

# C-ID Descriptor

## Principles of Foods with Lab

### Descriptor Details

- **Descriptor Title:** Principles of Foods with Lab
- **C-ID Number:** 120
- **Units:** 3.0
- **Date of Last Revision:** 10/12/2017 04:44:12 PM PDT

### General Description

Application of food science principles with emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food.

### Prerequisites

No information provided

### Corequisites

No information provided

### Advisories

Eligibility for C-ID ENGL 100

### Content

1. Basic food science principles, terminology and techniques
2. Ingredient functions and interactions
3. Product standards and sensory evaluation
4. Equipment and utensils
5. Storage standards

6. Sanitation and safety
7. Nutrient composition and retention

### **Lab Activities**

1. Basic food science principles, terminology and techniques
2. Ingredient functions and interactions
3. Product standards and sensory evaluation
4. Equipment and utensils
5. Storage standards
6. Sanitation and safety
7. Nutrient composition and retention

### **Objectives**

*At the conclusion of this course, the student should be able to:*

Upon successful completion of the course, students will be able to:

1. Prepare and present a variety of products from each major category of food (e.g., dairy, grains, meat, etc.)
2. Apply basic food science principles
3. Describe and utilize accepted food safety and sanitation procedures
4. Identify and compare preparation methods to optimize nutrient content
5. Demonstrate basic knowledge of food preparation terminology and techniques
6. Demonstrate basic knowledge of weights, measures and conversions
7. Demonstrate the ability to follow a standardized recipe
8. Evaluate sensory attributes of food
9. Select, use and maintain laboratory equipment and utensils appropriately

### **Evaluation Methods**

Quizzes/Exams

Laboratory report(s)

## **Textbooks**

### Lecture Textbooks:

Brown, A., Understanding Food, Principles and Preparation. Wadsworth/Thomson Learning.

Bennion and Scheule, Introductory Foods. Pearson/Prentice Hall.

McWilliams, Laboratory Manual for Foods: Experimental Perspectives. Prentice Hall

### Lab Manual:

Curtis, S.R. Lab Manual for Brown's Understanding Food, Principles and Preparation

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Wadsworth/Thomson Learning.