



**UNIVERSITY OF GUAM**  
**COLLEGE OF NATURAL**  
**& APPLIED SCIENCES**

**AL140/L SCIENTIFIC PRINCIPLES OF FOOD PREPARATION**  
**SYLLABUS**  
**Fanuchanan 2018**

**CLASS MEETING TIMES**

Tuesdays & Thursdays  
4:00 p.m. to 6:20 p.m. (Section 1 – lecture → lab; All Exams) and  
Starting 8/30/18 - 3:30 p.m to 5:50 p.m. (Section 2 lab → lecture)  
ALS 125B & C (RI Kitchen)

**INSTRUCTORS**

Tanisha Aflague, PhD, RDN, LD, Assistant Professor of Nutrition  
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Office Hours: Mondays through Thursdays from 10:00 a.m. to 11:00 p.m.  
or by email appointment  
Course link available at: [moodle.uog.edu](http://moodle.uog.edu) **Moodle Key:** \_\_\_\_\_

Rynette D. Perez, B.S., Adjunct Instructor  
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Office Hours: Mondays, Wednesdays, and Fridays from 9:00am to 10:30am  
or by email appointment  
Course link available at: [moodle.uog.edu](http://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 AND/OR READINGS**

Brown, A. (2011) Understanding Food: Principles & Preparation, 4<sup>th</sup> edition. Belmont, CA: Thomson Wadsworth.

Lab Manual/Recipes — available for download from course website

Students also need an apron or lab coat, head covering (hair net), and close-toed shoes.

## 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](http://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>

### **SPECIAL ACCOMMODATIONS (ADA)**

If you are a student with a special need who will require an accommodation(s) to participate in this course, please contact me privately to discuss your specific needs. You will need to provide me with documentation concerning your need(s) for accommodation(s) from the EEO/ADA Office. If you have not registered with the EEO/ADA Office, you should do so immediately at 735-2244/2971/2243 (TTY) to coordinate your accommodation request. For more information visit:

<http://www.uog.edu/administration/office-of-the-president/eoadatitle-ix-office>

### **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 me, the course instructor.

### **TOBACCO-, SMOKE-, and VAPE-FREE CAMPUS**

UOG is a tobacco-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 Monday 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 with the instructor.
- d) Your safety is most important. Be sure to review and follow all AL140L lab 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 21, 2018; for ‘Voluntary Withdrawal’ is October 3, 2018 you must withdraw at the UOG Records Office. If you want to withdraw after this date, you must file a ‘Petition for Withdrawal’ by December 6, 2018. Forms are available at the UOG Admissions and Records Office.

**GRADING SYSTEM/EVALUATION METHODOLOGIES**

<i>Summary of Course Requirements</i>		%	#Points
1.	3 Exams (3 @ 50 points each)	29	150
2.	Comprehensive Final Exam	15	75
3.	Lab Assignments (18 @ 10 points each)	35	180
4.	Restaurant critiques (2 @ 10 points each)	4	20
5.	Holiday Recipe (10 points)	2	10
6.	Class attendance, homework	11	55
7.	Discretionary, participation	4	<u>20</u>
<b>Total</b>		<b>100%</b>	<b>510</b>

**AL 140/L CALENDAR OF ASSIGNMENTS AND EXAMS**

Date	Topic	Chapters in Text	Due
08/16	Introduction to Course, Syllabus		
08/21	Introduction to Nutrition & Eating, pretest.....	1-2	
08/23	Food Safety & Food Convenience.....	4	
08/28	Kitchen Basics.....	5	
08/30	Lab 1 - Milk & Cheese.....	10-11	
09/04	Milk & Cheese continued		
09/06	Lab 2 - Vegetables	13	
09/11	Lab 3 - Vegetables & Legumes	13	
09/13	Lab 4 - Salads	14	
09/18	Lab 5 - Fruits	14	
09/20	Work on Restaurant Critique		
09/25	Lab 6 – Fats & Oils	22	
09/27	EXAM #1 (Intro to Fats & Oils)		Meet at 4pm in ALS 125B
10/02	Lab 7 – Sugar/Candy	25	
10/04	Lab 8 – Starch/Flours	17	
10/09	Lab 9 - Pasta & Grains	16	
10/11	Lab 10 - Batters, Dough & Quick Breads	19	
10/16	Lab 11 - Cakes & Cookies	23	Two (2) Restaurant Critiques
10/18	Lab 12 - Yeast Breads	20	
10/23	Breads continued		
10/25	Restaurant Critique Presentations		
10/30	EXAM #2 (Sugar to Yeast Breads)		Meet at 4pm in ALS 125B
11/01	Lab 13 – Beverages		
11/06	Lab 14 - Pastry	24	
11/08	Lab 15 – Eggs & Foams	12	
11/13	Lab 16 – Meat	7	
11/15	Lab 17 – Poultry & Seafood	8-9	
11/20	Work on Thanksgiving Recipe Research		
11/22	No Class - Thanksgiving Break		Ingredient list for local recipe
11/27	Lab - Locally Modified Recipe		Present local recipe
11/29	Lab 18 – Soups	15	
12/04	EXAM #3 (Beverages to Soups)		Meet at 4pm in ALS 125B
12/06	Lab make up day (if necessary)		
12/11	Comprehensive Final Exam at 4:00-5:50 pm		ALS 125B

***This schedule is tentative, and subject to change. Any changes will be announced in class.***