



**Dixie State University**  
**Department of Family Studies and Human Development**  
**Syllabus**

**Course Title:** : Basic Food Prep Techniques

**Course Number:** FSHD 1100-01

**Meeting Days/Time:** Mon and Wed - 11:00 am – 12:50 pm

**Credit Hours:** 3

**CRN:** 44477

**Instructor:** Debbie Mosher

**Semester/Year:** Fall 2017

**Instructor's Phone Number:** 435-229-1340

**Instructor's Email:** [mosher@dixie.edu](mailto:mosher@dixie.edu)

**Instructor's Office Location and Office Hours:**  
20 minutes before and after class in room 112

**Course Description:** Open to all students with an interest in food preparation techniques and healthful nutrition practices for the lifespan, and recommended for students with an emphasis in Foods, Nutrition, or Family Consumer Science. Covers the principles and practices of food preparation, healthful food choices, consumer and health information and the management of meals, food, time, and economic resources. Includes preparation of food, lectures, group projects, and field trips. Successful completers should be able to use and apply a variety of food preparation and meal management techniques and nutrition concepts. Combined lecture / lab. Course fee required. FA, SP.

**Lab or course fees:** \$35.00

**Required Textbook(s) and Materials:** Food Fundamentals and the Recipe Collection at the Bookstore

**Course Objectives and Outcomes:**

**Family Studies and Human Development Department Learning Outcomes:**

1. Define currently accepted theory within the discipline.
2. Evaluate theory using applications and exercises to personalize the depth of knowledge and understanding.
3. Demonstrate professional practices specific to the discipline by completing assignments.
4. Show, in writing, the ability to think critically by:
  - a. Gathering information
  - b. Comparing and contrasting sources and quality of information
  - c. Evaluating information for reliability and validity
  - d. Creating resolutions/proposals to solve questions or problems within the discipline

**Course Objectives:**

**Students successfully completing this course will be able to:**

1. Participate in weekly food preparation labs and outlined assignments
  - a. This will be accomplished by being a part of a cooking group and each group preparing food under the category being studied for that week.
2. Pass exams about different methods of food preparation
  - a. This will be accomplished by lecture and reading each chapter on each category being studied.
3. Complete assignments in making food choices based on skill, cost and nutrition
  - a. This will be accomplished by written assignments, given in class, by planning and preparing a formal dinner, and by preparing and giving a class demonstration.

4. Participate in a cooking demonstration, showing a newly acquired cooking skill
  - a. This will be accomplished by each student signing up for and presenting a cooking demonstration.
5. Plan, prepare and participate in a formal dinner.
  - a. This will be accomplished by the class choosing and preparing a menu for a formal dinner.

The objectives and outcomes of this course will be met by class lectures, class discussion, and weekly quizzes. The students will also be participating in weekly cooking groups, to emphasis the skills required for the preparation of each food category.

**Course Assignments and Assessments:** There will be a lecture every Monday. A quiz will be given on this material the following Monday. Every Wednesday will be a cooking lab. There will be a collection of recipes required.

**Instructor policy on late assignments, missed quizzes and absences:**

This is a participation based class. **Cooking days cannot be made up.** There will be one make-up day during the semester. **If you foresee missing class, you must make arrangements beforehand.** There will be additional assignments. If you miss the due date, you must make arrangements with me. You will have one week to turn those assignments in or to make up the missing quiz. After that it will not be accepted.

**Recipe Collection:**

This is a collection of recipes from the class, plus others that you use and some new recipes. This can be done in a 3 ring binder.

Requirements:

1. Recipe book you purchase from the bookstore
2. At least 30 other recipes that you like (marked by a star)
3. Recipes need to be categorized.
4. Neatness and organization will play a part in the scoring of 100 pts.

**Food Demonstrations:**

This is your chance to be a TV food star. You will sign up for a date. You may choose any type of food to make. You will provide a recipe for each person in the class and me. There should be enough that each person will get a taste.

**Grading:**

Grades will be based on the following:

14 quizzes	20 pts each	280
14 labs	40 pts each	560
3 assignments	30 pts each	90
Cooking demo	50 pts	50
Final Dinner	75 pts	75
Recipe collection	100 pts	100

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<b>Total</b>		<b>1155 pts (about)</b>
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A = 95-100	B = 84-87	C = 74-77	D = 64-67
A- = 91-94	B- = 81-83	C- = 71-73	D- = 60-63
B+ = 88-90	C+ = 78-80	D+ = 68-70	F = 59 and below

### **Important dates to remember for Fall 2017:**

Semester calendars available at <https://academics.dixie.edu/syllabus/#semester>.

**Date & Time of Final Exam for this course:** Wednesday, December 13, 11:00 am – 12:50 pm, Room 112

**Final Exam Schedule for Fall 2017:** <https://academics.dixie.edu/syllabus/#finals>

### **DSU Student Academic Conduct and Academic Integrity Policies:**

Please visit <https://academics.dixie.edu/syllabus/#semester> (click on Policies & Statements link) for information on DSU policies related to Academic Dishonesty/Academic Integrity, Disruptive Behavior, Absences related to college functions, Disability/Accessibility Resources, DMail, and Title IX.

### **Important links:**

Disability Resource Center – <https://dixie.edu/drcenter>  
Health and Counseling Center – <https://wellness.dixie.edu>  
IT Help Desk – <https://dixie.edu/helpdesk>  
Library – <http://library.dixie.edu>  
Testing Center – <http://dixie.edu/testing>  
Tutoring Center – <http://dixie.edu/tutoring>  
Writing Center – <https://writingcenter.dixie.edu>

**Instructure Canvas:** If anyone has forgotten their login information or your course is not displaying, please contact the Helpdesk and/or the help desk website <http://www.dixie.edu/helpdesk/>. The Helpdesk is located on the second floor of the Holland building, across from the east elevators. Online tutorials for CANVAS can be found at <http://guides.instructure.com/>.

**Non-student in the classroom and other designated study areas:** (<https://dixie.edu/policylibrary/cat500/> : Attendance) In support of existing policy of the Dixie State University Handbook, it is expected that only bona fide students as defined and classified by the Dixie State University catalog, will attend classes, unless specific prior permission for guests has been obtained from the instructor.

Infants, children, and adolescents are not allowed at Dixie State University except in certain areas and under certain circumstances. University facilities and classrooms are not designed for children, and their presence may disrupt students and teachers. In the event of an emergency where prior approval cannot be obtained 24 hours in advance, the student shall request permission to bring children to class prior to the beginning of class. The decision of the instructor regarding non-students in the classroom is final.

### **Course Policies:**

# THIS CLASS IS JUST LIKE ANY OTHER – THERE IS NO CELL PHONE USE, INCLUDING TEXT MESSAGING, DURING CLASS.

## Laboratory Responsibilities:

1. Wash hands with soap before working with food. Dry hands on paper towels not on dish cloths.
2. Avoid touching hair and face while working with food. Never comb hair in lab.
3. Spoons, spatulas, etc. are not to be licked. Use a special spoon or fork to sample food products.
4. Clean all dishes used with hot soapy water. Rinse thoroughly and dry with clean dishcloths.
5. Food scraps should be place in the garbage containers, not in the sink.
6. Leave sinks and kitchen areas clean and free from food at the end of the lab.
7. Dishtowels and cloths are in drawers at the back of the classroom. Get fresh dishtowels and cloths for each lab.
8. Please put all equipment back into the proper places. Each cupboard is labeled with what it should contain.
9. Place your books on the tables, not the counters. **Please don't sit on countertops.**
10. Check all ranges before leaving and make sure they ate turned off.
11. No metal utensils in the Silverstone pans.
12. Work together as a unit. There are participation points for each lab.
13. At the end of each lab, please abide by the following (NO ONE LEAVES UNTIL EVERYTHING IS COMPLETELY CLEAN)
  - a. Empty garbage can and fill with new liner.
  - b. Completely clean unit.
  - c. Put soiled dishcloths and towels in the washing machine.
  - d. Make sure ranges are turned off.
  - e. Put all equipment in correct places.

## Class Schedule:

<b>Monday</b>		<b>Wednesday</b>
Aug. 21	Class Intro	Lab#1
Aug. 28	Measurements	Lab #2
Sept. 4	No School	Lab#3

Sept. 11	Food Safety	Lab #4
Sept. 18	Nutrition	Lab #5
Sept. 25	Fruits & Veggies	Lab #6
Oct. 2	Meats	Lab #7
Oct. 9	Breads	Lab #8
Oct. 16	Starches	Lab #9
Oct. 23	Halloween Cakes	
Oct. 30	Fat vs No Fat	Lab #10
Nov. 6	Soup and Salad	Lab #11
Nov. 13	Pies	Lab #12
Nov. 20	Make Up Day	Thanksgiving
Nov. 27	Written Final	Lab #14 (plan final dinner)
Dec. 4	Final Dinner Prep	
Wednesday, Dec 13	Final Dinner & Recipe Collections Due	11:00 am – 12:50