

**UNIVERSITY OF KENTUCKY**  
**APPLICATION FOR CHANGE IN EXISTING COURSE: MAJOR & MINOR**

1. Submitted by College of Agriculture Date 09/01/05  
Department/Division offering course Nutrition and Food Science
2. Changes proposed:  
(a) Present prefix & number NFS 204 Proposed prefix & number NFS 302  
(b) Present Title Principles of Food Preparation  
New Title Principles of Food Preparation  
(c) If course title is changed and exceeds 24 characters (Including spaces), include a sensible title (not to exceed 24 characters) for use on transcripts:  
\_\_\_\_\_  
(d) Present credits: 3 Proposed credits: 3  
(e) Current lecture: laboratory ratio 1:4 Proposed: 1:4 \_\_\_\_\_  
(f) Effective Date of Change: (Semester & Year) Fall 2006
3. To be Cross-listed as: \_\_\_\_\_  
Prefix and Number \_\_\_\_\_ Signature: Department Chair \_\_\_\_\_
4. Proposed change in Bulletin description:  
(a) Present description (including prerequisite(s):  
Basic physical and chemical principles involved in preparation of foods in the Basic Four food groups. Skills, sanitation standards, and economics involved in preparation of foods of quality and maximum nutrient content. Lecture, one hour; laboratory, four hours. Prereq: Limited to NFS, Family and Consumer Science (FSC) department majors and with permission of instructor.  
(b) New description:  
The physical and chemical principles involved in the preparation of foods and the application of these principles to control for quality outcomes. Laboratory experiences link theory to practice to ensure that the standards of safety and overall quality factors are applied to maximize nutrient retention while maintaining the acceptability and nutritional qualities of foods produced for individuals and groups  
Lecture, one hour; laboratory, four hours.  
(c) Prerequisite(s) for course as changed: NFS 241; Limited to NFS and Family and Consumer Science (FSC) department majors and with permission of the instructor
5. What has prompted this proposal? The change of NFS 204 to NFS 302 takes the course from a comprehension level to an application level based upon Bloom's Taxonomy.  
Change in Prerequisite NFS 241 added  
NFS 241; Limited to NFS and Family and Consumer Science (FSC) department majors and with permission of the instructor
6. If there are to be significant changes in the content or teaching objectives of this course, indicate changes:  
\_\_\_\_\_  
\_\_\_\_\_
7. What other departments could be affected by the proposed change?  
none
8. Is this course applicable to the requirements for at least one degree or certificate at the University of Kentucky?  Yes  No
9. Will changing this course change the degree requirements in one or more programs?  Yes  No  
If yes, please attach an explanation of the change.\*
10. Is this course currently included in the University Studies Program?  Yes  No  
If yes, please attach correspondence indicating concurrence of the University Studies Committee.
11. If the course is a 100-200 level course, please submit evidence (e.g., correspondence) that the Community College System has

been consulted.

\*NOTE: Approval of this change will constitute approval of the program change unless other program modifications are proposed.

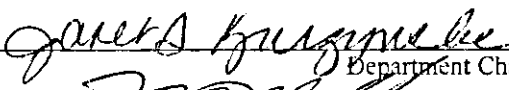
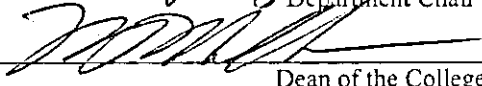
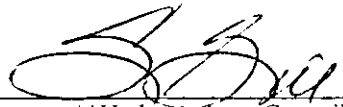
12. If the course is 400G or 500 level, include syllabi or course statement showing differentiation for undergraduate and graduate students in assignments, grading criteria, and grading scales.  Check here if 400G-500.

12. Is this a minor change?  Yes  No  
(NOTE: See the description on this form of what constitutes a minor change. Minor changes are sent directly from the Dean of the College to the Chair of the Senate Council. If the latter deems the change not to be minor, it will be sent to the appropriate Council for normal processing.)

13. Within the Department, who should be consulted for further information on the proposed course change?

Name: Myrna Wesley Phone Extension: 7-1031

**Signatures of Approval:**

	<u>3/07/07</u>
Department Chair	Date
	<u>12/6/2007</u>
Dean of the College	Date
	<u>11/29/2007</u>
**Undergraduate Council	Date of Notice to the Faculty
	<u>3/18/08</u>
	Date
**Graduate Council	Date
**Academic Council for the Medical Center	Date
**Senate Council	Date of Notice to University Senate

\*\*If applicable, as provided by the Rules of the University Senate.

**ACTION OTHER THAN APPROVAL**

\*\*\*\*\*

The Minor Change route for courses is provided as a mechanism to make changes in existing courses and is limited to one or more of the following:

- a. change in number within the same hundred series;
- b. editorial change in description which does not imply change in content or emphasis;
- c. editorial change in title which does not imply change in content or emphasis;
- d. change in prerequisite which does not imply change in content or emphasis;
- e. cross-listing of courses under conditions set forth in item 3.0;
- f. correction of typographical errors. [University Senate Rules, Section III - 3.1]

**Course:** NFS 302 PRINCIPLES OF FOOD PREPARATION FALL 20\_\_

**Prerequisite:** NFS and FCSE Majors and NFS241  
**Place/Date/Time** Erikson Hall 202 classroom 200 lab  
M W Lab 9:00 – 10:50 a.m.  
F Lecture 10:00 – 10:50 a.m.  
3 credit hours

**Instructor:** Margaret E. Cook-Newell, PhD, RD, LD, CDE, CN  
**Office:** 210C Erikson  
**Phone:** 859-257-1661  
**E-Mail:** [mecook0@nky.edu](mailto:mecook0@nky.edu)

**Office Hours:** 3-4 pm M or by appointment  
Email answered within 48 hours of accessing the message

### **Required Texts:**

Understanding Food Principles and Preparation, 2<sup>nd</sup> Ed; Amy Brown; Wadsworth Thompson Learning 2004

Understanding Food Principles and Preparation: A Laboratory Manual; Amy Brown; Wadsworth Thompson Learning 2004

ServSafe Coursebook, 3<sup>rd</sup> Ed. NRAEF 2004  
ISBN 1-58280-111-8 (Coursebook with Exam – CBX3) [www.nraef.org](http://www.nraef.org)  
ISBN 0-471-47802-4 (Wiley Coursebook with Exam – CBX3-W)

### **Required Fees:**

A consumable supply fee of \$30 will be assessed for this course and paid with your tuition and fees bill.

### **Supplemental Texts:**

Food for Fifty, 12<sup>th</sup> Ed.; Mary Holt; Prentice Hall 2005  
On Cooking, 3rd Ed.; S.R. Labensky & A.M. Hause; 2003

**Course Description:****Lecture : Laboratory ratio 1:4, 3-credit hours**

The physical and chemical principles involved in the preparation of foods and the application of these principles to control for quality outcomes. Laboratory experiences link theory to practice to ensure that the standards of safety and overall quality factors are applied to maximize nutrient retention while maintaining the acceptability and nutritional qualities of foods produced for individuals and groups.

The student should be prepared to use the data and principles of food science to demonstrate how food composition, and physical and chemical properties affect: preparation and outcomes, colloidal systems, nutrition, and the microbiological aspects of food preparation. Students will examine and analyze the sensory aspect of foods according to quality standards and preparation techniques with an emphasis on retention of nutrients and aesthetic qualities. Microwave cookery, ratios of ingredients in recipes, recipe formulations, food preservation, and food presentation are also examined and demonstrated during the laboratory component of the course.

**Course Objectives:**

With completion of this course, the student will:

1. Demonstrate knowledge and skills essential in the selection, preparation and service of nutritious, economical, and acceptable food to persons of all cultures.
2. Apply the scientific theories of chemistry, physics, and nutrition in the preparation of food.
3. Acquire knowledge of quality characteristics of various foods and food products and the techniques and ingredients that produce high quality outcomes.
4. Demonstrate behaviors and skills in food preparation that produce a safe, quality food while conserving time and money by efficient work techniques and economical use of foods and resources.
5. Plan, implement and evaluate supervised practices/special events with a variety of foods exhibiting the what, why, and how of food preparation, and the creative expression of food and its many functions.
6. Identify, monitor, and document the use of resources required for preparation of quality food for individuals and groups.
7. Demonstrate culinary and food skills expected of entry-level dietitians.

**Student Outcomes: Foundation Knowledge and Skills:**

This course contributes to the following foundation knowledge and skills for entry-level dietitians:

Upon completion of the course, the student will show these:

- (1) Demonstrate the ability to work effectively as a team member
- (2) Have knowledge of food technology
- (3) Have knowledge of biotechnology
- (4) Have knowledge of and demonstrate culinary techniques
- (5) Have knowledge of and demonstrate socio-cultural and ethnic food consumption & trends for various consumers to promote cultural sensitivity
- (6) Have knowledge of and demonstrate food safety and sanitation
- (7) Have knowledge of food delivery systems
- (8) Have knowledge of food and non-food procurement
- (9) Have knowledge of food production systems
- (10) Have knowledge of environmental issues related to food
- (11) Have knowledge of the role of food in promotion of a healthy lifestyle
- (12) Have knowledge of the promotion of pleasurable eating
- (13) Have knowledge of and demonstrate applied sensory evaluation of food
- (14) Demonstrate the ability to calculate & interpret nutrient composition of foods
- (15) Demonstrate the ability to determine recipe/formula proportions and modifications for volume food production
- (16) Demonstrate the ability to apply food science knowledge to functions of ingredients in food
- (17) Demonstrate the ability to perform basic food preparation and presentation skills
- (18) Demonstrate the ability to modify recipe/formula for individual or group dietary needs

## **Accreditation – UK and CADE:**

The University is accredited by the Commission on Colleges (COC) of the Southern Association of Colleges and Schools (SACS). This has been re-affirmed at about 10-year intervals since 1915. The most recent reaffirmation was December, 2002. In addition, several degree programs and individual units are accredited by agencies appropriate to specific professions or fields. The Lexington Community College is separately and individually accredited by the Commission on Colleges of the Southern Association of Colleges and Schools. The NFS, DPD and CP is accredited by the Commission on Accreditation of Dietetics Education, Chicago, IL.

## **Course Policies:**

Policies relating to excused absences, cheating/plagiarism, withdrawal, incompletes and final exams can be found in *Student Rights and Responsibilities*, located on the University of Kentucky website: <http://www.uky.edu/StudentAffairs/code>. *As students and faculty at the University of Kentucky, we are all responsible for reading, understanding and adhering to these policies. The University of Kentucky does not tolerate dishonesty in any form (and neither do I). As students and faculty of the University of Kentucky, we are all responsible for adhering to these policies.*

## **Instructional Strategies:**

This course will consist of one lecture session of approximately 50 minutes given Friday in Erikson Hall. In addition there will be 2 lab sessions per week, approximately 1 hour and 50 minutes each, on Monday and Wednesday. Course content will be delivered by lecture, power point, video resources and other available means as deemed useful. The lab component will be hands on applied knowledge opportunities. Guest lecturers or lab demonstrations will also be utilized.

## **Instructional Accommodations:**

Students with disabilities are responsible for ensuring University instructors are aware of their disabilities and required accommodations. Students must provide instructors evidence that they have met with the Disability Resource Center by providing that office's support documentation about their disability and required accommodations.

## **Student Responsibilities and Criteria for Evaluation:**

### **Class Readings:**

Reading text assignments or accessing assigned web sites for both the lecture and lab sections is essential to the successful completion of this course. Students are expected to report to lab and or lecture having completed the assignments as posted on BlackBoard or given in class. Lab experiences will be facilitated by having read the material assigned for completion in lab and reporting to lab on time. Being prepared will allow for the student to complete the lab activities in an efficient and expeditious manner. Not being prepared will affect the overall lab grade.

### **Exam Policy:**

Students must be present for all exams at the times scheduled. Exams will consist of a combination of the following: multiple choice, matching, true/false, and short answer questions. Students will have 50 minutes to complete all regularly scheduled exams and 2 hours to complete the final. Make-up exams may only be given for absences **excused prior** (at least 24 hours) to the exam. Documentation for such absences must be submitted by the student to the instructor. In the case of an unforeseen illness or accident please call the instructor's office (number listed above) and email both the instructor and the TA (listed above) as soon as you realize you will not be able to make the exam. You may also leave a message with the Department of Nutrition and Food Science at 257-3800 or in Erikson Hall, 257-2878. Please follow these phone calls up

with an email. If you have questions concerning exam grading please submit your question in writing to the instructor no later than one week after the exams are returned .  
 All exams will cover both lecture and laboratory materials and laboratory experiences. Dates of exams are included on the course outline. Make-up exams will be scheduled at the discretion of the instructor and as defined in the UK Students Rights and Responsibilities Document.

### Lab Policy:

Attendance in lab is essential. There will be no make-up labs. However, there will be opportunities to complete extra assignments for class participation bonus points. This opportunity allows students to "make-up" points lost from not being able to conduct experiments, and submit a lab report. Students are reminded that reports submitted for missed experiments are examples of unacceptable work. Students are required to read and abide by the Lab Rules and Regulations, which will be issued the first week of class and will be posted on BlackBoard and in the lab.

Personal dress requirements for the lab include:

- Clean, long white lab coats or bibbed aprons
- Closed-toe shoes
- Hair nets or hair restraint
- Sleeved shirts that sufficiently cover the torso, neck to hips
- Long pants
- Personal belongings to be kept outside of lab or in designated lab space

### Course Evaluation:

Exams	50 minute	3	30%
Final Exam	Comprehensive	1	15%
Lab Reports & Lab Performance			40%
Special Events/Projects		2	15%

Distribution of Laboratory Performance Points:

- |    |   |
|----|---|
| 30 | Interest, attitude, participation – includes prompt arrival, preparation and reading of assignments prior to class; improvement in skills, use of correct methods and work habits and efficiency. Includes work habits and work area sanitation and organization, i.e., <i>mise en place</i> .                |
| 10 | Dress and personal sanitation – lab coat/apron and hair covering required. The student is responsible for obtaining the appropriate lab coat or apron. Hair covering will be provided by the department<br>Hands and nails must be clean at all times.<br>Jewelry other than wedding bands is not to be worn. |
| 30 | Written lab reports and assignments*  |
| 30 | Lab Final   |

\*Laboratory Reports are due Friday lecture class unless otherwise specified

The final grade will be affected in proportion to the number of unexcused absences from class. The lab grade will be affected in proportion to the number of times the student does not have the proper attire, i.e., apron or lab coat. Inappropriate dress will cause the student to miss lab (see above for missed lab information).

**Grading Distribution:**

<b>A</b>	<b>90% and above</b>
<b>B</b>	<b>80-89%</b>
<b>C</b>	<b>70-79%</b>
<b>D</b>	<b>65-69%</b>
<b>E</b>	<b>&lt; 64%</b>