

***Dixie State College Family and Consumer Science
Syllabus Fall 2006***

COURSE INFORMATION

Course Number: NFS 1240
Course Name: FOOD PREP SKILLS AND TECHNIQUES
Credit Hours: 3 HOURS CREDIT
Prerequisites: NONE
Dates: AUG 23 – DEC 6 2006
Times: Monday – Wednesday – 11 am
Location: FCS 112
Text: Food Fundamentals
Supplement: Recipe collection at the Bookstore

INSTRUCTOR

Name: Debbie Mosher
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Office: FCS 131

STUDENT SUPPORT SERVICES

Drop in tutoring is available to all registered Dixie State College students:
<http://dsc.dixie.edu/tutoring/>

Help with writing papers:
Writing Lab in the Browning Learning Center, room 105
Online Writing Lab at <http://dsc.dixie.edu/owl/>

Help from a librarian:
<http://library.dixie.edu/> or visit the library in person during regular hours.

The Testing Center's hours of operation are posted online at
<http://dsc.dixie.edu/testingcenter/officehours.htm>.

Disability Resource Center:

If you are a student with a medical, psychological or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine your eligibility and determine the

appropriate accommodations related to your disability.

COURSE DESCRIPTION

Food prep skills and techniques is open to all students with an interest in food preparation and healthful nutrition. Recommended for students with an emphasis in foods, nutrition or Family Consumer Science. Covers the principles and practices of food preparation, healthy food choices, consumer and health information and the management of meals, food time and economic resources. Includes preparation of food, lectures, food safety, and resources in the community. Students completing this class should be able to use and apply a variety of food preparation and meal management techniques and nutrition concepts. Lab required. 2 lecture hours and 2 lab hours per week.

COURSE OBJECTIVES

Students successfully completing this course will be able to:

1. Participate in weekly food preparation labs and outlined assignments
2. Pass exams about different methods of food preparation
3. Complete assignments in making food choices based on skill, cost and nutrition
4. Participate in a cooking demonstration, showing a newly acquired cooking skill
5. Plan, prepare and participate in a formal dinner

COLLEGE WITHDRAWAL POLICY

If you must withdraw from this class, for any reason, it is **your responsibility** to do this officially by completing paperwork at the registrar's office. This must be done before the drop deadline of (*Sept. 27 or Nov. 17*) for complete withdrawal. If you fail to do this, you will still receive a grade in this class, **regardless of whether you attend or not.**

CLASS POLICIES

IMPORTANT!!!!!! Please Read

Attendance

Attendance is very important to successfully completing this class. Food labs cannot be made up. Quizzes are given every Monday and unless it is an emergency, make-ups will not be given.

Disruptive behavior in class may lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students.

You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written "warning" letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Academic Integrity

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. Don't cheat!

ASSIGNMENTS

Mondays – Quiz on previous chapter and notes. Notes for new chapter
Student cooking demonstration

Wednesdays – Cooking lab. Labs cannot be made up. It is very important to attend all labs

GRADING

Grades will be based on the following:

14 quizzes	20 points each	280 points
14 labs	40 points each	560 points
3 assignments	30 points each	90 points
cooking demonstration	50 points	50 points
Final Diner	75 points	75 points
Recipe collection	100 points	100 points
Total		1155 points

The final grade will be calculated upon the following percentages:

A 95-100%	B+ 88-90%	C+ 78-80%	D+ 68-70%	F Below 60 %
A- 91-94%	B 84-87%	C 74-77%	D 64-67%	
	B- 81-83%	C- 71-73%	D- 60-63%	

FOODS FOR LIFE

**FALL
2006**

MONDAY

WEDNESDAY

	Aug. 23, - Introduction
Aug.28, cooking measurements	COOKING LAB #2
Sept.4, No School	COOKING LAB #3
Sept.11, Food Safety CHAPTER 2	COOKING LAB #4
Sept.18 Nutrition Chapter 18	COOKING LAB #5
Sept.25, Fruits and Vege. Ch. 3&4	COOKING LAB #6
Oct.2, SOUP AND SALAD CH. 5	COOKING LAB #7
Oct.9 FATS AND OILS CH. 6	COOKING LAB #8

Oct.16, Starches, milk & cheese	Cooking Lab #9
Oct. 23, Eggs and Meat Ch. 10 & 11	COOKING LAB #10
Oct.30, Halloween Cakes Ch. 15	COOKING LAB #11
Nov.6, BREADS CH 14	COOKING LAB # 12
Nov.13, Pastries	COOKING LAB #13
Nov.20 pies	Cooking lab #14
Nov.27 MEAL PLANNING	Cooking Lab #15
Dec.4, Prepare for final	Dec.6 - FINAL

- * Recipe Collections Due*** Dec 6**

Final – Wednesday, Dec. 13, 10 AM