

# Course Syllabus

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**Department/School Name SSWFS**
**Course Number and Name NUT 1010 Fundamentals of Food**
**Number of Units 2**

Fall 2020

<b>Meeting days: Tues and Thurs</b>	<b>Instructor title and name: Prof Cindy Swann, MS, RD, CDCES</b>
<b>Meeting times: 10:00 - 11:50 am</b>	<b>Phone: 619-849-2351</b>
<b>Meeting location:</b>	<b>Email: cindyswann@pointloma.edu</b>
<b>Final Exam: (day/time) Tues, 12/17 10:30 am</b>	<b>Office location and hours: Mon/Wed 12:15- 1:15 pm; Tues 9:00-10:00 am or by appt.</b>
<b>Additional info:</b>	<b>Additional info:</b>

**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 is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### **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.

### **COURSE LEARNING OUTCOMES**

#### **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.
3. 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**

1. **Recognize the scientific physical and chemical properties of food systems**
2. **Practice safe food handling principles**
3. **Develop an overall comprehension of foodborne illnesses**
4. **Develop skills in the culinary preparation of a wide variety of foods**
5. **Practice efficient use of time, energy, equipment, and food ingredients in the preparation of food.**

## 6. 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 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.

### REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Brown, A. (2015) Understanding Food: Principles and Preparation, 5<sup>th</sup> ed. Wadsworth, Cengage Learning, Belmont, CA.

Walter, J. and Beathard, K. (2015) Lab Manual for Brown's Understanding Food: Principles and Preparation, 5<sup>th</sup> ed. Wadsworth, Cengage Learning, Belmont, CA.

### LECTURE NOTES:

Available on Canvas under Modules.

### 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. (Based on 37.5 hours of student engagement per credit hour.)

### Distribution of Student Learning Hours

Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	30
Reading Assignments	20
Written Assignments	10
Other Assignments & Learning Activities	5
Quizzes, Surveys	10

Category	Time Expectation in Hours
<b>Total Hours</b>	<b>75</b>

## COURSE SCHEDULE AND ASSIGNMENTS

### 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
<b>TOTAL POINTS.....</b>	<b>690</b>

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. Exams will be given in the first hour of the two hour class, followed by the next lecture topic. 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.)

1. Measuring Techniques – pre-lab #2,4,6; post-lab # 1,2,3,4,6

2. Sensory Evaluation – pre-lab #6,7; post-lab # 3,5,6,10,11
3. Fats/Emulsions – pre-lab # 2,3; post-lab # 8,10,19,21,25,26
4. Milk - # pre-lab 1,2; post-lab 6,8,9,11,12
5. Cheese - # pre-lab 1,5,6; post-lab 3,4,6,13,14
6. Eggs – pre-lab #1,2,5; post-lab # 3,13,14,15,16,17,20,21
7. Meat - # pre-lab 1,2,4,5; post-lab 1,2,3,5
8. Seafood and Poultry - # pre-lab 1,2,4 (pg 51-52) pre-lab 1,2,3,4(pg 59-60)
9. Fruits and Vegetables – pre-lab# 1,4,5; post-lab # 1,2,5,6
10. Fruits and Vegetable Pigments – post-lab # 7,8,9,11,12,15
11. Legumes - # pre-lab 1,2,3,4,5
12. Cereals and Flours - # pre-lab 1,2,4; post-lab 1,5,6
13. Starch – pre-lab #1,3,4; post-lab # 1,16
14. Pastry - # pre-lab 1,3,4; post-lab 1,2,8
15. Quick Breads - # pre-lab 1,2,3,4,5; post-lab 2,6,14
16. Cakes - # pre-lab 1,3,4; post-lab 5,7,9,13
17. Yeast Breads - # pre-lab 1,2,5; post-lab 1,2,5

### 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.

### **ASSESSMENT AND GRADING**

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

#### **Standard Grade Scale Based on Percentages**

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59

A	B	C	D	F
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

## 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 \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) to view which states allow online (distance education) outside of California.

## 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.

## 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 \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) for definitions of kinds of academic dishonesty and for further policy information.

## PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center.

([DRC@pointloma.edu](mailto:DRC@pointloma.edu) (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu>) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

## **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 students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) [\\_\(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/spiritual-development)

## USE OF TECHNOLOGY





In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) [\\_\(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.










## ASSIGNMENTS AT-A-GLANCE










The table below lists our assignments and their due dates. Click on any assignment to review it.










## Course Summary:










Date	Details	
Tue Aug 18, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46204&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46204&amp;include_contexts=course_53590">_(https://canvas.pointloma.edu/calendar?event_id=46204&amp;include_contexts=course_53590)</a>	10am to 11:45am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521588">WK1   Quiz 1 - Food Safety</a> <a href="https://canvas.pointloma.edu/courses/53590/assignments/521588">_(https://canvas.pointloma.edu/courses/53590/assignments/521588)</a>	due by 10am
Thu Aug 20, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521604">WK1   Quiz 2 - Water and Nutrients</a> <a href="https://canvas.pointloma.edu/courses/53590/assignments/521604">_(https://canvas.pointloma.edu/courses/53590/assignments/521604)</a>	due by 10am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/536511">WK1   Discussion: Introduce Yourself</a> <a href="https://canvas.pointloma.edu/courses/53590/assignments/536511">_(https://canvas.pointloma.edu/courses/53590/assignments/536511)</a>	due by 11:59pm













Date	Details	
Tue Aug 25, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46205&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46205&amp;include_contexts=course_53590">https://canvas.pointloma.edu/calendar?event_id=46205&amp;include_contexts=course_53590</a> )	10am to 11:45am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521590">WK2   Quiz 3 - Prep Basic/Food Chemistry</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521590">https://canvas.pointloma.edu/courses/53590/assignments/521590</a> )	due by 10am
Tue Sep 1, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46206&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46206&amp;include_contexts=course_53590">https://canvas.pointloma.edu/calendar?event_id=46206&amp;include_contexts=course_53590</a> )	10am to 11:45am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521546">WK2   Discussion - Measuring Technique</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521546">https://canvas.pointloma.edu/courses/53590/assignments/521546</a> )	due by 10am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521589">WK3   Quiz 4 - Sensory Evaluation</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521589">https://canvas.pointloma.edu/courses/53590/assignments/521589</a> )	due by 10am
Tue Sep 8, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46207&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46207&amp;include_contexts=course_53590">https://canvas.pointloma.edu/calendar?event_id=46207&amp;include_contexts=course_53590</a> )	10am to 11:45am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521547">WK3   Discussion - Sensory</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521547">https://canvas.pointloma.edu/courses/53590/assignments/521547</a> )	due by 10am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/537011">WK3   Exam #1</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/537011">https://canvas.pointloma.edu/courses/53590/assignments/537011</a> )	due by 11:59pm
Thu Sep 10, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521598">WK4   Quiz 5 - Fats and Emulsions</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521598">https://canvas.pointloma.edu/courses/53590/assignments/521598</a> )	due by 10am

Date	Details	
Tue Sep 15, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46208&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session (https://canvas.pointloma.edu/calendar?event_id=46208&amp;include_contexts=course_53590)</a>	10am to 11:45am
Thu Sep 17, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521601">WK5   Quiz 6 - Milk &amp; Dairy (https://canvas.pointloma.edu/courses/53590/assignments/521601)</a>	due by 10am
Thu Sep 17, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521610">WK5   Quiz 7 - Cheese (https://canvas.pointloma.edu/courses/53590/assignments/521610)</a>	due by 10am
Tue Sep 22, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46209&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session (https://canvas.pointloma.edu/calendar?event_id=46209&amp;include_contexts=course_53590)</a>	10am to 11:45am
Thu Sep 24, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/537170">WK6   Exam #2 (https://canvas.pointloma.edu/courses/53590/assignments/537170)</a>	due by 11:59pm
Thu Sep 24, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521597">WK6   Quiz 8 - Eggs (https://canvas.pointloma.edu/courses/53590/assignments/521597)</a>	due by 10am
Tue Sep 29, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46210&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session (https://canvas.pointloma.edu/calendar?event_id=46210&amp;include_contexts=course_53590)</a>	10am to 11:45am
Tue Sep 29, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521593">WK7   Quiz 10 - Poultry (https://canvas.pointloma.edu/courses/53590/assignments/521593)</a>	due by 10am
Tue Sep 29, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521594">WK7   Quiz 9 - Red Meat (https://canvas.pointloma.edu/courses/53590/assignments/521594)</a>	due by 10am

Date	Details	
Thu Oct 1, 2020	 <a href="#">WK7   Discussion - Red Meat</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521551">https://canvas.pointloma.edu/courses/53590/assignments/521551</a> )	due by 10am
Mon Oct 5, 2020	 <a href="#">WK8   Mid-Semester Course Feedback</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521600">https://canvas.pointloma.edu/courses/53590/assignments/521600</a> )	due by 11:59pm
Tue Oct 6, 2020	 <a href="#">NUT1010-1 FA20 - Fundamentals Of Food Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46211&amp;include_contexts=course_53590">https://canvas.pointloma.edu/calendar?event_id=46211&amp;include_contexts=course_53590</a> )	10am to 11:45am
	 <a href="#">WK8   Quiz 11 - Fish &amp; Shellfish</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521595">https://canvas.pointloma.edu/courses/53590/assignments/521595</a> )	due by 10am
Tue Oct 13, 2020	 <a href="#">NUT1010-1 FA20 - Fundamentals Of Food Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46212&amp;include_contexts=course_53590">https://canvas.pointloma.edu/calendar?event_id=46212&amp;include_contexts=course_53590</a> )	10am to 11:45am
	 <a href="#">WK9   Quiz 12 - Vegetables</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521605">https://canvas.pointloma.edu/courses/53590/assignments/521605</a> )	due by 10am
Thu Oct 15, 2020	 <a href="#">WK9   Quiz 13 - Fruits</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521608">https://canvas.pointloma.edu/courses/53590/assignments/521608</a> )	due by 10am
	 <a href="#">WK8   Exam #3</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521599">https://canvas.pointloma.edu/courses/53590/assignments/521599</a> )	due by 11:59pm
Mon Oct 19, 2020	 <a href="#">WK9   Discussion Plant Pigments</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521543">https://canvas.pointloma.edu/courses/53590/assignments/521543</a> )	due by 11:59pm

Date	Details	
Tue Oct 20, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46213&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session (https://canvas.pointloma.edu/calendar?event_id=46213&amp;include_contexts=course_53590)</a>	10am to 11:45am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521602">WK10   Quiz 14 - Starch (https://canvas.pointloma.edu/courses/53590/assignments/521602)</a>	due by 10am
Tue Oct 27, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46214&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session (https://canvas.pointloma.edu/calendar?event_id=46214&amp;include_contexts=course_53590)</a>	10am to 11:45am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521603">WK11   Quiz 15 - Cereals (https://canvas.pointloma.edu/courses/53590/assignments/521603)</a>	due by 10am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521606">WK11   Quiz 16 - Flour (https://canvas.pointloma.edu/courses/53590/assignments/521606)</a>	due by 10am
Thu Oct 29, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521591">WK11   Exam #4 (https://canvas.pointloma.edu/courses/53590/assignments/521591)</a>	due by 11:59pm
Tue Nov 3, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46215&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session (https://canvas.pointloma.edu/calendar?event_id=46215&amp;include_contexts=course_53590)</a>	10am to 11:45am
Thu Nov 5, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521596">WK12   Quiz 17 - Quick Breads and Cakes (https://canvas.pointloma.edu/courses/53590/assignments/521596)</a>	due by 10am
Tue Nov 10, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46216&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session (https://canvas.pointloma.edu/calendar?event_id=46216&amp;include_contexts=course_53590)</a>	10am to 11:45am

Date	Details	
Tue Nov 17, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46217&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46217&amp;include_contexts=course_53590">https://canvas.pointloma.edu/calendar?event_id=46217&amp;include_contexts=course_53590</a> )	10am to 11:45am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521607">WK14   Quiz 18 - Pastry</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521607">https://canvas.pointloma.edu/courses/53590/assignments/521607</a> )	due by 10am
Tue Nov 24, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46218&amp;include_contexts=course_53590">NUT1010-1 FA20 - Fundamentals Of Food Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46218&amp;include_contexts=course_53590">https://canvas.pointloma.edu/calendar?event_id=46218&amp;include_contexts=course_53590</a> )	10am to 11:45am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521626">Participation Points</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521626">https://canvas.pointloma.edu/courses/53590/assignments/521626</a> )	due by 10am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521592">WK15   Quiz 19 - Yeast Breads</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521592">https://canvas.pointloma.edu/courses/53590/assignments/521592</a> )	due by 10am
Thu Dec 3, 2020	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521609">WK16   Exam #5</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521609">https://canvas.pointloma.edu/courses/53590/assignments/521609</a> )	due by 10:30am
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521615">Extra Credit</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521615">https://canvas.pointloma.edu/courses/53590/assignments/521615</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/537568">WK 13 Pastry Lab</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/537568">https://canvas.pointloma.edu/courses/53590/assignments/537568</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521542">WK10   Discussion</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521542">https://canvas.pointloma.edu/courses/53590/assignments/521542</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53590/assignments/521617">WK10   Lab Report 10</a> ( <a href="https://canvas.pointloma.edu/courses/53590/assignments/521617">https://canvas.pointloma.edu/courses/53590/assignments/521617</a> )	

**Date****Details**

 [WK11 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521541>)

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 [WK12 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521540>)

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 [WK13 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521539>)

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 [WK14 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521538>)

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 [WK2 | Lab Report 1](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521616>)

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 [WK3 | Lab Report 2](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521618>)

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 [WK4 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521548>)

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 [WK4 | Lab Report 3](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521619>)

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 [WK5 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521550>)

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 [WK5 | Lab Report 4](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521620>)

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**Date****Details**

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 [WK5 | Lab Report 5](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521621>)

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 [WK6 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521549>)

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 [WK6 | Lab Report 6](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521622>)

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 [WK7 | Lab Report 7](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521623>)

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 [WK8 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521544>)

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 [WK8 | Lab Report 8](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521624>)

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 [WK9 | Lab Report 9](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521625>)

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 [Wrap Up Week | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53590/assignments/521537>)

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