Course Title: Introduction to Food Service
Catalog #: FM28
Section #: 1979 ~ Tues/Thurs ~ 11:00 – 12:15
Instructor: Professor Frazier, MS, MPA, RD
Office: Shinnecock 125
Office Phone: 548-2590
Office Fax: 548-2682
Email: fraziep@sunysuffolk.edu

Student Objectives:
Upon completion of this course, students will be able to:
1. Create a menu that is nutritious, economical and appetizing.
2. Analyze their own diets for macronutrients (protein, fat, carbohydrates) and selected vitamins and minerals and determine realistic strategies to improve them.
3. In a laboratory environment using methods of food handling that ensure safety and prevent foodborne illness, demonstrate principles of food science related to measurement, pH, starch, protein, and fat cookery.
4. Describe food selection, preparation and storage methods that conserve nutrients and produce acceptable products.
5. Utilize HACCP (Hazard Analysis Critical Control Point) guidelines to develop a standardized recipe.

Procedures for Accomplishing these Objectives:
1. Reading assignments
2. Class discussion
3. Study questions
4. Labs
5. Collaborative work

Student Requirements for Completion of the Course:
1. Read material on subject matter prior to class.
2. Participate in classroom discussions.
3. Submit written assignments.
4. Take 4 quizzes on subject matter as indicated in course outline.

No make-up quizzes will be given in this course.

Grading Practice:
4 Quizzes @ 10% each ............... 40%
Study Questions ......................... 10%
Menu & Analysis ........................ 20%
Class Participation ..................... 10%
Labs ........................................ 10%
HACCP Recipe ............................ 10%
100%

Rules Concerning Student Absence and Lateness:
College Policy: The College expects that each student will exercise personal responsibility with regard to class attendance. All students are expected to attend every class session of each course for which they are registered. Students are responsible for all that transpires in class whether or not they are in attendance. The College defines excessive absence or lateness as more than the equivalent of one week of class meetings during the semester. Excessive absence or lateness may lead to failure in a course or removal from the class roster. A student may be removed from the class roster by an instructor at any time when in the judgment of the instructor absences have been excessive or when other valid reasons exist.

1. No more than 2 absences are permitted. More absences that 2 will decrease the student’s final grade or result in withdrawal from the class.
2. All classes are to begin on time. Chronic tardiness or early departure will adversely affect the student’s grade; 2 latenesses and/or early departures will be counted as 1 absence.

Textbook:

List of Supplementary Material:
1. Books, films and periodicals are available in the library.
2. Trade magazines are also available in the library. Examples are Food Management, Restaurants and Institutions, JADA, Cornell Hotel and Restaurant Administration Quarterly.

Miscellaneous Information:
Students are requested to notify the instructor regarding any problems related to the course. Conferences can be scheduled by appointment or during posted office time. You may contact the instructor at 548-2590, Shinnecock 125 or fraziep@sunysuffolk.edu

Weekly Outline of Topics to be Covered:
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment</th>
</tr>
</thead>
</table>
| 8/31 | Course Overview  
Lab Requirements | |
| 9/2  | Factors in Food Preparation | Chapter 1  
Study Questions 2, 3, 5, 6, 7 |
| 9/7  | **Lab #1** ~ Handwashing & Measuring | |
| 9/9  | Food Safety & Quality | Chapter 2 (pp 22 – 38)  
Study Questions Handout |
| 9/14 | Food Safety | |
| 9/21 | HACCP | |
| 9/23 | Menu Planning & Meal Preparation | Chapter 19 |
| 9/28 | Menu Writing Activity | **HACCP Recipe Due** |
| 9/30 | **Quiz #1** ~ Chapters 1, 2, 19 | |
| 10/5 | Vegetable Survey | Chapter 3 |
| 10/7 | Vegetable Cookery | Study Questions 3, 5 |
| 10/12 | Fruit Survey & Cookery | Chapter 4  
Study Questions 4, 5 |
| 10/14 | Salads & Salad Dressings | Chapter 5  
Study Questions 5, 7  
**Menu Due** |
| 10/19 | **Lab #2** ~ Fruit & Vegetable | |
| 10/21 | **Quiz #2** ~ Chapters 3, 4, 5 | |
| 10/26 | Fats & Oils | Chapter 6  
Study Questions Handout |
| 10/28 | Starches | Chapter 8  
Study Questions Handout |
| 11/2 | Cereals | |
| 11/4 | **Lab #3** ~ Starches & Emulsions | |
| 11/9 | **Quiz #3** ~ Chapters 6, 8 | |
| 11/16 | Protein Cookery ~ Meat | Chapter 10 (pp 258 – 287)  
Study Questions 2, 4, 5 |
| 11/18 | Protein Cookery ~ Fish & Poultry | Chapter 10 (pp 287 – 301) |
| 11/23 | Protein Cookery ~ Eggs | Chapter 11  
Study Questions 1, 7 |
| 11/30 | Eggs (continued) | |
| 12/2 | **Lab #4** ~ Protein Cookery | |
| 12/7 | Protein Cookery ~ Milk & Cheese | Chapter 9  
Study Questions 1, 4 |
| 12/9 | **Lab #5** ~ Milk & Cheese | |
| 12/14 | Exam Review | |
| 12/16 | **Quiz #4** ~ Chapters 9, 10, 11 | |
| 12/21 | Evaluations | |