



HFST 1240

Division: Social and Behavioral Science

Department: Home and Family Studies

Course: HFST 1240

Title: Principles of Food Management

Catalog Description:

This course is designed to be an introductory course in food science and meal preparation. It introduces basic concepts necessary to the Family and Consumer Science Education major, the Culinary Arts major, and the Food Science Major. It is also appropriate for any student interested in the field. The lecture session includes a lab component.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: 3; Lecture: 3; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: N/A

Justification:

This course is required for Family and Consumer Science Education Majors and Food Science Majors. The following food programs offer an equivalent course: Utah State University, Southern Utah University, Brigham Young University, Utah Valley State College, and Dixie State College.

Student Learning Outcomes:

Upon successful completion of this course, students will:

- know the fundamental principles of food preparation and meal management
- know how to plan and prepare meals using knowledge of nutrition, food sanitation, food preparation methods, and management skills.

Content:

This course will include:

- Food Management
 - Food Economics
 - Food Safety and Sanitation

- Food Regulations
- Timing Meal Preparation
- Meal Service
- Table Appointments
- Hospitality and Entertaining
- Food Preservation
- Meals to Meet Special Needs
- Culinary Arts as a Profession
- Food Preparation
 - Carbohydrate Chemistry and Sugar Crystallization
 - Frozen Desserts
 - Starches and Starch Cookery
 - Cereal Grains and Pastas
 - Vegetables
 - Fruits
 - Salads and Gelatin
 - Fat Chemistry, Frying and Emulsions
 - Protein Chemistry
 - Eggs and Egg Cookery
 - Milk and Cheese
 - Meats, Poultry, and Seafood
 - Batters and Doughs
 - Pastry
 - Quick Breads
 - Yeast Breads
 - Cakes and Cookies.

General Education Outcomes:

7) Apply scientific reasoning to a variety of contexts.

Food preparation is based on basic scientific concepts. Emphasis throughout the course is on the reasons for procedures and phenomena, not just what to do and how to do it. The material is at an introductory science level and is presented in a way that is comprehensible to all students.

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

The meal manager utilizes available resources in order to achieve the following goals: good nutrition, meal satisfaction, cost control, time and energy utilization, and safety and sanitation. A component of this course is teaching strategies for managing the human resources of time, energy, knowledge and skills, and creativity, as well as the material resources of money, mechanical energy and natural resources in order to achieve those goals. The students complete planning packets addressing each of these components and prepare a meal for an invited guest as a final project.

Key Performance Indicators:

Percentages are approximate.

- labs: 50% of final grade
- quizzes and exams: 25% of final grade
- final project (guest meal): 10% of final grade
- other assignments: (recipe collection, research assignment, and demonstration): 15% of final grade.

Representative Text and/or Supplies:

- Marion Bennion and Barbar Scheule, *Introductory Foods*, current edition, Prentice Hall.

Optimum Class Size: 9

Maximum Class Size: 12

Signatures:

I hereby submit this course syllabus:

Tracie Bradley, MEd, Associate Professor

I hereby find this course consistent with the goals and resources of the Home and Family Studies Department:

Kim Cragun, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)