

Department of Kinesiology and Health Sciences
NUT 1010 - Fundamentals of Food
2 units

Spring 2026

Meeting days: Tues/Thurs	Instructor title and name: Prof Cindy Swann, MS, RD, CDCES
Meeting times: 10:00-11:50	Phone: 619-849-2351
Meeting location: Evans 112	E-mail: cindyswann@pointloma.edu
Final Exam: Tues, 5/05, 10:30-1:00	Office location and hours: Mon/ Wed 1:30-2:30 pm; Tues/Thurs 12:00-1:00 pm or by appt.

[Download Course Syllabus Here](#)

PLNU Mission:

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.

GOALS AND OUTCOMES:

COURSE DESCRIPTION:

Development of the technique and application of fundamental scientific principles of food preparation. Establishment of quality standards for purchasing food products and establishing food safety. Two (2) semester unit credits.

SSWF DEPARTMENT STUDENT LEARNING OUTCOMES:

1. Demonstrate basic skills in food preparation, sanitation and safety in working with a variety of food products.
2. Evaluate the effects of societal, cultural, ethical and financial dynamics upon diet trends, dietary choices, and food preparation methods among individuals, families and societies.

DIETETIC/NUTRITION & HEALTH/FOODSERVICE MGMT PROGRAM LEARNING OUTCOMES

1. Demonstrate basic skills in food preparation, sanitation and safety in working with a variety of food products.
2. Demonstrate their knowledge of food, nutrition and food systems by proper application of culinary techniques, food science principles and culturally sensitive assessments to the development, modification and evaluation of recipes, menus and food products acceptable to diverse groups.

- Evaluate the effects of societal, cultural and financial dynamics upon diet trends, dietary choices and food preparation methods among families, and societies.

NUT 1010 COURSE LEARNING OUTCOMES

Recognize the scientific physical and chemical properties of food systems
Practice safe food handling principles
Develop an overall comprehension of foodborne illnesses
Develop skills in the culinary preparation of a wide variety of foods
Practice efficient use of time, energy, equipment, and food ingredients in the preparation of food.
Conduct sensory evaluation of products for achievement of quality standards.

AND's KRDN Didactic Course Core Knowledge for the RDN in DPD Programs based on 2022 Standards:

- KRON 4.5 Apply safety and sanitation principles related to food, personnel and consumers.
KRON 4.7 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 17 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

ESSENTIAL INFORMATION:

REQUIRED TEXTS:

Students are responsible for having the required course textbooks prior to the first day of class. All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

Brown, A. (2025) *Understanding Food: Principles and Preparation*, 7th ed. Wadsworth, Cengage Learning, Belmont, CA. ISBN 13 : 9781337557566

Walter, J. (2024) [Lab Manual Understanding Food](#), 7th ed., Cengage Learning, Belmont, CA. ISBN 13 : 9780357974193

LECTURE NOTES:

Available on Canvas. Please print out and bring to lecture class or follow along on class computers.

CANVAS LEARNING MANAGEMENT SYSTEM

Please use **Chrome** as your browser.

Go to canvas.pointloma.edu.

Create a shortcut or bookmark to this site.

Log in with your PLNU username and password.

All lecture notes and chapter quizzes are located here.

COURSE REQUIREMENTS AND STANDARDS:

Grading:

POINTS

19 Canvas Quizzes (10 pts each).....	190
5 Exams (50 pts each).....	250
10 Laboratory Assignments (20 pts each).....	200
Participation/Clean-up/Attendance	50
TOTAL POINTS.....	690

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%

Quizzes: Each book chapter has a corresponding quiz in Canvas. The chapter is to be read, and the quiz taken prior to the lecture on that chapter. Once the chapter has been lectured, the quiz will no longer be available on Canvas. It is the student's responsibility to keep organized and meet the due dates.

Exams:

There will be five term exams, worth 50 points each. They will consist of multiple choice, true/false, matching and short answer questions. Exams will cover all lecture and laboratory information. No make-up exams will be allowed unless permission is received BEFORE the exam time.

Laboratory Assignments:

At the end of each laboratory section, questions pertaining to the lab experiences are assigned. You must turn in ten (10) laboratory assignments, answering the questions assigned to that section. You may choose any ten laboratory assignments. The lab assignments are due to class following the lab experience. If you miss a lab class, you may not turn in the assignment for that lab.

The questions assigned from each lab experience are as follows: (Questions may change if lab experiments are altered.)

- Measuring Techniques – pre-lab #2,4; post-lab # 1,2,3,4,6
- Sensory Evaluation – pre-lab #1,2; post-lab # 3,4,5
- Fats/Emulsions – pre-lab # 2,3; post-lab # 7,8,9,14,16,17,19,20
- Fruits and Vegetables – pre-lab# 1,3,4,5; post-lab # 1,2,5
- Fruits and Vegetable Pigments – post-lab # 6,7,8,10,11,14
- Milk - # pre-lab 1,2; post-lab 3,4,5,6,7,8,11

Cheese - # pre-lab 1,5,6; post-lab 2,7,8,13,14
 Eggs – pre-lab #1,2,5; post-lab # 2,4,5,11,12,13,14,15,16,20
 Meat - # pre-lab 1,2,4,5; post-lab 1,2,3,4,6
 Seafood and Poultry - # pre-lab 1,2,4 (pg 61-62) pre-lab 1,2,3,4(pg 73-74)
 Legumes - # pre-lab 1,2,3,4,5
 Cereals and Flours - # pre-lab 1,2,4; post-lab 1,3,4
 Starch – pre-lab #1,3,4; post-lab # 12,16
 Pastry - # pre-lab 1,3,4; post-lab 7,8
 Quick Breads - # pre-lab 1,2,4,5; post-lab 1,6,8,18
 Cakes - # pre-lab 1,3,4; post-lab 5,7,9,13
 Yeast Breads - # pre-lab 1,2,5; post-lab 2,5,7

Participation:

Participation points are earned throughout the semester. They are based on attendance, participation during lab experiments, clean-up responsibilities, and adherence to dress code during labs.

DAILY SCHEDULE:

Week	Dates	Lecture Topics	Laboratory Topics	Reading	Assignments Due
1	1/13	Intro/Nutrition Introduction		Text, Chp 3	
	1/15	Food Sanitation & Safety		Text, Chp 4	Quiz 1 & 2
2	1/20	Prep Basic & Chemistry of Food		Text, Chp 5, and 3	Quiz 3
	1/22		Weighing & Measuring	Lab, Unit 2	
3	1/27	Sensory Evaluation		Text, Chp 2	Quiz 4
	1/29		Sensory	Lab, Unit 1	
4	2/03	EXAM 1 Lipids		Text, Chp 22	
	2/05		Emulsions	Lab, Unit 15	Quiz 5
5	2/10	Proteins/Enzymes Milk		Text, Chp 10 & 11	Quiz 6
	2/12		Milk	Lab, Unit 6	
6	2/17	Cheese	Cheese	Lab, Unit 7	Quiz 7
	2/19	Exam 2 / Eggs and Foams		Text, Chp 12	
7	2/24		Eggs	Lab, Unit 8	Quiz 8
	2/26	Meat/Poultry		Text, Chp 7 & 8	Quiz 9 and 10
8	3/03		Meat	Lab, Unit 3	
	3/05	Fish/Shellfish		Text, Chp 9	Quiz 11
9	3/9-3/13	Spring Break			
10	3/17		Poultry/Fish	Lab, Unit 4 and 5	

	3/19	Exam 3 Fruits & Veggies.		Text, Chp 13 & 14	
11	3/24		Fruit/Veg/Pigments	Lab, Unit 9	Quiz 12 & 13
	3/26	Apples, Legumes/ Starches		Text, Chp 13, 16 & 18	Quiz 14
12	3/31		Legumes/Starches	Lab, Unit 10 and 12	
	4/02	Easter Break!			
13	4/07	Cereals, Flours		Text Chp 17	Quiz 15
	4/09		Cereals & Flours	Lab, Unit 11	Quiz 16
14	4/14	Exam 4 Leavening Agents & Quick Breads		Text, Chp 17 and 19	
	4/16		L.A. & Quick Breads	Lab, Unit 1	Quiz 17
15	4/21	Pastry/Cakes		Text, Chp 23 and 24	Quiz 18
	4/23		Pastry & Cakes	Lab, Unit 16 and 17	
16	4/28	Yeast Breads		Text, Chp 20	Quiz 19
	4/30		Yeast Breads	Lab, Unit 14	
17	5/05 Tues	Exam 5 Sec 1: 10:30-1:00	Clean-up		

POLICIES AND PROCEDURES:

I am not one to reprimand a student during class, but I will subtract participation points when I see you making poor choices. What are examples?

- Arriving late to class, especially lab classes
- Using the computers during *lecture* for personal reasons
- Using electronics during lecture
- Inappropriate dress code during labs
- Poor hygiene when preparing food in labs
- Failure to clean and sanitize your lab space, dishes, sinks, common areas, etc.

LATE POLICY: Quizzes are on Canvas and cannot be made up or re-taken. There is a 10% penalty for lab reports turned in late. If lab reports are turned in after the exam is done on the lab reports' topic, there will be a 20% late penalty. Due dates are enforced.

EXAMS: No makeup exams are given. Emergencies will be processed on an individual basis. Quizzes are on Canvas, and usually open for a week and due before class starts. They cannot be re-taken.

EMERGENCIES: Everyone has them. Be responsible, communicate promptly and privately, tell the truth, don't take advantage of the instructor's goodwill. Each will be evaluated on its merits. Documentation may be requested.

PREPARATION: Students are expected to come to class having read the laboratory exercise, be ready to answer questions regarding procedures for the lab exercise, and be mentally organized to conduct his/her's group assignment in a systematic fashion.

SAFETY: Proper use of equipment and lab facilities is expected. The instructor will demonstrate equipment use, when appropriate. Foods are to be tasted only with clean utensils that are not to be

used for food preparation. **All products should be presented with serving utensils. Do not taste, stir, and taste again!!**

DRESS CODE: The following rules have been established for safety and sanitation purposes. Wear flat heeled shoes with closed toes and a laboratory coat that is to be used only for this class (lab coats are available in class). Place the lab coat in wash when it is dirty. Wash your hands before handling food. Short, clean unpolished fingernails are preferred. Restrain long hair. If you have a cold and are well enough to attend class, wear a surgical mask while you are handling food. You may feel awkward doing this, but your consideration for others governs your actions. **Failure to adhere to the dress code will result in loss of participation points.**

CLEAN-UP: Students are to clean ALL work areas and return equipment or supplies to their proper storage places at the end of class. All students are expected to participate in cleaning their work station and common areas (work islands, refrigerator, floor, etc.) Return all utensils to their proper drawer, cupboard, or kitchen. **Please ask permission to be released from class following a laboratory session. Failure to clean your work area will result in loss of participation points.**

PASS/NO PASS: Students taking class for Pass/No Pass (non-majors) must receive a grade of C (73%) or higher in order to pass this class.

LAB COMPUTERS: Checking email or using the computers is limited to before or after class, or during lab when your assignment is finished. IPADS and laptops are fine for viewing and taking notes, however, there is much research proving writing notes BY HAND creates synthesis, thereby increasing your learning and promoting long-term retention. I highly recommend you try it!

Attention Students: You are required to turn in a portfolio project as a senior. Keep any and all graded work you want to showcase.

DIETARY ACCOMMODATIONS:

Part of being a dietetics/nutrition student is learning sensory evaluation regarding foods and recipes. This requires trying all foods. You do not need to eat a lot, or even swallow everything, but you are encouraged to try dishes, and especially new foods. Of course, some of you have allergies, intolerances or sensitivities to some foods that prevents you from eating them. If you have a food allergy/intolerance/sensitivity that prevents your consumption or handling of a food please notify the instructor ASAP. Medical clearance may be required from the Disability Resource Center.

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 [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

Incompletes and Late Assignments

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

Spiritual Care

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

State Authorization

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow distance education outside of California.

PLNU Recording Notification

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

PLNU 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.

PLNU Academic Honesty Policy

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. 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. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g. ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at www.pointloma.edu/nondiscrimination.

Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking,

know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix.

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade.

Lomabooks Instructions for Students:

This course is part of our course material delivery program, **LomaBooks**. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks**, please go: [HERE](#)