

## General Course Information

<b>Instructor:</b>	Emily Robinson
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<i>Office Location</i>	Macdonald Stewart Hall (MACS), Room 206
<i>Office Hours</i>	By appointment, please email me
<i>Department/School</i>	HFTM, Lang School of Business
<b>Class Schedule:</b>	Lectures: Tuesday, Thursday 2:30-3:50 Labs: Wednesdays, either 10:30-12:20, 1:30-3:20, or 3:30-5:20
<b>Pre-requisites:</b>	None
<b>Classroom:</b>	Lectures: MACS 121, Labs: MINS 214

## Course Description

Scientific principles and their application to food preparation and food consumption. An integrated lecture and laboratory approach is used to study the chemical and physical properties of foods.

In particular, **Applied Human Nutrition** students will develop an appreciation of the importance of appropriate food preparation methods in order to maintain the nutritional quality of foods. An understanding of the physical and chemical properties of foods will be important to AHN students planning to apply for a Dietetic Internship because they must take Restaurant Operations Management (HTM\*3090) in 3<sup>rd</sup> year.

An understanding of the physical and chemical properties of foods in food preparation will be important to **HTM:RAF** majors when they take Restaurant Operations Management (HTM\*3090) in their 3<sup>rd</sup> year.

## Course Learning Outcomes

**Upon successfully completing this course, you will:**

### Knowledge and Understanding:

- 1) Describe and explain how the physical and chemical properties of foods affect their preparation and use in recipes by analyzing the products prepared in lab.
- 2) Describe and explain the chemical and physical changes that take place in foods under various preparation and cooking conditions (e.g. the effects of temperature, water, pH, enzymes).
- 3) Identify and describe various food preparation and processing methods through product preparation in the lab.
- 4) Identify which foods are most likely to become contaminated, describe how this occurs and explain which procedures should be used to prevent contamination.
- 5) Identify biological, chemical and physical food safety hazards and the 3 major types of foodborne illness.

#### Discipline/Professional and Transferable Skills:

- 6) Develop problem solving skills by analysing new recipes and applying course theories related to the chemical and physical properties of foods.

#### Summary of Course Content and Materials

The course uses a combination of lectures, labs, discussion, physical demonstration, and testing to teach students about the scientific principles of food and cooking.

The course is divided into 12 categories of food, with a focus each week on a different category. The course concepts and cooking techniques get progressively more challenging each week. The course topics are: food safety, salads, preservation, fruit, vegetables, starch, eggs, milk & cheese, alternative proteins, meat, muffins & cakes, and leavened breads & pastries.

#### Course Assessment

			<b>Associated Learning Outcomes</b>	<b>Due Date/ location</b>
<b>Assessment 1:</b>	20%	Midterm 1	1-6	<i>October 24<sup>th</sup></i>
<b>Assessment 2:</b>	20%	Midterm 2	1-3 and 6	<i>November 14<sup>th</sup></i>
<b>Assessment 3:</b>	18%	6 Lab Reports (3% each)	1-3	<i>Bi-weekly</i>
<b>Assessment 4:</b>	12%	5 Recipe Reflections (2.4% each)	1-2	<i>Bi-weekly</i>

<b>Assessment 5:</b>	30%	Final Exam	1, 2, 3 and 6	TBD
<b>Total</b>	<b>100%</b>			

## Teaching and Learning Practices

### Lectures

A pre-recorded lecture will be posted on Courselink at the beginning of the week. It will be theoretical in nature, providing basic knowledge on that week's topic, which will then be applied in the recipes listed in the Coursepack. The Thursday lecture will be 'live' in-person and will integrate the theory with the practical applications observed with the recipes prepared in labs.

Tuesday afternoon seminar is an informal Q&A session and is intended as 'student office hours / help session'. This will be unstructured time where students can ask questions about course material or to seek clarification on assignments.

Students can expect to spend a **minimum of 6-8 hours per week on the course outside of attending / viewing the lectures**. This time will be needed to prepare weekly material (reading the Laboratory Background Information), reviewing lecture material, doing the Lab Reports, Recipe Reflection and studying for exams.

### Labs

Labs will take place every Wednesday in the Anita Stewart Memorial Food Laboratory (MINS 214), at either 10:30, 1:30, or 3:30, depending on your seminar time.

The labs are a safe space to learn about food, practice cooking skills, and demonstrate chemical properties of food that are taught in lectures. The labs also encompass a brief discussion and demonstration about that week's food principals.

## Course Resources

### Required Text:

Crerar, A., Robinson, E. *Understanding Foods Course Package*, University of Guelph, *Revised July 2023*. To be purchased from *The University of Guelph Bookstore*

## Course Policies

### Laboratory Reports (18% of final grade):

Students can download the Lab Report Sheets from the HTM\*2700 CourseLink website

Students are responsible for submitting their lab reports by the deadline date posted on Courselink.

A total of 6 lab reports will be submitted.

**Lab reports must:**

- include the questions **and** marking scheme with the answers
- use minimum font size of 11 point

**Late Reports** - Students who find themselves unable to hand-in a lab report on time due to medical, psychological or compassionate circumstances beyond their control should discuss their situation with the instructor and make arrangements regarding a new due date. Lab Reports handed-in late for other reasons will be penalized 10% per day

**Individual assignments** –Please note: **lab reports are individual assignments and must be completed independently.** No two reports should look like they came from the same computer file, with a word or two changed to keep them from being identical.

DO NOT share your lab reports with anyone else in the class. **Plagiarizing another student's answers constitutes academic misconduct.** Plagiarism includes the act of copying or paraphrasing significant portions of someone else's material and representing it as one's own. Suspected cases of plagiarism will be reported to the Associate Dean - Academic of the College.

**Referencing:** You must reference where you obtained your information from for each of your lab report answers. All answers can be found in your lecture notes and in the coursepack. The guidelines for referencing are as follows: (Salad Lecture: *Date*) or (Coursepack: pg. 19)

**Lab Report Due Dates**

For specific weeks / dates please refer to Courselink

**Recipe Reflections (12%):**

- Students can download the Recipe Reflection pdf file from the HTM\*2700 CourseLink website
- Students are responsible for submitting their Recipe Reflection by the deadline date posted on Courselink. There are 5 recipe reflections that are to be completed throughout the course.
- *Students in the lab:* will be working on a recipe with a partner during the lab. Take a photo and write a reflection on what you made (choice of which specific two week period)
- The Recipe Reflection pdf is a fillable template where students are to answer the questions asked and then submit to the Dropbox before the deadline.
- A rubric has been created for this assignment in order to know what is required.
- **Recipe Reflection Due Dates:** For specific weeks / dates please refer to Courselink

**Laboratory Quizzes (for practice of learning the material):**

- Lab quizzes are be done on-line through the HTM\*2700 CourseLink website
- Information that will be on the quizzes is found in the “*Background Information*” sections of the Course Package and any associated readings for that lab (e.g. Fruit quiz will be on “*Fruit Background Information*” and readings).

- Each quiz will consist of 10 questions and you will have 15 minutes to complete the quiz.
- Once your quiz is completed you will be given your mark and answers to the questions you got wrong.
- There are a total of 10 quizzes.

### **Midterm 1 (20% of final grade):**

- Midterm 1 will test any material covered from the start of classes to the end of VEGETABLE.

### **Midterm 2 (20% of final grade):**

- The second midterm will test all material covered on STARCH, EGGS, MILK and CHEESE

### **Final Examination (30%):**

- The final exam will emphasize information covered after Midterm 2 (Alt. Proteins, Meats, Quick Breads and Leavened breads).

#### **NOTES:**

- Both midterms and the final exam will be a combination of multiple-choice and short answer questions.
- Any student not writing a midterm or the final exam at the scheduled time will receive a grade of zero unless they have valid documentation to verify a medical, psychological or compassionate reason for missing the midterm.
- Students are responsible for ensuring that they do not have a time conflict with final exams in other courses. The Final Exam Schedule is available through WebAdvisor for Students. In the event of a conflict the student must drop one of the courses.
- **Religious Holidays** - Should you need to miss tests for religious reasons, please advise the instructor at least 2 weeks in advance so that arrangements can be made.

#### University Policies

##### **Academic Consideration**

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor in writing, with your name, id#, and e-mail contact. See the academic calendar for information on regulations and procedures for Academic Consideration:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml>

##### **Academic Misconduct**

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community, faculty, staff, and

students to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offenses from occurring.

University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff, and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Please note: Whether or not a student intended to commit academic misconduct is not relevant to a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Undergraduate Calendar:

<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

### **Accessibility**

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty, and administrators. This relationship is based on respect for individual rights, the dignity of the individual, and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact Student Accessibility Services as soon as possible.

For more information, contact SAS at 519-824-4120 ext. 56208 or email [sas@uoguelph.ca](mailto:sas@uoguelph.ca) or see the website: <https://wellness.uoguelph.ca/accessibility/>

### **Equity, Diversity, and Inclusion Statement**

At the Lang School of Business and Economics, we are committed to developing leaders with a social conscience, an environmental sensibility, and a commitment to their communities. A core tenet within this vision is that diversity is a strength with which we can experience greater connection and understanding.

As such, we affirm the importance and shared responsibility of our students, faculty, and staff in creating and promoting equity and inclusion within our learning spaces. Creating these kinds of learning cultures is a process, not a destination; it requires an ongoing willingness on the part of each person to thoughtfully and critically listen, unlearn, learn, and engage as they are exposed to a multitude of perspectives and lived experiences. We encourage dialogues between students and instructors to address and advance opportunities for fostering greater diversity and inclusion in the learning environment. Openness to conversations with each other enables us to reflect and grow as we learn from one another respectfully and holistically.

As a department that is training the professionals of the future, we expect our learning spaces to abide by all institutional policies and guidelines, in particular those outlined by the Office of

Diversity and Human Rights and the University of Guelph Human Rights Policy. Discrimination and harassment, as defined by our policies, will not be tolerated. Individuals should inform the appropriate party as per University policies if they experience any such behaviours.

### Course Evaluation Information

Please refer to the [Course and Instructor Evaluation Website](#)

### Recording of Materials

Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or a guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

### Important University Dates

The schedule of important university dates can be found at:

<https://calendar.uoguelph.ca/undergraduate-calendar/schedule-dates/>


### Drop date

The last date to drop one-semester courses, without academic penalty, is **December 1<sup>st</sup>, 2023**. For regulations and procedures for Dropping Courses, see the Academic Calendar:

<https://www.uoguelph.ca/registrar/calendars/graduate/current/>

More information about Dropping Courses can also be found here:

<https://www.uoguelph.ca/registrar/coursesaddrop>

<b>Date Submitted to Chair:</b>	July 26 <sup>th</sup> , 2023
<b>Chair Signature (Approval):</b>	
<b>Date Approved by Chair:</b>	August 29, 2023