

LSC Use Only  
Number: \_\_\_\_\_  
Action: \_\_\_\_\_  
Date: \_\_\_\_\_

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Number: 17  
Action: \_\_\_\_\_  
Date: \_\_\_\_\_

Approval  
2/20/91

**CURRICULUM PROPOSAL COVER SHEET**  
**University-Wide Undergraduate Curriculum Committee**

**I. Title/Author of Change**

Course/Program Title: FN 150 Foods Lecture  
Suggested 20 Character Course Title: Foods Lecture  
Department: Food and Nutrition  
Contact Person: Joanne B. Steiner

**II. If a course, is it being Proposed for:**

\_\_\_\_\_ Course Revision/Approval Only  
\_\_\_\_\_ Course Revision/Approval and Liberal Studies Approval  
\_\_\_\_\_ Liberal Studies Approval Only (course previously has been approved by the University Senate)

**III. Approvals**

Joanne B. Steiner      Joanne B. Steiner  
Department Curriculum Committee      Department Chairperson  
Mia M. Moore-Armstrong      Harold C. Wingard  
College Curriculum Committee      College Dean \*

\_\_\_\_\_  
Director of Liberal Studies  
(where applicable)

\_\_\_\_\_  
Provost (where applicable)

\*College Dean must consult with Provost before approving curriculum changes. Approval by College Dean indicates that the proposed change is consistent with long range planning documents, that all requests for resources made as part of the proposal can be met, and that the proposal has the support of the university administration.

**IV. Timetable**

Date Submitted  
to LSC: \_\_\_\_\_  
to UWUCC: \_\_\_\_\_

Semester to be  
implemented: \_\_\_\_\_

Date to be  
published  
in Catalog: \_\_\_\_\_

LSC Use Only  
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UWUCC Use Only  
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Action: \_\_\_\_\_  
Date: \_\_\_\_\_

**CURRICULUM PROPOSAL COVER SHEET**  
**University-Wide Undergraduate Curriculum Committee**

**I. Title/Author of Change**

Course/Program Title: FN 151 Foods Laboratory  
Suggested 20 Character Course Title: Foods Laboratory  
Department: Food and Nutrition  
Contact Person: Joanne B. Steiner

**II. If a course, is it being Proposed for:**

\_\_\_\_\_ Course Revision/Approval Only  
\_\_\_\_\_ Course Revision/Approval and Liberal Studies Approval  
\_\_\_\_\_ Liberal Studies Approval Only (course previously has been approved by the University Senate)

**III. Approvals**

Joanne B. Steiner Department Curriculum Committee      Joanne B. Steiner Department Chairperson  
Mia M. Moore-Ormitage College Curriculum Committee      Harold E. Wingard College Dean \*

\_\_\_\_\_  
Director of Liberal Studies  
(where applicable)

\_\_\_\_\_  
Provost (where applicable)

\*College Dean must consult with Provost before approving curriculum changes. Approval by College Dean indicates that the proposed change is consistent with long range planning documents, that all requests for resources made as part of the proposal can be met, and that the proposal has the support of the university administration.

**IV. Timetable**

Date Submitted to LSC: \_\_\_\_\_  
to UWUCC: \_\_\_\_\_

Semester to be implemented: \_\_\_\_\_

Date to be published in Catalog: \_\_\_\_\_

Part II. Description of Curriculum Change

To separate the current FN 150 Foods, 3c-31-4sh into two courses; FN 150 3c-01-3sh and FN 151 0c-31-1sh. No other content change is requested.

## 1. Catalog Descriptions

FN 150 Foods Lecture

3 credits  
3 lecture hours  
0 lab hours  
3c-01-3sh

Prerequisite: CH102 or Concurrently

Basic principles of foods, to include composition, sanitation, preparation and preservation.

FN 151 Foods Laboratory

1 credit  
0 lecture hours  
3 lab hours  
0c-31-1sh

Prerequisite: FN150 or Concurrently

Application of basic principles of food preparation.

## 2. Proposed Change

### Old Title and Number:

FN 150 Foods

3c-31-4sh

Prerequisite: CH102 or Concurrently

Basic principles of foods, to include composition, sanitation, preparation and preservation. (See attached syllabus.)

### New Title and Number:

FN 150 Foods Lecture

3 credits

3 lecture hours

0 lab hours

3c-01-3sh

Prerequisite: CH102 or Concurrently

Basic principles of foods, to include composition, sanitation, preparation and preservation. (See attached syllabus.)

FN 151 Foods Laboratory

1 credit

0 lecture hours

3 lab hours

0c-31-1sh

Prerequisite: FN150 or Concurrently

Application of basic principles of food preparation. (See attached syllabus.)

## 3. Justification

This change will allow the student greater scheduling flexibility. It will also allow the transfer student to receive credit for the laboratory component taken at the community college level. This concept was used during the semesters when the laboratory facilities were undergoing renovation. We request a continuation of this format.

OLD SYLLABUS

Course Outline

I. FN 150; Foods; 4 s.h.; 3 laboratory hours

II. Catalog Description

FN 150: Foods

Basic principles of food, to include; composition, sanitation, preparation and preservation. Correct equipment and menu planning will also be addressed. CH 102 or concurrently. FN and HE Majors Only. Evening Exams. 3c.31.4s.h.

III. Course Objectives

The student will

- A. understand the chemical and physical properties of proteins, fats and carbohydrates in food systems.
- B. learn preparation procedures and appropriate equipment usage for different food products.
- C. evaluate the effect of various preparation techniques on nutrient value and organoleptic properties.
- D. develop basic skills in sanitation, preservation and preparation of food products.
- E. apply the basics of menu planning and meal management.

IV. Course Outline by Topic

Lecture:

Laboratory:

<p>Week One:          Food Composition and Classification (2 lectures)          Food Safety and Quality (1 lecture)</p> <p>Week Two:          Principles of Food Preparation (2)          a. Weights and Measures          b. Heat Transfer in Food Preparation          c. Water          Microbiology of Food (1)</p> <p>Week Three:          Fruits (2)          Nutrients in Foods (1)</p> <p>Week Four:          Vegetables and Complementary Proteins (2)          Nutrients in Foods (1)</p>	<p>Pretest,          Measuring          Techniques and          Equipment Use</p> <p>Fruits</p> <p>Vegetables</p> <p>Sauces and          Egg Cookery</p>
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<b>Week Five:</b> Eggs (2) Lipids (1)	<b>Milk and Cheese</b>
<b>Week Six:</b> Milk and Milk Products (2) Lipids (1)	<b>Meats</b>
<b>Week Seven:</b> Red Meats (3)	<b>Poultry and Seafood</b>
<b>Week Eight:</b> Poultry and Seafood (2) Costing/Project (1)	<b>Cereals and Starches</b>
<b>Week Nine:</b> Cereals and Starches (2) Meal Planning Project (1)	<b>Quick Breads and Pastry</b>
<b>Week Ten:</b> Quick Breads and Pastry (2) Meal Planning (1)	<b>Yeast Bread</b>
<b>Week Eleven:</b> Yeast Breads (1) Meal Service, Table Setting (1) Labeling and Regulations(1)	<b>Cakes and Beverages</b>
<b>Week Twelve:</b> Cakes (1) Beverages (1) Food Legislation (1)	<b>Crystallization</b>
<b>Week Thirteen:</b> Crystallization (2) Food Additives (1)	<b>Food Preservation</b>
<b>Week Fourteen:</b> Food Preservation (2) Food Additives (1)	<b>Meal Planning Practical</b>
<b>Laboratory Clean-up during Finals week.</b>	

**V. Evaluation of Student Performance**

<b>A. Grades will be assigned as follows:</b>	
Four evening exams on lecture and laboratory material and final exam.	65%
Laboratory Performance	30%
Meal Planning Project	5%
	<u>100%</u>

- B. There will be four exams and a final examination that comprise 65% of the final grade. The final examination mandatory and comprehensive.
- C. Laboratory performance will comprise 30% of the grade.  
Criteria to follow:
1. Attendance is mandatory. If you are sick and cannot come to lab, the instructor must be notified before lab begins. A message left with the departmental secretary is acceptable. Failure to comply with this requirement results in loss of laboratory points.
  2. Written lab assignments. Some labs will require the answering of study questions and evaluation sheets. Questions are to be answered concisely, with complete sentences and in ink.
  3. All students shall adhere to the departmental dress code.
- D. The meal planning project will comprise the remaining 5% of the final grade. This project will include menu planning, costing, and nutrient analysis.
- E. Make-up Policy (DFN 9/80)

"Students who miss one week or more of classes, have notified the faculty as soon as possible of the absence and have an excuse signed by the attending physician or Health Center official will be given an opportunity to make up any test or written work within ten days following the date on the doctor's excuse. In all cases, faculty must be notified prior to the day of any scheduled test or class assignment that is due."

## VI. Texts

- AHEA. 1980. Handbook of Food Preparation. American Home Economics Association, Washington, D.C.
- Bennion, Marion. 1985. Introductory Foods, 8th edition. Macmillan Publishing Company, New York, NY
- Coulson, Zoe. 1980. The Good Housekeeping Illustrated Cookbook. Hearst Books, New York.
- Pennington and Church. 1980. Food Values of Portions Commonly Used. J. B. Lippincott.

## VII. Supplementary Material

Worksheets and handouts to be provided by the instructor.

## VIII. Special Provisions

None.



Course Outline

FN 150 Foods

Lecture

Dr. Mia M. Moore-Armitage

Office: 207 Ackerman Hall

Messages: Food and Nutrition Office,  
114 Ackerman Hall

Phone: (office) 357-3283  
(messages) 357-4440

## I. FN 150 Foods

Basic principles of food, to include: composition, sanitation, preparation, and preservation. Correct equipment and menu planning will also be addressed.

CH 102 or concurrently; FN or HE majors only. Evening exams. 3c.31.-4s.h.

## II. Course Objectives

The student will:

- A. understand the chemical and physical properties of proteins, fats, and carbohydrates in food systems.
- B. learn the preparation procedures and appropriate equipment usage for different food products.
- C. evaluate the effect of various preparation techniques on nutrient value and organoleptic properties.
- D. develop basic skills in sanitation, preservation, and preparation of food products.
- E. apply the basics of menu planning and meal management.

## III. Outline by Topic

## Lecture:

## Text Reading:

## Week One: 9/5-11

Introduction to Foods  
Food Composition  
Food Preparation

Chap. 1  
Chap. 5  
Chap. 6,7,8

## Week Two: 9/12-18

Food Safety  
Microbiology

Chap. 3  
Chap. 4

## Week Three: 9/19-25

Fruits  
Vegetables

Chap. 12  
Chap. 11,14

## Week Four: 9/26-10/2

Eggs

Chap. 18

## Week Five: 10/3-9

Milk  
Cheese

Chap. 17

## Week Six: 10/10-16

Red Meats  
Meat Preparation

Chap. 15

Week Seven: 10/17-23	
Poultry and Fish	Chap. 16
Lipids	Chap. 13
Week Eight: 10/24-30	
Cereals	Chap. 22
Starches	Chap. 10
Week Nine: 10/31-11/6	
Batters and doughs	
Leavening	Chap. 23
Week Ten: 11/7-13	
Quick Breads	Chap. 24
Yeast Breads	Chap. 25
Pastry	Chap. 27
Week Eleven: 11/14-20	
Cakes	Chap. 26
Crystallization	Chap. 20, 21
Week Twelve: 11/27-29	
Beverages	
Nutrition	Chap. 28
Week Thirteen: 12/4-6	
Regulations	
Labeling	
Additives	Chap. 4
Week Fourteen: 12/11-13	
Preservation	Chap. 29, 30
Purchasing	
Meal planning	Chap. 9

#### V. Evaluation of Student Performance (Lecture and Laboratory)

##### A. Grades will be assigned as follows:

- Definition Quizzes (best 8 of 10)	30%
- Four Evening Examinations	60%
- Nutrient Analysis Exercise, Menu Costing Exercise	10%
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Total	100%

- B. There will be four evening examinations which will comprise 60% of the final grade. The final examination is mandatory, and is in the form of a regular exam. It will be given during the scheduled final examination period. It is examination #4 in your outline.

- C. There are weekly definition quizzes that are taken in class. They comprise 30% grade. They are vocabulary tests. They will be given in class on Thursdays. The best 8 of 10 will be used in the calculation of your final grade. You can not make up these quizzes unless you follow the make-up policy to the letter. No exceptions to this will be made.
- D. A group of menu costing and nutrient analysis exercises will comprise 10% of the final grade. It will include exercises in meal planning, costing, and nutrient analysis.
- E. Make-up Policy (DFN 9/80)  
 "Students who miss one week or more of classes, have notified the faculty as soon as possible of the absence and have an excuse signed by the attending physician or Health Center official will be given the opportunity to make up any test or written work within ten days following the date on the doctor's excuse. In all cases, faculty must be notified prior to the day of any scheduled test or class assignment that is due."

If the instructor is not notified prior to the test that the student is ill, NO MAKE-UP will be given. If the instructor is notified, using the correct procedure, the student will be allowed to turn in the assignments for grading and will be allowed to make up tests.

F. Cheating.

Cheating will not be tolerated. Anyone caught cheating will receive a zero on the test or assignment with no chance for making up the work. The student will be processed through the university disciplinary system.

VI. Texts

Required:

Bennion, M. 1990. Introductory Foods, Ninth edition. Macmillan Publishing Company, New York.

Recommended: A copy will be on reserve in Stapleton Library.

AHEA. 1980. Handbook of Food Preparation. American Home Economics Association, Washington, D.C.

Food Processor I. ESHA. (Computer software package for nutrient analysis. The package will be on reserve in the Ackerman Computer Center.)

Pennington and Church. 1980. Food Values of Portions Commonly Used. J.B. Lippincott, New York.

## TEST DATES - FALL 1990

<u>QUIZZES</u>	<u>DATES</u>	<u>CHAPTERS</u>
1	9/13/90	1, 5, 6, 7, 8
2	9/20/90	3, 4, 11, 12, 14
3	10/4/90	17, 18
4	10/11/90	15, 16
5	10/18/90	10, 13, 22
6	11/1/90	23
7	11/8/90	24, 25, 27
8	11/28/90	20, 21, 26, 28
9	12/6/90	2, 4
10	12/13/90	9, 29, 30
<u>EXAMS</u>	<u>DATES</u>	<u>CHAPTERS</u>
1	9/25/90	1, 3, 4, 5, 6, 8, 11, 12, 14
2	10/24/90	15, 16, 17, 18
3	11/14/90	10, 13, 22, 23, 24, 25, 27
4	Final Exam Period	2, 4, 9, 20, 21, 26, 28, 29, 30

Course Outline  
for  
FN 151 Foods Laboratory  
Fall 1990

Dr. Mia M. Moore-Armitage  
Office: 207 Ackerman Hall  
Messages: Food and Nutrition Office  
114 Ackerman Hall

Phone: (office) 357-3283  
(messages) 357-4440

I. FN 151 Foods Laboratory

Application of basic principles of food preparation.  
 FN 150 or concurrently; FN or HE majors only. Evening exams. 0c-11-1s.h.

II. Course Objectives

The student will:

- A. understand the chemical and physical properties of proteins, fats, and carbohydrates in food systems.
- B. learn the preparation procedures and appropriate equipment usage for different food products.
- C. evaluate the effect of various preparation techniques on nutrient value and organoleptic properties.
- D. develop basic skills in sanitation, preservation, and preparation of food products.
- E. apply the basics of menu planning and meal management.

III. Outline by Topic

<u>Date</u>	<u>Lab</u>
9/5, 7	Weights and Measures
9/12, 14	Fruits
9/19, 21	Vegetables
9/26, 28	Menu Costing
10/3, 5	Eggs and Sauces
10/10, 12	Milk and Cheese
10/17, 19	Meats
10/24, 26	Poultry and Fish
10/31, 1/2	Cereals and Starches
11/7, 9	Quick Breads and Pastry
11/14, 16	Yeast Breads
11/28, 30	Crystallization
12/5, 7	Cakes and Beverages

12/12, 14            Lab Practical

Final Exam Week    Written Final Exam - 1 hour  
                              MANDATORY LAB CLEAN-UP - 1 hour

V. Evaluation of Student Performance (Laboratory)

A. Grades will be assigned as follows:

	Points
- Lab #1	20
- Lab #2 - 12 (except Computer Exercise)	660
- Menu Costing	80
- Practical Examination	100
- Written Final Examination	100
- Graded Product - Bread	<u>40</u>
Total	1,000

B. Laboratory is a separate grade from lecture and the following will apply to the laboratory portion of FN 150.

1. Attendance is mandatory. If you are sick and can not come to lab, the instructor must be notified before the lab begins. A message left with the departmental secretary is acceptable. Failure to comply with this requirement results in a loss of the laboratory points for the day. There will be no partial points.

2. All students who enroll in the laboratory portion of FN 150 must adhere to the following dress code.

- white uniform, short sleeves, no sweats
- no jewelry
- no finger nail polish
- hair nets will be worn by all students with no exceptions
- white leather shoes
- white lab coats, must cover clothes to the knees

3. Clean-up is mandatory and during Final Exam Week.

4. If for any reason the departmental dress code is not adhered to, only exceptions approved by the instructor will result in no lost points.

B. There will be four evening examinations which will comprise 55% of the final grade. The final examination is mandatory, and is in the form of a regular exam. It will be given during the scheduled final examination period. It is examination #4 in your outline.

D. Make-up Policy (DFN 9/80)



"Students who miss one week or more of classes, have notified the faculty as soon as possible of the absence and have an excuse signed by the attending physician or Health Center official will be given the opportunity to make up any test or written work within ten days following the date on the doctor's excuse. In all cases, faculty must be notified prior to the day of any scheduled test or class assignment that is due."

If the instructor is not notified prior to the laboratory that the student is ill, NO CREDIT will be given for the laboratory. If the instructor is notified, using the correct procedure, the student is allowed to turn in the pre-lab for grading and their grade will be calculated on the basis of those labs attended.

NO LABS WILL BE MADE UP BY THE PREPARATION OF PRODUCTS.

YOU MUST TAKE THE LAB ON THE DAY FOR WHICH YOU ARE SCHEDULED. THE ONLY EXCEPTIONS ARE AT THE DISCRETION OF THE INSTRUCTOR AND WILL NOT BE GRANTED FOR THE STUDENT'S CONVENIENCE AT THE EXPENSE OF THOSE STUDENTS WHO ARE REGULARLY SCHEDULED FOR THAT LAB.

#### V. Texts

##### Required:

- (1) Moore-Armitage, M.M. 1990. Laboratory Manual: FN 150 Foods. Indiana University of Pennsylvania, Indiana, PA. (May be purchased at Kinko's).
- (2) Coulson, Z. 1989. The Good Housekeeping Illustrated Cookbook, Revised and Expanded. Hearst Books, New York.

AT LEAST ONE PERSON IN THE LAB UNIT MUST HAVE THE COOKBOOK.

##### Recommended:

- (3) AHEA. 1980. Handbook of Food Preparation. American Home Economics Association, Washington, D.C.
- (4) Pennington and Church. 1980. Food Values of Portions Commonly used. J.B. Lippincott, New York.

Indiana University of Pennsylvania  
Senate University Wide Undergraduate Curriculum Committee

17

approved  
2/26/91

February 20, 1990

SUBJECT: Review of Proposal by Senate University Wide  
Undergraduate Curriculum Committee for FN 150/151,  
Foods Lecture and Lab

TO: Dr. Joanne Steiner, Chair  
Department of Food and Nutrition

FROM: Gary Buterbaugh, Co-Chair  
Senate University Wide Undergraduate Curriculum  
Committee

Your proposal for FN 150/151, Foods Lecture and Lab has been  
preview by the Senate University Wide Undergraduate Curriculum  
Committee and action on it is scheduled for Tuesday, February 26  
from 3:30 to 3:45 in Room 218, Sutton Hall.

In previewing the proposal the Committee had the following  
questions:

Can you get a statement from APSCUF concerning whether or  
not you can teach both 150 and 151 and count it only as one  
preparation? (The Senate University Wide Undergraduate  
Curriculum Committee will probably act on your proposal on a  
conditional basis until this statement has been received.)

Is attendance required in the lab portion? If so, how does  
this fit the university policy on requiring attendance?

You will not be asked to speak on the proposal as has been the  
case in the past, but should be prepared to answer the questions  
and concerns above, if there are any. Therefore, you or an  
appropriate representative from your department should plan on  
attending the meeting.

If you have any questions, please contact me at X3000.

CC: ✓ Dr. Hilda Richards, CoChair, Senate University Wide  
Undergraduate Curriculum Committee

Indiana University of Pennsylvania  
Department of Food and Nutrition

February 14, 1991

**Subject:** FN 150

**To:** Gary Buterbaugh, Chairperson  
Senate B2 Undergraduate Curriculum Committee

**From:** Joanne B. Steiner, Chairperson *JBS*  
Department of Food and Nutrition

It has come to my attention that our request to number the laboratory component of Foods as FN 151 is going to create serious workload difficulties. Is it possible for the numbers to be identified as follows?

FN 150 Foods Lecture - 3 credits  
FN 150 Foods Laboratory - 1 credit

JBS/jfh