

# Food Science Course Syllabus

## Instructor Information:

Mrs. Fridstrom

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Photo Credit: LSU School of Nutrition and Food Sciences

## Remind Class Codes:

text **@hungry4sci** to the number **81010**

Office Hours: Thursdays, 2:15 - 3:15 pm in H12 and by appointment

## Brief Course Description:

Have you ever wondered why that cake you made did not rise properly? Or why milk goes bad in a week but yogurt seems to last forever in the fridge? Or why homemade salad dressing always separates (but sometimes store bought dressing doesn't)? Or why are there so many food recalls all the time?

Science can help answer these questions.

An understanding of basic chemistry and biology can help us make sense of the properties of food preparation, food nutrition, microbial growth, and food preservation techniques. By exploring these concepts we can help our food stay fresh and edible longer, make sure our cakes and breads rise properly, and minimize the safety risks involved in preparing and storing food.

## Course Objectives:

- Students will build an understanding of the science involved in food nutrition, safety, preservation, and preparation
- Students will conduct lab investigations to explore the properties of food, food preservation, and preparation strategies, collecting and organizing data from their experiments
- Students will analyze the results of their lab investigations and draw logical conclusions based upon their data
- Students will gain proficiency at reading informational science texts and translating that information into their own words
- Students will maintain a science notebook to improve their note taking skills

## Course Topics:

- How do we determine if food is nutritious?
- How do chemical properties affect how food behaves?
- How do we keep our food safe?
- How do we keep our food fresh?
- How do our perceptions affect how we experience food?

## Materials:

You are expected to bring the following items to class with you daily. You should arrive to class on time with these materials in your possession. You should not need to leave class to get them from your locker or your last class as this wastes valuable instructional time.

- A well rested, focused student
- Science journal/notebook of your choice
- a folder or section of a binder for handouts
- pencil and pen

**Evaluation Policy:** Course grades will be weighted as follows:

### Assessments and Major Projects - 30%

Tests will be announced and are based upon material covered in lectures, as well as content explored in your lab investigations. It is highly recommended that you hold onto your returned labs, quizzes, and take good notes in order to have the review material you need to be properly prepared for the unit exams. If you know in advance that exams are a challenge for you, please ask for help with studying or preparing BEFORE the exam (not after you receive a failing grade). I am more than willing to work with students during free periods or after school to help you succeed in this class.

Periodic quizzes will assess your understanding of science content. These may be announced or unannounced and will provide valuable feedback on what content or skills you need to re-learn before the unit exam. At times quizzes may be open notes, so it is important to take good notes and bring your materials to class daily.

There are also major projects over the course of the semester which may count as a test. These could include either individual or group projects. Please follow all rubrics regarding scoring for these major projects.

### Classwork and Homework - 30%

This includes notes and independent practice. Late work may or may not be accepted at the discretion of the teacher. If late work is submitted it will lose 25% immediately unless a student was absent. If the work was already reviewed in class it may no longer be accepted for credit.

### Labs - 30%

Labs will be a regular feature of this class and accordingly make up a substantial proportion of your grade. As we will be working with sharp tools and heat safety in the lab is paramount. We will review specifics in a separate lab contract. However, be clear that **unsafe behavior of any kind will result in being asked to leave the lab area immediately, a zero grade for the lab, and a referral to administration.** It will not matter if you were “just playing around” or “wasn’t being serious” , there is no playing in the lab and you need to take lab safety seriously.

Additionally be aware that as this is a shared space, at times there may be equipment or experiments in progress from other classes. You are not to touch any materials that do not pertain to your lab assignment.

Some guidelines to keep you out of trouble when conducting a lab:

- Stay at your designated lab station unless you are obtaining needed materials. Do not walk away leaving experiments unattended or getting in the way of another lab groups' work area.
- Use safety equipment if required and keep it on the whole time. If the lab requires goggles they should be on your eyes, not being worn as a headband or neck decoration.
- Follow lab directions. Do not mix substances together to "see what happens". If you are truly curious, check with your teacher if these substances can be safely combined to explore (if there is additional time after you have completed the assigned lab). Only do so if given prior OK.
- Never toss or throw anything to or at anyone.
- Don't touch anything in the lab area that is not part of your lab activity.
- If there is a problem with equipment or you are unclear on lab directions, ask your teacher before proceeding.
- Clean up your lab area thoroughly. Leaving a mess may make the lab area unsafe for the next student and will affect your lab grade.

While working in lab groups I expect that group members will have the same data and similar observations. However lab **analysis questions should be done individually and should be in your own words.** You may come to similar conclusions but **copying answers from your lab partner word for word is considered plagiarism and will not be accepted.**

## Participation – 10%

How you conduct yourself in class and contribute to the learning environment can have a major impact on your grade either positively or negatively.

Activities that affect your participation grade positively	Activities that affect your participation grade negatively
<ul style="list-style-type: none"><li>● arriving to class with all materials and prepared to work</li><li>● completing the Do Now at the beginning of class without prompting</li><li>● being actively engaged in the lab experiments and learning activities</li><li>● verbally participating in class discussions</li><li>● taking notes during lecture</li><li>● asking questions when you don't understand</li><li>● helping a classmate who is struggling</li><li>● being respectful to peers and instructor</li></ul>	<ul style="list-style-type: none"><li>● arriving unprepared</li><li>● ignoring the Do Now</li><li>● being off task</li><li>● using cell phone in class</li><li>● failing to ask for help when needed</li><li>● allowing peers to do the work during labs or group activities</li><li>● failing to take notes during lecture</li><li>● side conversations during lecture or teacher instructions</li><li>● being disrespectful to peers or instructor</li></ul>

Please be sure to include activities in the left column and avoid activities in the right column.

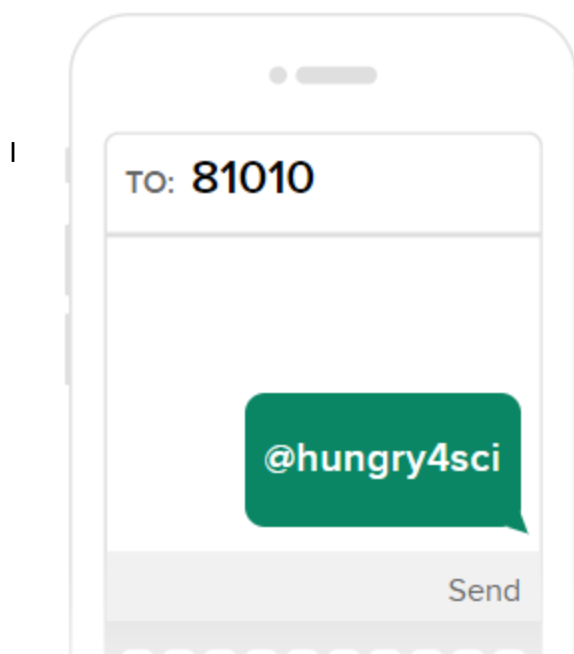
## Make up Policy:

You are responsible for getting any notes or assignments you miss due to absence. If you are absent for a quiz or test you are expected to complete it when you return to class. If you are absent for an extended period you must meet with your teacher immediately to arrange to make up missing work within 1 week. Any labs that were missed must be made up within 1 week of returning to school.

If you are having difficulty meeting a project or lab due date for a legitimate reason it is your responsibility to reach out to the teacher as soon as possible to ask for an extension. Waiting until the due date or once the project is late to ask for more time is bad form and will decrease your chances of getting an extension.

Overall Course Average will be determined as follows:

Course	Midterm Weight	Final Project Weight	MP Averages
Food Science	10%	10%	80%



## Remind Instructions

have set up a Remind account for this class. While I highly recommend writing down due dates in your notebook or calendar, this may be a useful tool to keep up to date if you are absent or if you feel you would benefit from an extra reminder. It may also be useful for parents to sign up, if you are curious about what your child should be working on at home or upcoming tests they should be studying for.

To sign up: text **@hungry4sci** to the number **81010**

You will receive a welcome text from Remind.

## Academic Integrity:

Students are expected to complete their own work on all assignments. **Instances of plagiarism, cheating, or copying, either from peers or from other sources, will result in all students involved receiving a zero on the assignment.**

## Declaration

I have read and understand the information provided in the preceding syllabus for the course Food Science. I am aware of the course expectations, grading policy, and make-up policy for missed work. If there are any questions or concerns I will contact the instructor to discuss and resolve the issue.

Student Name (Please print): \_\_\_\_\_

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name (Please print): \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

Please include current contact information below:

Email address: \_\_\_\_\_ check if preferred method ☐

Current Phone: \_\_\_\_\_ check if preferred method ☐

What is the best time of day to try and reach you? \_\_\_\_\_

Is there another adult you are comfortable for me to talk to regarding this student if you are unavailable?

\_\_\_\_\_ if yes, include info below:

Name	contact info	relationship to student
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## Allergy Information:

As food allergies are common it is important that I be aware of any reactions students might have to the food substances we will be handling in class. Please indicate any allergies below.

☐ I have no food allergies or sensitivities

☐ I have the following allergies \_\_\_\_\_

(please note if the allergy is only if consumed or if skin contact will cause a reaction)

☐ I have an EpiPen for allergic reactions