



UNIVERSITY OF GUAM
COLLEGE OF NATURAL
& APPLIED SCIENCES

AL140/AL140L: SCIENTIFIC PRINCIPLES OF FOOD PREPARATION
SYLLABUS - Fanuchånan 2019

CLASS MEETING TIMES

AL140 Lecture: Tuesdays & Thursdays from 4:00 p.m. to 5:20 p.m., ALS 125B
140-01 Lab: Tuesdays & Thursdays from 5:30 p.m. to 6:50 p.m., ALS 125C (R.I. Kitchen)
140-02 Lab: Wednesdays & Fridays from 5:30 p.m. to 6:50 p.m., ALS 125C (R.I. Kitchen)

INSTRUCTORS

Rynette D. Perez, B.S., Adjunct Instructor

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Office Hours: Monday, Wednesday, Friday from 9:00am to 10:30am, or by email appointment

Remedios M. Perez, B.S., Adjunct Instructor

Office: Agriculture & Life Science Building & Rm. 112b

Phone: 735-2650

E-mail: perezr6060@triton.uog.edu

Office Hours: Wednesday, Friday from 6:50pm-7:20pm, or by email appointment

MOODLE LINK

Course link available at: moodle.uog.edu

Moodle Key: _____

CATALOG DESCRIPTION

This course covers the fundamental processes of food preparation as well as the relationship between scientific principles and cooking procedures. Includes three hours of lecture and three hours of lab weekly Prerequisite: MA085 and EN085.

COURSE FORMAT

Instructor relies heavily on laboratory exercises to reinforce information given during lecture and reading before class. The first 30-45 minutes of class will consist of lecture/introduction on topic for the class period. The remainder of the class will be devoted to the lab assignment. Lab exercises include experiments with food items and preparation of common foods. All laboratory exercises require documentation of outcomes, evaluation of outcomes, and discussion of principles.

REQUIRED TEXTBOOK/READINGS AND LAB EQUIPMENT

- Brown, A. (2011) Understanding Food: Principles & Preparation, 4th edition. Belmont, CA: Thomson Wadsworth.
- Lab Manual/Assignments/Recipes — available for download from course website

- Lab Notebook – for Lab Sensory Evaluation Sheets, Lab Assignments, etc.
- **Lab Attire: Students need an apron or lab coat, head covering (hair net or hat), and close-toed shoes. Students who do not have proper lab attire will not be able to participate in lab activities.**

COURSE LEARNING OUTCOMES

AL140/L Student Learning Outcomes (SLO)	Program Learning Outcomes (PLO)*	Institutional Learning Outcomes (ILO)*	Activities/ Assessments
1. Identify the major nutrients that individuals need for the growth, maintenance, and repair of cells, and give examples of foods rich in those nutrients.	PLO-1,2,4	ILO-1,3,7	Questions on homework and tests, class discussion
2. Describe the difference between food-borne illness and food-borne intoxication, and list the major contributors to both.	PLO-1,2,3,4	ILO-1,3	Questions on homework and tests, class discussion
3. Identify and define the different heat sources for food preparation.	PLO-1,2,3	ILO-1,2,3	Questions on homework, tests, class discussion
4. Describe the basic pieces of food preparation equipment and the criteria for the selection of equipment; and demonstrate the basic food preparation concepts such as cutlery techniques, measuring, and mixing techniques, as well as seasoning.	PLO-1,2,3,4	ILO-1,3,5	Questions on homework and tests, class discussion, observation during lab
5. Explain the nutritional contribution of the following foods in the diet; and demonstrate ability to prepare at least one recipe for: fats & oils, vegetables, salads, fruits, sugar, starches, legumes, grains, quick breads, yeast breads, cakes, cookies, pastries, milk & cheese, eggs & foam, meats, poultry & seafood, beverages, soups.	PLO-1,3,4,5,7	ILO-1,2,3,5,6	Questions on homework and tests, class discussion, observation during lab
6. Recognize the importance of food safety, sanitation, food quality, and best practices when dining out.	PLO-1,2,3,4	ILO-1,4,5,6,7	Questions on homework and tests, class discussion, observation during lab

* Refer to PLO's and ILO's described hereafter

ALS Program Learning Outcomes (PLOs)

PLO1 - Disciplinary Knowledge and Skills: Graduates will demonstrate integrated knowledge in their chosen fields of study and related sciences.

PLO2 - Research Skills: Graduates possess critical thinking and analytical skills. Graduates are competent in basic procedures and safety protocols in conducting research. Graduates can use their knowledge and understanding of scientific concepts to explain and solve problems in their field.

PLO3 - Analytical Skills: Graduates can apply quantitative and/or qualitative analytical methods in agriculture and the life sciences.

PLO4 - Communication Skills: Graduates can gather and assess information and use it to create effective research and outreach communication media and oral presentations.

PLO5 - Ethics and Professionalism: Graduates understand the ethical principles underlying research, publication, and professional behavior. Graduates can demonstrate teamwork and networking skills, and understand the importance of providing correct credit for others' work.

PLO6 - Multicultural Competence: Graduates will develop cross-cultural respect and a foundation for lifelong multicultural competence.

PLO7 - Lifelong Learning and Integration of Knowledge from the Sciences and the Arts: Graduates can empower themselves through life-long learning to enhance their knowledge base, and demonstrate an ability to integrate knowledge from the sciences and the arts.

UOG Institutional Student Learning Outcomes (ILOs)

For more information about the following ILOs, please refer to www.uog.edu/administration/academic-and-student-affairs/accreditation/assessment-and-program-review.

ILO-1. Mastery of critical thinking and problem solving

ILO-2. Mastery of quantitative analysis

ILO-3. Effective oral and written communication

ILO-4. Understanding and appreciation of culturally diverse people, ideas and values a democratic context

ILO-5. Responsible use of knowledge, natural resources, and technology

ILO-6. An appreciation of the arts and sciences

ILO-7. An interest in personal development and lifelong learning

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA)

The Family Educational Rights and Privacy Act (FERPA) affords students certain rights with respect to their education records. These rights for students, parents and school officials can be viewed at: <http://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html>

UOG DISABILITIES POLICY

In accordance with the Americans with Disabilities Act (ADA) of 1990 and the Rehabilitation Act of 1973, the University of Guam does not discriminate against students and applicants on the basis of disability in the administration of its educational and other programs. The University offers reasonable accommodations for a student or applicant who is otherwise qualified, if the accommodation is reasonable, effective, and will not alter a fundamental aspect of the University's program nor will otherwise impose an undue hardship on the University, and/or there are not equivalent alternatives. Students are expected to make timely requests for accommodation, using the procedure below.

ADA ACCOMMODATION SERVICES

If you are a student with a special need who will require an accommodation(s) to participate in this course, please contact the Student Counseling and Advising Service Accommodations Office to discuss your specific accommodation needs confidentially. You will need to provide Ms. Sallie Sablan with an accommodation letter from the Student Counseling and Advising Service Accommodations counselor. If you are not registered, you should do so immediately at the Student Center, Rotunda Office #4, Ph/TTY: 735-2460, to coordinate your accommodation request.

ACADEMIC DISHONESTY

Professional and ethical conduct is expected at all times. Unethical conduct includes any form of cheating, including plagiarism. The term “**cheating**” includes, but is not limited to: (1) use of any unauthorized assistance in taking quizzes, tests, or examinations, e.g., looking at other students’ answers, using crib notes (including electronic), getting information from another person via any kind of communication; (2) dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; or (3) the acquisition, without permission, of tests or other academic material belonging to a member of the University faculty or staff. If you need to use an electronic translator, you must discuss this with me in advance. All assignments and tests must be your own work. Answers you write on the tests must come only from in your head or the information supplied in the test papers; anything else is cheating. Any evidence of cheating will result in a “0” for that assignments and/or exam or possibly an “F” for the entire course – final decision to be determined by the course instructor.

TOBACCO-, SMOKE-, and VAPE-FREE CAMPUS

UOG is a tobacco-, smoke-, and Vape-free campus. Thank you for not using tobacco products on campus, and for helping make UOG a healthy learning and living environment. For more information visit: <http://www.uog.edu/smoke-free-uog>

CONTACT INFORMATION FOR CLASSMATES

The use of *TritonGo* contact information is preferred to communicate class updates in real time and is used for classmate communication to connect with others in your class in the event you miss a class or want a study partner. Study groups are encouraged! Note: *TritonGo* helps to protect institutional information.

COURSE POLICIES

- a) In the real world, you are expected to go to work, on time, every day. Therefore, you will be expected to attend every class, and be there on time. Every class that you miss will affect your “attendance/participation” grade. Arrival beyond 10 minutes after the start of the class is considered tardy. Therefore, consistent tardiness will affect your “attendance/participation” grade. Ten percent of your final grade will be based on these factors. Furthermore, attendance at class is necessary to do well in the course. **HOWEVER** — Based on the new CDC guidance, the Department of Public Health and Social Services recommends that people with influenza-like illness should stay home for 3-5 days or 24 hours after their fever is gone without the use of fever-reducing medicine, whichever is longer (fever is defined as having a temperature of 100 degrees

Fahrenheit or 37.8 degrees Celsius or greater). If you feel ill with flu-like symptoms please stay home and contact me by phone or email. We will arrange to accommodate your absence by assigning work to be completed at home or at a later time.

- b) Make-up exams will not be given. If you must miss an exam, make every effort to contact the instructor in advance (call, e-mail, or leave a message if the instructor is unavailable). The grade received on the comprehensive final exam will be substituted for (at most) one missing exam grade.
- c) Late assignments will be penalized 10% for each weekday late. It is the responsibility of the student to know when assignments are due and have them submitted to the instructor on time. Lab assignments are always due the following scheduled class day at the start of class, unless otherwise noted by the instructor. Electronic submission of assignments will not be allowed unless prior arrangements have been made in advance with the instructor.
- d) Your safety is most important. Be sure to review and follow all AL-140L laboratory safety procedures (refer to handout).

STUDENT WORKLOAD

You should expect that for every hour of class-time, you should spend approximately 1-2 hours, in advance, reading the assigned chapter. This will be very helpful in understanding lectures and lab exercises.

WITHDRAWAL DATES

The deadline to withdraw without transcript record entry is August 27, 2019. Deadline for 'Voluntary Withdrawal' is October 16, 2019. You must withdraw at the UOG Records Office. Students who miss the voluntary withdrawal deadline and desire to withdraw from this class must complete a "Petition for Course Withdrawal Form" by December 13, 2019. Forms are available at the UOG Admissions and Records Office.

GRADES

Grades are given in this course by the instructor as recognition of certain degrees of accomplishment. A letter grade system will be used in this course. Grade points are assigned to each letter grade as follows:

<i>Letter Grade</i>	<i>Grade Point Value</i>	<i>Definition</i>
A	91 – 100	Outstanding: Honors-level performance with superior quality and distinction.
B	81 – 90	Good: Solid accomplishment, indicating mastery of course materials and skills.
C	71 – 80	Adequate: Level of competency has been achieved in order to advance to a subsequent course that has this course as a prerequisite.
D	61 – 70	Deficient: Minimal passing but not adequate to take a subsequent course that has this course as a prerequisite.
F	60 and Below	Failure: Inadequate to receive passing credit.

GRADING SYSTEM/EVALUATION METHODOLOGIES

Summary of Course Requirements		% of Grade	# of Points
1.	Three (3) Exams – 3 @ 50 points each	28	150
2.	Comprehensive Final Exam	14	75
3.	Lab Assignments – 19 @ 10 points each	35	190
4.	Special Project: Restaurant Critiques – 2 @ 25 points each	9	50
5.	Class Attendance, Homework/Classwork	10	55
6.	Discretionary, Participation	4	20
TOTAL		100%	540

AL-140/L – FANUCHANAN 2019, CALENDAR OF ASSIGNMENTS AND EXAMS

Date	Topic	Chapters in Text	Assignments Due
8/22	Introduction to Course, Syllabus		Laboratory Safety Acknowledgement
8/27	Nutrition, Food Selection, & Evaluation	1, 2	Pre-Test
8/29	Food Safety & Food Convenience	4	Kitchen Safety/Sanitation Checklist
9/3	Kitchen Basics	5	Kitchen Inventory
9/5	Lab 1 – Milk & Cheese	10, 11	Sensory Evaluation, Essay Questions
9/10	Lab 2 – Vegetables & Legumes, Part 1	13	Sensory Evaluation, Essay Questions
9/12	Lab 3 – Vegetables & Legumes, Part 2	13	Sensory Evaluation, Essay Questions
9/17	Lab 4 – Salads	15	Sensory Evaluation, Essay Questions
9/19	Lab 5 – Fruits [RMP]	14	Sensory Evaluation, Essay Questions
9/24	Lab 6 – Fats & Oils	22	Sensory Evaluation, Essay Questions
9/26	EXAM #1		Restaurant Selection
10/1	Special Project: Work on Restaurant Critiques		
10/3	Lab 7 – Candy [RMP]	25	Sensory Evaluation, Essay Questions
10/8	Lab 8 – Cereal Grains & Pastas	17	Sensory Evaluation, Essay Questions
10/10	Lab 9 – Yeast Breads	20	Sensory Evaluation, Essay Questions
10/15	Lab 9 (continued) – Yeast Breads	20	Sensory Evaluation, Essay Questions
10/17	Lab 10 – Flours & Starches	16	Sensory Evaluation, Essay Questions
10/22	Guest Presentation		Sensory Evaluation
10/24	Lab 11 – Batters, Doughs, & Quick Breads [TFA]	19	Sensory Evaluation, Essay Questions
10/29	Lab 12 – Cakes & Cookies	23	Sensory Evaluation, Essay Questions, Restaurant Critique Write-Ups
10/31	Special Project: Holiday Recipe Research		
11/5	EXAM #2		Holiday Recipe Selection
11/7	Special Project: Restaurant Critique Presentations		Presentations
11/12	Lab 13 – Beverages	27	Sensory Evaluation, Essay Questions
11/14	Lab 14 – Pastries & Pies	24	Sensory Evaluation, Essay Questions
11/19	Lab 15 – Eggs & Foams	12	Sensory Evaluation, Essay Questions
11/21	Lab 16 – Meat	7	Sensory Evaluation, Essay Questions
11/26	Special Lab – Holiday Recipe		Sensory Evaluation, Essay Questions
11/28	NO CLASS – Thanksgiving Holiday		
<i>(continued on next page)</i>			

Date	Topic	Chapters in Text	Assignments Due
12/3	Lab 17 – Poultry & Seafood	8, 9	Sensory Evaluation, Essay Questions
12/5	Lab 18 – Soups	15	Sensory Evaluation, Essay Questions
12/10	EXAM #3, Lab Make-Up Day		Sensory Evaluation, Essay Questions
12/12	Comprehensive Review		
12/17	FINAL EXAM, 4:00pm – 5:50pm		

*****This schedule is tentative, and subject to change.
Any changes will be announced in class, or posted through the class Moodle site.***