



## HFST 1245

**Division:** Social and Behavioral Science

**Department:** Home and Family Studies

**Course:** HFST 1245

**Title:** Principles of Food Management Lab

**Catalog Description:**

This course is the lab component to HFST 1240 Principles of Food Management. Students will put into practice the principles learned in class culminating with the planning and preparing a meal for four guests. Students must also register for HFST 1240.

**General Education Requirements:** N/A

**Semesters Offered:** Fall, Spring

**Credit/Time Requirement:** Credit: 1; Lecture: 0; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Corequisites:** Students must also register for HFST 1240

**Justification:**

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

**Student Learning Outcomes:**

Students will be able to demonstrate an understanding of the goals of good nutrition.

Students will be able to demonstrate an understanding of the elements of meal planning:

- meal satisfaction,
- cost control,
- time and energy utilization,
- and safety and sanitation,

Students will be able to demonstrate the ability to plan and prepare a dinner for 4 people.

**Content:**

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.

### **Key Performance Indicators:**

Students will be assessed by two or more of the following Key Performance Indicators:

- lab attendance & participation
- quizzes
- final project (guest meal)

### **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:

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Tracie Bradley, MEd, Associate Professor

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

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Kim Cragun, MS, Associate Professor, Chair

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

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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:

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

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)