

**I. CATALOG DESCRIPTION:**

A. Department Information:

Division: Science & Math  
Department: Family and Consumer Science  
Course ID: FCS 160  
Course Title: Introduction to Foods  
Units: 3  
Lecture: 2 Hours  
Laboratory: 3 Hours  
Prerequisite: None

B. Catalog and Schedule Description:

Introduction to food science principles and food preparation techniques. Emphasis on ingredient functions and interactions; technique, production and sensory evaluation standards, food safety, sanitation, nutrient values, and food presentation. This course is also listed as RM/FS 160.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

Upon completion of the course the student should be able to:

- A. Evaluate principles of sanitation in food preparation, storage and clean-up;
- B. Research and develop skills in the preparation and preservation of basic food to retain maximum nutritional value;
- C. Identify correct use and selection of food preparation utensils;
- D. Define basic terminology of food preparation methods and execute them in laboratory procedure;
- E. Identify and use the basic principles in food preparation;
- F. Select, prepare and serve nutritious food;
- G. Analyze the time and cost factors between prepared foods and convenience foods;
- H. Develop critical skills that can be experienced through the study of foods.

**III. COURSE CONTENT:**

A. Measurements in Food Preparation

- 1. Temperatures used in cooking
- 2. Measurement techniques
- 3. Vocabulary

B. Milk and Dairy Product

- 1. Cream soups
- 2. Cheese cookery

C. Vegetables

- 1. Ways of cooking
- 2. Sauces for vegetables
- 3. Vegetables pigments
- 4. Legumes
- 5. Vocabulary

D. Fruit

- 1. Way to prepare
- 2. Storage
- 3. Vocabulary

E. Salads

- 1. Salad dressing
- 2. Storage of succulents
- 3. Vocabulary

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- F. Sugar cookery
  - 1. Crystalline candies
  - 2. Amorphous candies
  - 3. Vocabulary
- G. Starch Cookery
  - 1. Cereal and pastas
  - 2. Pudding
  - 3. Thickening power of starches
  - 4. Vocabulary
- H. Meats
  - 1. Dry heat meat cookery
  - 2. Moist heat meat cookery
  - 3. Vocabulary
- I. Egg Cookery
  - 1. Omelets
  - 2. Soufflé's
  - 3. Custards
  - 4. Meringues
  - 5. Vocabulary
- J. Batters and Dough's
  - 1. Cakes
  - 2. Icing
  - 3. Quick bread
  - 4. Pies
  - 5. Vocabulary
- K. Microwaves
  - 1. Use
  - 2. Application
  - 3. Techniques
  - 4. Convention of recipes
  - 5. Vocabulary

**IV. METHODS OF INSTRUCTION:**

- A. Methods of instruction could include the following components:
  - 1. Weekly lecture time with a percentage of this time devoted to student participation demonstration and discussion.
  - 2. Assignments that require reading of course materials outside of regular class time,
  - 3. Completion of assignments that involve the use of writing skills.
- B. Methods of Instruction may include any or the entire following component as well.
  - 1. Presentations
  - 2. Use of audio-visual aids
  - 3. Demonstration experiments
  - 4. Problem solving assignments

**V. TYPICAL ASSIGNMENTS:**

- A. Write a two-page paper explaining the skills needed in the preparation and preservation of basic food to retain maximum value.
- B. Compare the structure of fish to meat. In what way does this influence cooking?
- C. List the four methods to prepare fish and four ways to prepare poultry. Suggest fish/poultry by each method. What factors should be considered when cooking methods are selected for fish and poultry?

**VI. EVALUATION(S):**

- A. Methods of evaluation will consist of components that demonstrate the student's proficiency in course objective.

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Written tests in the forms of:

1. Question/answer tests
  2. Essay Example: Compare and contrast the principles of sanitation in food preparation, storage and clean up.
- B. Frequency of Evaluation:
1. Weekly assignments
  2. Monthly unit tests
  3. One midterm
  4. One final exam

**VII. TYPICAL TEXT(S):**

McWilliams, Margaret Food Preparation, Plycon Press, 8<sup>th</sup> Edition, Boston, 2001

McWilliams, Margaret, Illustrated Guide to Food Preparation, Plycon Press, Boston, 2001

**VIII. OTHER SUPPLIES REQUIRED OF STUDENTS: None**