

Principles of Foods, with Lab **TCSU NUTR 120**

A. Description

Introduction to food science principles and food preparation techniques with emphasis on ingredient functions and interaction; food preparation techniques; sensory evaluation standards; food safety and sanitation; nutritional values.

B. Recommended Preparation

Not Specified

C. Prerequisites

Not specified

D. Minimum Unit Requirement

3 semester units – 30 hours lecture, 45 hours laboratory

E. Course Topics

1. Basic food principles; preparation terminology and techniques
2. Ingredient functions and interaction
3. Product standards and evaluation
4. Equipment and utensils
5. Storage standards
6. Sanitation and safety
7. Nutrient retention

F. Student Learning Outcomes

Upon successful completion of the course, students will be able to:

1. Prepare and present a variety of products from each major category of food (e.g., dairy, grains, meat, etc.);
2. Understand and apply basic scientific principles essential in the preparation and storage of high quality food products;
3. Describe and utilize accepted safe and sanitary procedures in the preparation of food;
4. Identify and compare preparation methods to optimize nutrition content;
5. Demonstrate basic knowledge of food preparation terminology and techniques;
6. Demonstrate basic knowledge of weights, measures and conversions;
7. Demonstrate the ability to follow a standardized recipe;
8. Evaluate sensory attributes of food;
9. Describe and follow proper safety procedures in the kitchen;
10. Select, use and maintain laboratory equipment and utensils appropriately; and
11. Evaluate food prepared in laboratory using qualitative and quantitative standards.

G. Sample Textbooks

Lecture Textbooks:

1. Brown, A. Understanding Food, Principles and Preparation. Wadsworth/Thomson Learning.
2. Bennion and Scheule Introductory Foods. Pearson/Prentice Hall.

Lab Manual:

Curtis, S.R. Lab Manual for Brown's Understanding Food, Principles and Preparation. Wadsworth/Thomson Learning.

Reference Book:

Corriher, S.O. 1997. Cookwise. The Secrets of Cooking Revealed. William Marrow and Co.