

Brooklyn College of the City University of New York
Department of Health and Nutrition Sciences

HNS 41.1 **Fundamentals of Foods,** 3 hours; 3 credits
Spring Semester 2008

Class Time: Mondays 6:20-9 p.m.

Professor: Annie Hauck-Lawson, Ph.D., R.D., C.D.N.

Contact : 718-951-5541 (faculty office)
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Office Hours/Location: Mondays 12:15-3:15 p.m. 4110 Ingersoll

Course Description: Nutritional, functional, and chemical components of food. Factors in food selection and methods of preparation. Discussion of cultural, economic, and ecologic factors in food preparation and consumption. (Not open to students who have completed Health and Nutrition Sciences 41).

Prerequisite or corequisite- Health and Nutrition Sciences 25.1 or 29.

Required Readings

Text

Food Fundamentals (Pearson/Prentice Hall 8th ed.) Margaret McWilliams
(available at Shakespeare Books on Hillel Pl.)

Periodicals

Dining Out” Section from each Wednesday’s New York Times.

The course is designed around the theory of food fundamentals—
The history, production selection, science, characteristics, storage, economics, ecology and nutritional profile of various categories of foods; safety and sanitation in food handling; the place of food in life- its roles, symbolism, capacity to foster community and expression; the interdependence of food and culture.

Course Objectives-

Upon completion of the course, students should be able:

- to translate theoretical knowledge of various food characteristics
- to select foods according to characteristics deemed desirable for cookery use and wholesomeness
- to describe various characteristics and roles that food plays in society
- to discern different characteristics of food within the same and different categories

Course Topics & Schedule	Reading
#1 1/28 Course Overview Food: Its History and Meaning	Ch. 1
#2 2/4 Food Selection, Handling, Evaluation, Safety and Measurement	Ch 2 & 3
#3 2/11 Fruit Agricultural Diversity	Ch. 5
#4 2/25 Vegetables Regional, seasonal agriculture	Ch. 4
#5 3/3 Soups, Salads and Salad Dressings	Ch. 6
#6 3/10 Grains and Cereals	Ch. 9
# 7 3/17	Midterm Exam/ Greenmarket
#8 3/26 Beverages	Ch. 17
#9 3/31 Eggs	Ch. 12
#10 4/7 Fish & Poultry	Ch. 11
#11 4/14 Beef, Pork, Lamb, Game	Ch. 11 (cont'd)
#12 4/28 Leavenings, Quick Breads & Pastry	Ch. 13, 14, 16
#13 5/5 Yeast Breads	Ch. 15

Date of Final Exam to be announced by the college

Grading

Midterm Exam	40%
Field research and report	20%
Final Exam	40%
Total	100%

Course Requirements-

Punctual lecture attendance and participation.

Weekly reading of the Wednesday 'Dining Out' section of the New York Times in advance of class meeting in preparation for discussion the following Monday.. Assigned readings completed in advance of class so students are ready for active discussion of the topic at hand.

Timely completion of a field exploration and reflective paper. Two tests and a final exam taken on the dates that they are given to the entire class.

Mature, cooperative demeanor in class.

No cell phones, pagers, beepers on in class.