

## **FAB 475: The Science of Cuisine**

Instructor Name:

Phone:

E-Mail:

Office Hours:

Office Location:

### **COURSE DESCRIPTION**

Science principles that influence the safety, sensory quality, and nutrient content of foods. Understand human food digestion, absorption and metabolism. Develop and analyze recipes and menus designed to meet customers health needs, and ethnic and sensory. Address the related global disease epidemics and the sustainability of food production.

### **COURSE PREREQUISITES**

Minimum grade of C in HMD 130  
General Education Lab-based Science

### **COURSE OBJECTIVES**

1. Understand the basic principles and practices of the fields of Food Science and Nutrition.
2. Understand how to control the fundamental chemical reactions that occur during food storage, cooking and holding.
3. Describe the characteristics, functions, and best sources of macro- and micro-nutrients, and phytochemicals.
4. Describe the basics of human digestion, absorption and metabolism.
5. Utilize the science of food color, food flavor, nutrition, sensory evaluation and food microbiology to

10. Debate contemporary food topics such as genetically modified organisms, plant-based life-styles, gluten-free eating, low carbohydrate diets and eating organic versus conventional foods.



## Course Schedule – Spring 2022

### Monday Lecture (In-Person)

Date	In-Class	Out of Class
<b>Monday, January 17<sup>th</sup></b> <i>Martin Luther King Jr. Day</i> <b>NO CLASS</b>	Overview of Food and Nutrition Sciences Discussion: Health Status of Humans Globally: Why a Topic for Hospitality	

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Date	In-Class	Out of Class
<b>Monday, February 7th</b>	Dietary recommendations and Food Guides Activities Label Reading Cycle Menu Activity Experimental Design Discussion and related Laboratory (report #1)	Study Chapter on Shaping Eating Behaviors Take Online Quiz #4
<b>Monday, February 14th</b>	Sensory Science and Evaluation Discussion and Laboratory (report #2) Discuss Plot to Plate Assignment	

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Date	In-Class	Out of Class
<b>Monday, April 4th NO CLASS</b>	Carbohydrate activities <b>online only</b> <b>Class will not meet</b>	Study <u>second half</u> of Carbohydrates Chapter Study Eggs, Soy and Dairy Chapter Take Online Quiz #11 4. Nutrient Analysis Assignment
<b>Monday, April 11th</b>	Carbohydrate activities Eggs, Soy and Dairy Laboratory (report #6)	Study Fruits, Nuts and Seeds Chapter Study Phytochemicals Powerpoint Take Online Quiz #12
<b>Monday, April 18th</b>	Phytochemicals Fruits, Nuts and Seeds Group Laboratory (report #7)	Study Chapter on Fish and Shellfish Take Online Quiz #13 Second White Paper Due
<b>Monday, April 25th</b>	Food Additives Discussion Fish and Shellfish Group Laboratory Assignment (report #8)	Study Desserts and Beverages Chapters Take Online Quiz #14
<b>Monday, May 2nd</b>	Nutrition/Food Science Controversies Desserts Group Laboratory (report #9)	

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Students will learn how to formulate and answer food related questions. Each question topic will be developed by the student and enhanced by the professor. Scholarly sources will be identified by the student and used to support their answer to the question in a one-page paper.

### **Nutrient Analysis Assignment**

Students will record the serving size and amounts of each food and beverage they consume over a three-day period. This data will be entered into a commercial nutrition analysis application, analyzed, and compared to various scientifically based nutrition guidelines.

### **Plot to Plate Group Assignment**

Groups of students will create and deliver a Nutrition and Cooking Class for CCSD children in a gardening program. Professor will serve as a consultant for the group. Each student will prepare and submit a report after giving their presentation. It will include an abstract, introduction, materials and methods, and summary/recommendations. Students will be placed in groups according to their daytime schedule.

### **Group Laboratory Assignment:**

Students will learn how to formulate and answer food related questions. Groups of students will develop food science and nutrition related questions. These questions will be answered using





Disabilities Specialist will discuss what options may be available to you. Students who are already registered with the DRC should request their accommodations online each semester, and make an appointment to discuss their accommodations with their instructors.

### **Final Examinations**

The University requires that final exams given at the end of a course occur on the date and at the time specified in the Final Exam schedule. The Final Exam schedule is typically available at the start of the semester, and the classroom locations are available approximately one month before the end of the semester. See the [Final Exam Schedule](https://www.unlv.edu/registrar/calendars), <https://www.unlv.edu/registrar/calendars>.

### **Identity Verification in Online Courses**

All UNLV students must use their Campus-issued ACE ID and password to log in to WebCampus-Canvas.

UNLV students enrolled in online or hybrid courses are expected to read and adhere to the [Student Academic Misconduct Policy](https://www.unlv.edu/studentconduct/misconduct/policy), <https://www.unlv.edu/studentconduct/misconduct/policy>, which states that “acting or attempting to act as a substitute for another, or using or attempting to use a substitute, in any acad                    h sta    S    O' ter t any acamp<sup>1</sup>



For purposes of definition, extracurricular activities may include, but are not limited to academic recruitment activities, competitive intercollegiate athletics, fine arts activities, liberal arts competitions, science and engineering competitions, and any other event or activity sanctioned by a College/School Dean, and/or by the Executive Vice President and Provost.

### **Rebelmail**

Rebelmail is UNLV's official email system for students and by University policy, instructors and staff should only send emails to students' Rebelmail accounts. Rebelmail is one of the primary ways in which students receive official University communications, information about deadlines, major Campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the University. Sending emails within WebCampus-Canvas is also acceptable.

### **Tutoring and Coaching**

The Academic Success Center (ASC), at the Claude I. Howard Building, provides tutoring, academic success coaching, and other academic assistance for all UNLV undergraduate students. For information regarding tutoring subjects, tutoring times, and other ASC programs and services, please visit the [ASC website](https://www.unlv.edu/asc), <https://www.unlv.edu/asc>, or call 702-895-3177. The ASC is located across from the Student Services Complex (SSC). Academic success coaching is located on the second floor of SSC A, Room 254. Drop-in tutoring is located on the second floor of the Lied Library, and on the second floor of the College of Engineering building (TBE A 207).

### **UNLV Writing Center**

One-on-one or small group assistance with writing is available free of charge to UNLV students at the [Writing Center](https://writingcenter.unlv.edu/), <https://writingcenter.unlv.edu/>, located in the Central Desert Complex, Building 3, Room 301 (CDC 3-301). Walk-in consultations are sometimes available, but students with appointments receive priority assistance. Students may make appointments in person or by calling the Center, telephone 702-895-3908. Students are requested to bring to their appointments their Rebel ID Card, a copy of the instructions for their assignment, and two copies of any writing they have completed on their assignment.

### **Diversity Statement**

As an institution of higher learning, UNLV represents a rich diversity of human beings among its faculty, staff, and students, and is committed to aspiring to maintain a Campus environment that values that diversity. Accordingly, the University supports understanding and appreciation of all members of its community, regardless of race, sex, age, color, national origin, ethnicity, creed, religion, disability, sexual orientation, gender, gender identity, marital status, pregnancy, genetic information, veteran status, or political affiliation. Please see [University Statements and](#)