

Rutgers School of Environmental & Biological Sciences  
11:709:201 Intro to Foods and Nutrition  
Term Outline  
Fall, 2009

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Required text: Brown, Amy, *Understanding Food Principles and Preparation*, 3<sup>rd</sup> ed., Thomson Wadsworth, 2008, ISBN-13:978-0-495-10745-3

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. Exposing a cell phone during an exam will result in an immediate 0 score for the exam.***

*PowerPoint presentations of each lecture will be available at [sakai.rutgers.edu](http://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. Additional reading assignments may be posted on sakai as the semester progresses.
- d. Grade feedback will be available on sakai.
- e. 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.

<b>Date</b>	<b>Topic</b>	<b>Assignment</b>
9/1/09	Introduction, hours, assignments, text Food intake of humans	
9/3, 9/10	Food choices of individuals and groups: Function of the nutrients; Evaluation of food acceptability, economics of food choices	pp. 1-10, 14- 18, 31-49
9/15, 9/17	Food Safety-The safe food handler. Food Additives: Purpose, use, availability.	Ch 3
9/22, 9/24	Food Labeling: Ingredient, Nutrition, Biotechnology and the Food Supply	pp. 108, Ch 28 pp. 10-14

<b>Date</b>	<b>Topic</b>	<b>Assignment</b>
9/29	<b>Dispersions: gel, emulsion, sol</b>	pp. 23-31, 309-312, Ch 17
10/1	<b>Leavening agents:</b> yeast, baking soda, Baking powder, steam, and air. Function of gluten.	pp. 78-85, 90-93, Ch 16, 18, 19, 22
10/6	Hourly Exam	
10/8, 10/13	<b>Digestible and Indigestible Carbohydrates:</b> Gelatinization, Dextrinization	Ch 15
10/15, 10/20	Fresh <b>Fruits</b> and fresh <b>Vegetables</b> Salads, fruit and vegetable juices.	Ch 12, 13, pp. 297-299, 300-301, 302-309
10/22	<b>Processed fruits and vegetables</b>	
10/27	<b>Complete Protein Alternatives</b> Legumes and Nuts: Use of complementary proteins.	
10/29, 11/3	<b>Meat and Meat Products:</b> Methods of heat transfer.	Ch 6, p. 299
11/5	<b>Poultry</b>	Ch 7
11/10	<b>Eggs</b>	Ch 11
11/12	Hourly Exam	
11/17, 11/19	<b>Dairy Products:</b> pasteurization, Homogenization of milk and milk products. Fat-free and reduced fat milks and cheeses.	Ch 9, 10, pp. 301-302
11/24, 12/1	<b>Fats and Oils:</b> shortening, fat replacement, Fat Substitutes	Ch 21, 23
12/3	<b>Marine Products</b>	Ch 8
12/8	<b>Sweeteners</b>	Ch 20
12/10	<b>Beverages</b>	Ch 26

***Final Exam: Monday, December 21, 2009 4-7 pm. in Hickman 101***