NFS 54
Basic Concepts of Foods Laboratory
Spring 2015

Instructor: Amy B. Trubek, PhD

Office: 251 Marsh Life Sciences

Phone: 656-0833

E-mail: atrubek@uvm.edu

Hours: 1-2:30pm Thursday
Others by appointment

Teaching Assistants:
Maria Carabello mcarabel@uvm.edu
Caitlin Morgan caitlin.b.morgan@uvm.edu
Gil Tansman gtansman@uvm.edu
Serge Wiltshire swiltshire@uvm.edu
Hannah Stokes hmstokes@uvm.edu (procurement)

Course Credits: 1

Class Times:
1:00-3:45 PM Tuesday Lab A02 (Maria Carabello)
4:00-7:00 PM Tuesday Lab A03 (Maria Carabello)
8:30-11:30 AM Wednesday Lab A01 (Caitlin Morgan)
12:50-3:50 PM Wednesday Lab A04 (Serge Wiltshire)
4:30-7:30 PM Wednesday Lab A07 (Gil Tansman)
1:00-3:45 PM Thursday Lab A05 (Caitlin Morgan)
4:00-7:00 PM Thursday Lab A06 (Gil Tansman)

Course Description:
To develop food agency by understanding the scientific, cultural, and technical principles behind meal preparation.

Prerequisites: NFS 53 or co-enrollment

Course Objectives:
The student will be able to do the following:

1. Recognize that food preparation is a science, a craft and an art as well as fundamental to cultural traditions.

2. Practice technical skills and safe food handling in a kitchen laboratory.

3. Develop food agency skills: sensory evaluation, mise en place, knife skills, product identification.

4. Apply scientific principles in the preparation of food (carbohydrate, protein, and fat).

5. Exhibit teamwork and mutuality in the laboratory.

6. Read, analyze and modify recipes.

Books and Other Requirements:


Basic Concepts of Foods Lab Reports - This will be made available through Blackboard and in the Foods Lab.

Grading:

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<thead>
<tr>
<th></th>
<th>10@10 points</th>
<th>100 points</th>
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<tbody>
<tr>
<td>Laboratory Reports</td>
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<tr>
<td>Attendance</td>
<td></td>
<td>50 points</td>
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<td>Laboratory Participation</td>
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<td>Product ID Quizzes</td>
<td>5@5 points</td>
<td>25 points</td>
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<td>Vocabulary Quizzes</td>
<td>2@10 points</td>
<td>20 points</td>
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<td>Lab Practical</td>
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<td>55 points</td>
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Late Policy: Assignments are expected to be turned in on time (DURING CLASS). Assignments turned in one day late will be marked down 10%; those turned in two days late will be marked down 20%. No assignments will be accepted or graded if handed in more than 2 days after the due date. If you believe that you have extenuating circumstances, speak to your lab instructor as soon as possible to make other arrangements.

Class Conduct: All class participants are expected to refrain from the use of cell phones. In case of a campus emergency, the instructor will be notified via the classroom computer or cell phone, and the instructor will notify students of the emergency.
Class Code: All class participants are expected to adhere to the academic honesty policies of the University of Vermont. Additionally, the University prohibits discrimination and unlawful harassment. Please see the University of Vermont Code and Student Handbook available on the UVM website.

Offences against the Code of Academic Integrity are deemed serious and insult the integrity of the entire academic community. Any suspected deliberate violations of this code are taken very seriously and will be forwarded to the Center for Student Ethics & Standards for further investigation.

Religious Holidays: The official policy for excused absences is: Students have the right to practice the religion of their choice. Each semester students should submit in writing to their instructors by the end of the second full week of classes their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work.

Attendance: Attendance will be taken each week and will be part of your grade. If you are unable to attend a lab, contact the lab instructor prior to class. The only excusable absences are family emergency, sports, and serious illness. You will be expected to obtain information regarding the lab report which will be due the following week along with a video documenting your lab make-up. This is only possible with permission and arrangement with your lab TA.

Course Outline:

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment</th>
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<tbody>
<tr>
<td><strong>Week One: January 13-16</strong> NO LAB</td>
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<tr>
<td><strong>Week Two: January 20-23</strong></td>
<td>Laboratory Orientation Sensory Evaluation Measurement Techniques</td>
<td>Laboratory 1</td>
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<td><strong>Week Three: January 27-30</strong></td>
<td>Measurement Techniques Basic Knife Skills Equipment ID Root Vegetables Food Waste</td>
<td>Laboratory 2 Vegetable Stock Julienne, Batonet and Macedoine of Vegetables</td>
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<tr>
<td><strong>Week Four: February 3-6</strong></td>
<td>Product ID Knife Skills Mise En Place</td>
<td>Laboratory 3 Pasta Risotto</td>
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<tr>
<td>Week</td>
<td>Dates</td>
<td>Topics</td>
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<td>Winter Vegetables</td>
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<td>Gelatinization</td>
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| Week Five: February 10-13 | Product ID
Mise En Place
Knife Skills
Grains
Gelatinization | Laboratory 4
Bulgur Salad
Rice Salad
Barley Salad |
| Week Six: February 17-20 | Product ID
Knife Skills
Mise En Place
Dairy and Dairy Substitute
Thickened Sauces | Laboratory 5
Macaroni and Cheese
Tofu and Vegetable
Stir Fry |
| Week Seven: February 24-26 | Roasting
Maillard Browning Sauté
Meat
Product ID
Knife Skills
Mise En Place
Food Waste | Laboratory 6
Chicken
Chicken Stock
Salad |
| Spring Break: March 2-6  | NO LAB | NO LAB |
| Week Eight: March 10-13 | Product ID
Flours
Knife Skills
Mise En Place
Basic Baking
Food Waste | Laboratory 7
Chicken Pot Pie |
| Week Nine: March 17-20 | Product ID
Fruit and Seasonality
Mise En Place
Basic Pastry
Caramelization | Laboratory 8
Fruit Galette
Fruit Compote |
| Week Ten: March 24-27 | Product ID
Mise En Place
Eggs
Heat Coagulation
Form Formation | Laboratory 9
Cheese Souffle
Egg Salad
Mayonnaise |
<p>| Week Eleven: March 31-April 2 | USDA Food Guide Meal and Cultural Diversity | Laboratory 10 |</p>
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<tr>
<th>Preparation: Planning Session</th>
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<tr>
<td>Analyze Recipes</td>
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<td>Adapt Recipes</td>
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<td>Organize for Meal Preparation</td>
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<tr>
<td>USDA Food Guide Meal and Cultural Diversity: Meal Preparation and Analysis Sensory Quality Health Parameters</td>
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<td>Week Twelve: April 7-10</td>
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<td>Week Thirteen: April 14-16</td>
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<td>Week Fourteen: April 21-25</td>
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