

Rutgers School of Environmental & Biological Sciences
11:709:201 Intro to Foods and Nutrition, 3 cr.
Term Outline, Fall 2016
TF 12:35-1:55

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This course covers the nutritional needs of the family and consumer aspects of food selection and meal preparation.

Required text: Brown, Amy, *Understanding Food Principles and Preparation*, 5th ed., Wadsworth Cengage Learning, 2015, ISBN-13:978-1-133-60715-1.

After completing the learning experiences in this course, the student will:

1. Understand the physical, economic, sociological, and psychological factors, which influence individual and group food choices.
2. Understand the physical properties of food and food products.
3. Know the effects of preparation, storage, and service of food on the nutritional value and organoleptic qualities of food.
4. Practice safe food handling and are familiar with the microbiological hazards inherent in the food supply.
5. Know the legal controls of the food supply and understand the functions of labels on foods.
6. Know the nutritional properties of food and the influence of food processing and food preparation on the availability of nutrients from food.
7. Understand the science of food preparation.

The student is responsible for bringing a No. 2 pencil to each examination. Cell phones are expected to be turned off during class and not visible during exams.

PowerPoint presentations of each lecture will be available at sakai.rutgers.edu

Course Evaluation Guidelines:

- a. Grades for this course are based upon a maximum of 250 points. There will be 2 hourly exams for 75 points each, and the final exam of 100 points. All students are expected to take exams during the assigned time in class. Legitimate reasons for make-up exams will be accepted (in writing), but exams must be completed within the week after it was scheduled, during a time outside of class.
- b. There will be unannounced in-class quizzes, which will provide an opportunity for students to earn extra credit points.
- c. Grade feedback will be available on sakai gradebook.
- d. Final grade determination: A = 225 points & above, B+ = 217-224, B = 200-216, C+ = 192-199, C = 175-191, D = 150-174, F = 149 & below.

Date	Topic	Assignment
9/6/16	Introduction, hours, assignments, text Food intake of humans	
9/9, 9/13	Food choices of individuals and groups: Function of the nutrients; Evaluation of food acceptability, economics of food choices	Ch 1, 2, 3
9/16, 9/20	Food Safety-The safe food handler. Food Additives: Purpose, use, availability.	Ch 4, 28
9/23, 9/27	Food Labeling: Ingredient, Nutrition, Biotechnology and the Food Supply	Ch 29

Date	Topic	Assignment
9/30	Dispersions: gel, emulsion, sol	Ch 18, pp. 339-341
10/4	Leavening agents: yeast, baking soda, Baking powder, steam, and air. Function of gluten.	Ch 5
10/7	Digestible and Indigestible Carbohydrates: Gelatinization, Gelation	Ch 16- 17, 19- 20, 23
10/11	Functional Foods	
10/14	Hourly Exam	
10/18	Class Cancelled	
10/21, 10/25	Fresh Fruits and fresh Vegetables Salads, fruit and vegetable juices. Processed fruits and vegetables	Ch 13, 14, pp. 332-339
10/28	Complete Protein Alternatives Legumes and Nuts: Use of complementary proteins.	
11/1, 11/4	Meat and Meat Products: Methods of heat transfer.	Ch 7
11/8	Poultry	Ch 8
11/11	Hourly Exam	
11/15	Eggs	Ch. 12
11/18, 11/23	Dairy Products: pasteurization, Homogenization of milk and milk products. Fat-free and reduced fat milks and cheeses.	Ch 10, 11
11/29, 12/2	Fats and Oils: shortening, fat replacement, Fat Substitutes	Ch 22
12/6	Marine Products	Ch 9
12/9	Sweeteners	Ch 21
12/13	Beverages	Ch. 27

Final Exam: Thursday, December 22, 2016, 8 a.m. to 11 a.m. in Hickman 138