



## 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. Its design allows it to fill the needs of the Family and Consumer Science Education major, the Culinary Arts major, and the Food Science Major, as well as the student interested in an introductory course in the field.

**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

**Corequisites:** N/A

**Justification:**

This course is required for Family and Consumer Science Education Majors and Food Science Majors. Other food programs in the state which have an equivalent course are Utah State University (NFS 1240), Southern Utah University (NFS 3200), Brigham Young University (FSN 340), Utah Valley State College (HM 1110), and Dixie State College (NFW 1040).

**Student Learning Outcomes:**

Upon successful completion of this course, students will:

- know the fundamental principles of food preparation and meal management
- 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:**

3) Speak effectively in a variety of contexts.

Students have two opportunities to give oral presentations, one being a food demonstration.

4) Retrieve, evaluate, interpret, and deliver information through a variety of traditional and electronic media.

Students complete one research assignment and also compile a recipe file.

7) Apply scientific reasoning to a variety of contexts.

The first nine chapters of the text book contain scientific principles that the students may refer to throughout the entire course. A brief discussion of carbohydrates, fats, and proteins in Chapter 5 is used as a review for students who have had chemistry courses or as an introduction for those who have not studied chemistry. The students will apply this knowledge in successfully preparing various food items in a laboratory situation.

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

The meal manager utilizes available resources in order to achieve the following goals: 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:**

Each student will attend one lab session per week. The lab will average two hours to complete.

- 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: 20**

**Maximum Class Size: 24**

**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)