

Food Science Class Syllabus

Course Title: Introduction to Food Science

Instructor: Ms. Audrianna Bruce

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Class Time: 11:35 AM – 12:23 PM

Course Description

Welcome to Introduction to Food Science! This course explores the science behind food, including its preparation, safety, and nutritional value. Students will engage in hands-on cooking activities and experiments, gaining practical experience in a kitchen environment. This class will cover a range of topics from food chemistry to culinary techniques.

Course Objectives

By the end of this course, students will:

- Understand the principles of food science, including food safety and nutrition.
 - Learn to prepare and cook a variety of foods using different methods and equipment.
 - Develop skills in analyzing food quality and experimenting with recipes.
 - Gain awareness of food allergies and safe handling practices.
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Required Materials (Will be provided)

- Textbook: *Introduction to Food Science*
- Notebook and pens/pencils
- Apron
- Oven mitts
- Safety goggles

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Classroom Rules

1. **Safety First:** Always follow safety guidelines when using kitchen equipment, including hot plates and griddles. Wear an apron and use oven mitts as needed.
 2. **Respect:** Respect all kitchen equipment, ingredients, and fellow students. Clean up your workspace and utensils after each use.
 3. **Punctuality:** Arrive on time and be prepared for each class. Ensure you have all necessary materials and are ready to participate in activities.
 4. **Participation:** Engage actively in class discussions and hands-on activities. Complete all assignments and cooking projects to the best of your ability.
 5. **Allergy Awareness:** Be aware of potential food allergies and communicate any known allergies or dietary restrictions to the instructor before class.
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Warning

This course involves activities where you will handle various types of food and use kitchen appliances such as hot plates and griddles. Students may be exposed to different food allergens, so it is crucial to inform the instructor of any food allergies or sensitivities before participating in class activities. Always follow safety procedures to avoid burns or other injuries.

Semester Schedule

Week 1-2: Introduction to Food Science

- Overview of the course
- Basic principles of food science and safety

Week 3-4: Food Chemistry

- Understanding the chemical properties of different foods
- Hands-on experiments with food ingredients

Week 5-6: Food Preparation Techniques

- Introduction to various cooking methods

- Hands-on practice with hot plates and griddles

Week 7-8: Nutrition and Dietary Considerations

- Study of nutritional content and dietary needs
- Analysis of food labels and dietary guidelines

Week 9-10: Food Safety and Hygiene

- Safe food handling and storage practices
- Prevention of foodborne illnesses

Week 11-12: Recipe Development and Modification

- Experimenting with recipes and ingredient substitutions
- Hands-on cooking projects

Week 13-14: Culinary Skills and Presentation

- Advanced cooking techniques and presentation skills
- Preparation of final cooking projects

Week 15: Review and Final Projects

- Review of key concepts and skills
- Presentation of final cooking projects and reports

Week 16: Final Exam and Course Wrap-Up

- Final exam
- Course review and feedback

Grading Criteria

- **Participation and Attendance:** 20%
- **Homework and Assignments:** 25%
- **Cooking Projects and Lab Work:** 30%
- **Midterm Exam:** 15%
- **Final Exam/Project:** 10%

Parent and Student Acknowledgment

By signing below, you acknowledge that you have read and understood the syllabus, including the warning about handling various foods and using kitchen equipment. You also agree to inform the instructor of any food allergies or dietary restrictions and adhere to all safety protocols.

Parent/Guardian Signature: _____

Date: _____

Student Signature: _____

Date: _____

If you have any questions or concerns, please do not hesitate to contact me. Looking forward to a delicious and educational semester in Food Science!
