive</b>	
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