



## Fall 2019

<b>Meeting days:</b> Tuesday	<b>Instructor title and name:</b> Professor Brittany Johnson, MS, RDN, CSSD
<b>Meeting times:</b> <i>Sect. 1</i> 12:15pm-3:00pm <i>Sect. 2</i> 3:15-5:45p.m.	<b>Phone:</b> (619) 849-2366 <b>Cell:</b> (951) 282-0650, for emergencies
<b>Meeting location:</b> Evans 114	<b>E-mail:</b> <a href="mailto:brittanyjohnson@pointloma.edu">brittanyjohnson@pointloma.edu</a>
<b>Final Exam:</b> 12/17/2019, 4pm	<b>Office location and hours:</b> Evans 133; MWF 10am-2pm; by appointment
	<b>Additional info:</b> open door policy

### Mission Statement To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

## COURSE DESCRIPTION

Welcome to Food Economics and Management! A study of food management skills for the consumer household, including food selection, food preparation techniques, nutrition analysis and budgetary control, as applied to meal planning and meal service appropriate for a wide variety of individuals. Lecture, computer applications and food preparation laboratory. Two semester unit credits. Prerequisite: FCS110

## COURSE LEARNING OUTCOMES

PROGRAM	COURSE	ASSESSMENT
1. Demonstrate content knowledge of food and nutrition as well as concepts and theories of nutrition across a broad range including: lifecycle stages, cellular nutrition, disease prevention and medical therapy; food and food systems; development modification, and evaluation of recipes, menus and food products. (Dietetics, Nutrition and Health)  Demonstrate content knowledge of food as well as concepts and theories of food and food systems; and the development, modification, and	1. 1.1 Explain and apply fundamental principles of food preparation and their scientific bases  1.1.2 Evaluate products for their sensory qualities and to ascertain achievement of quality standards.  1.2.1 Identify and demonstrate safe food handling practices  3.1.2 Demonstrate competence in planning meal patterns and menus using the Diabetic Exchange System	Assignment: Food Safety Videos  Assignment: Food Demonstrations  Laboratory meal and product sensory evaluation  In-class activities and other class participation  Carb Counting and DASH Diet Menus

evaluation of recipes, menus and food products. (Food System Management)	and DASH Diet plan	
2. Demonstrate basic skills in food preparation, sanitation and safety in working with a variety of food products.	<p>2.1. Describe and implement basic principles of household meal planning, relevant to management of time and equipment, economic limits and nutritional quality</p> <p>2.1.2 Demonstrate competence in the planning and preparation of menus that incorporate a broad spectrum of foods for a wide range of individuals using a variety of preparation techniques and equipment, within financial parameters, nutritional needs and cultural food preferences</p>	<p>Assignment: Exchange Practice – Menus, Modifications and Calculations</p> <p>Assignment: Food Demonstrations Critique In-class activities and other class participation</p> <p>Meal Service Dinner</p> <p>Final Exam</p>
4. Evaluate the effects of societal, cultural, ethical and financial dynamics upon diet trends, dietary choices, and food preparation methods among families and societies.	<p>4.1.1 Describe how cultural and environmental factors could influence food patterns and health beliefs of individuals</p> <p>4.1.2 Display professional behavior: respect and consideration for classmates and instructor</p>	<p>Assignment: Exchange Menu Evaluation and Modification</p> <p>Assignment: Exchange Menu Plans</p> <p>In-class activities and other class participation</p> <p>Punctual attendance and adherence to classroom policies at each class</p>

### **ASCEND Curriculum 2017 Standards**

KRDN 4.5 Describe safety principles related to food, personnel and consumers.

KRDN 4.6 Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement.

### ***COURSE CREDIT HOUR INFORMATION***

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

### ***RECOMMENDED STUDY RESOURCES***

McWilliams, Margaret. Fundamentals of Meal Management, 5<sup>th</sup> Ed. (2009). Upper Saddle River, NJ: Pearson Education, Inc./Prentice Hall.

Food - A Handbook of Terminology, Purchasing and Preparation, 12<sup>th</sup> Ed. (2014). Alexandria, VA: American Association Family and Consumer Sciences.

### ***REQUIRED RESOURCES***

**Instagram application:** A *unique* requirement for the class is downloading [Instagram](#) on your phone. If you don't already have an account, please create one. *You will not have to post anything on your personal account* but you will need to use your personal account to interact with the ClassGram (that means the Instagram page for the Class!). Please start following: [profj\\_300-1](#) or [prof J 300-2](#)

## COURSE SCHEDULE

detailed Schedule is provided on Canvas

Week	Topic
2	Intro to Food Econ and Budget Menus
3	Hospitality & Meal Service; Menu Design
4	Food Safety
<i>Selection, Purchasing &amp; Preparation</i>	
5	Protein & Dairy
6	Grains, Fruits, & Vegetables
7	Food Preservation
<i>Managing Resources</i>	
8	Nutrients, MyPlate, & Meal Modification
9	Energy, Time, & Money
10	Convenience
<i>Practical Application</i>	
11	Eating Healthy Practicum
12	Eating Healthy Practicum
13	DASH & Carb Menus
14	Meal Service & Grocery Store Tour Project
15	Meal Service & Grocery Store Tour Project
<b>12/17</b>	<b>Exam Due 4pm</b>

## ASSESSMENT AND GRADING

**GRADING POINTS: \*\*\*All rubrics are located on Canvas along with assignment details.**

Lab Participation (8 food labs @ 20 points)	160
IG Clips/Photos/Feedback (6 @ 20 points)	120
Food Safety Module	50
Menu Modifications	50
IG Live Food Demo	50
DASH and Carb Menus	80
In-Class Storyboards: Grocery Store Tour	100
Meal Service Dinner Project	100
Final	100
<b>TOTAL</b>	<b>810</b>

### GRADE DISTRIBUTION

A	>93%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	F	<59%

**LATE WORK.** Be prepared to submit all assignments on Canvas on or before the due date. If you choose to turn in your assignment after the due date, each day thereafter will receive 50% less. For example, if the assignment is due 9/10 for a possible score of 100, but the assignment is turned in on 9/11, the highest possible points would be 50. On 9/12, the highest possible points would be 0. In cases where assignments/quizzes/exams are missed, extreme circumstances will be considered but only on a case-by-case basis. To receive a postponement, you **MUST** speak with me to negotiate an arrangement prior to the due date. You can choose if you'd like to receive all the points possible or lose 50 percent each day past the due date.

*\*Note: due to the nature of this course, there will be no make-up labs provided*

### Assignment Details

**\*All assignments must be submitted on Canvas. No paper submission will be accepted.**

Food Safety Discussion: Students will watch a series of videos on Canvas and answer questions regarding proper food safety.

Menu Modifications: Students will make modifications to a recipe of choice to decrease specific nutrients and complete a nutrition analysis for the original and modified recipe.

IG Live Food Demo: Students will conduct a 10-minute IG Live food demo on a budget friendly recipe for the lay public teaching them healthful and helpful tips and tricks.

Exchange and Carb menus: Students will implement basic principles of household meal planning, relevant to management of time and equipment, economic limits and nutritional quality by developing a Diabetic Carb menu and a DASH Diet plan for specific clients.

Grocery Store Tour Storyboard: Students will work with a partner to create a series of visual illustrations with narrative that depicts best practices in the selection and purchase of a healthful food product in a grocery store.

Meal Service Project: Throughout the semester, students will work in their cooking groups to create a meal for 8 people on a budget. The total budget for the meal service will be \$20. Students will create the menu, invite guest, send invitation, and host their guest at the end of the semester.

---

## COURSE POLICIES AND PROCEDURES

**Welcome to a flipped classroom. This course will be a hands-on experience based upon a pre-lecture. Please review the PowerPoint and/or videos posted for the week prior to attending class. In order to accomplish the lab, we do not have time to lecture. Labs will focus on applying the lecture posted on Canvas. Instead of requiring a pre-lab quiz, I will trust you have viewed the lectures *before* lab. Let's get cookin'...**

**FOOD SAFETY AND LABORATORY SAFETY:** Your safety and that of your classmates are utmost. Chronic disregard for the safety of yourself and others will result in loss of grading points.

□□Dress: Lab coats are to be worn during food preparation activities. Also required: closed-toe low- heeled shoes; a minimum of dangling jewelry; restrained long hair; short, clean fingernails (unpolished preferred). Latex-free disposable gloves will be available and are normally optional, but should be used if you have a hand wound.

□□Wash hands before handling any food and between handling raw and cooked items, to reduce risk of cross-contamination. Taste food only with clean utensils that are not used for the food preparation.

□□Pay attention especially when using sharp utensils and electric kitchen appliances; if you're unsure about proper technique, stay safe and ASK the instructor!

□□Laboratory countertops should not be used for sitting.

□□In the case of fire, act first and quickly to starve the flames of oxygen. Do NOT try to move the fire to the sink, outside, trash can. Review the proper use of the classroom fire extinguisher.

□□Lab partners are expected to work cooperatively to maintain high standards of cleanliness and hygiene; students are responsible for cleaning up after themselves. By the end of class, your lab space should be clean: no food debris nor residues left on counters, stovetops and other surfaces. Equipment should be THOROUGHLY cleaned and dried before returning them to their proper storage area. Labels on the bottom of the drawers indicate their correct location.

□□Your team's lab space and equipment must be checked by the instructor BEFORE members leave class. Disregard of this procedure will result in a loss of points, not to mention your peers' and instructor's annoyance with your inconsideration.

**PLNU CLASS ATTENDANCE POLICY.** Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the undergrad academic catalog.

**ACADEMIC HONESTY.** Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

**ACADEMIC ACCOMMODATIONS.** While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations.

At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.

**FERPA.** In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the undergrad academic catalog.

**FINAL EXAMINATION POLICY.** Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved. There will be no make-ups for missed exams.

**COPYRIGHT POLICY.** Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

---