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Syllabus

Food Preparation and Preservation, HNSC 2160

(Fall, 2020)

Faculty of Agriculture and Food Science



UNIVERSITY
OF MANITOBA

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COURSE DETAILS

Course Title & Number:	Food Preparation and Preservation, HNSC 2160
Number of Credit Hours:	3
Class Times & Days of Week:	10:30-11:20 A.M., M/W/F
Location for classes/labs/tutorials:	The classes will be taught virtually via Cisco WebEx on UMLearn.
Pre-Requisites:	(Undergraduate level 030 120 Minimum Grade of D or Undergraduate level HNSC 1200 Minimum Grade of D) and (Undergraduate level 002 131 Minimum Grade of D or Undergraduate level CHEM 1310 Minimum Grade of D or CHEM 1310 - PQ Substitution 050 or Undergraduate level 002 132 Minimum Grade of D or Undergraduate level CHEM 1320 Minimum Grade of D or CHEM 1320 - PQ Substitution 050)

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Snehil Dua, Anything polite
Office Location:	408-Human Ecology Building (not available at this address this term).
Office Hours or Availability:	Walk-in office hours: 1:00-2:00 PM, Thursdays via ZOOM Click on the following link to join office hours: https://navitas.zoom.us/j/91245602799 If you wish to meet with me at times other than my office hours, please email me to schedule an appointment. In your email, please give all the times you are available over the following five weekdays.
Phone No.	204-2614512 (Home number)
Email:	Snehil.Dua@UManitoba.ca When you email me, please write the course number you are writing about. I teach multiple courses, and to be able to answer your questions I need to know which course you are writing about. On weekdays, I will try my best to respond to the emails within 24 hours. I do not guarantee a response on weekends and holidays. If an email is sent to inform me that you are unable to attend the class

or something that doesn't require a response from me, I will not respond.

You must email me via the U of Manitoba email account.

Contact:

The best way to get in touch with me is via email.

Course Description

U of M Course Calendar Description

(Lab Required) Food preparation, preservation, handling and storage; quality and safety implications; scientific basis for culinary practice; use and application of equipment. Prerequisite: HNSC 1200 and [CHEM 1320 or CHEM 1310].

General Course Description

This course should be of interest to anyone is interested in preparing their own food. I believe that cooking is a life skill. This course aims at developing such skills in you while you learn about the functionality various components of the food. Safe practices of food preparation and handling, and also incorporation of the principles of nutrition are essential parts of this course. A good understanding of nutrition principles and and some basic knowledge of chemistry would be required to complete this course successfully.

Course Goals

You will be able to

1. describe and apply safe food handling practices.
2. explain the basic principles related to the processing, preparation and preservation of foods.
3. appropriately and safely use equipment in the process of food preparation and preservation.
4. experiment and interpret the effects of various factors affecting food product quality.
5. effectively evaluate prepared and preserved foods.

Course Learning Objectives

Foundational Knowledge Content Areas for Dietetics Education:

The Undergraduate Dietetics program is accredited by the Partnership for Dietetic Education and Practice (PDEP). The program is designed to meet the Integrated Competencies for Dietetic Education and Practice (ICDEP). Following are the foundational knowledge areas that this course is designed to meet towards the ICDEP.

Highest level achieved: 1= demonstrate broad knowledge; 2= demonstrate comprehension; 3 = analyze, interpret and apply knowledge

Content Area	Foundational Knowledge	Cognitive Complexity Level
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Food	Physical properties and chemical composition of food Food preservation, storage and packaging The role of ingredients and their interaction in food preparation Food labeling	2 1 3 2
Food Service Systems	Human resource, financial, technical and equipment needs	2
Microbiology	Classification of microbes Microbes in food safety	1 2
Population Food Systems and Food Security	Food production, preparation, processing, distribution and waste management	1
Professional Practice in Dietetics	Role of research and new knowledge	2

Textbook, Readings, and Course Materials

Readings available under the course content on UMLearn

Required textbook: Brown, A. C. (2014). *Understanding Food: Principles and Preparation* (5th ed.). Stamford, USA: Cengage Learning.

Most of the course content will be available to you via class lectures and UMLearn resources, but this book will give you additional information which may enhance your learning. I will not use an online package for evaluation, and thus a used copy of the book would be fine to use as well.

Required Manual: 2019 Laboratory Manual HNSC 2160, Principles of Food Preparation and Preservation. University of Manitoba, Winnipeg MB The manual will be available to you in a pdf file format on UMLearn before the start of the labs. The quizzes associated with this manual will be available on UMLearn, as per the schedule.

Recommended or required materials (e.g. lab equipment, art supplies, computers, etc.) – Access to computer with internet access to be able to watch video demonstrations and to be able to participate in synchronous as well as asynchronous activities such as discussions on umlearn.

Using Copyrighted Material

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Course Technology

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner. You can use all technology in a classroom setting only for educational purposes approved by instructor and/or the University of Manitoba Disability Services. You should not participate in personal direct electronic messaging / posting

activities (e-mail, texting, video or voice chat, wikis, blogs, social networking (e.g. Facebook) online and offline “gaming” during scheduled class time. If you are on call (emergency) please switch your cell phone on vibrate mode and leave the classroom before using it. (adapted from ©[S Kondrashov](#). Used with permission)

Material for this course is uploaded to UM Learn. Please see [http://intranet.umanitoba.ca/academic_support/Centre for the Advancement of Teaching & Learning/resources/wikis_blogs.html](http://intranet.umanitoba.ca/academic_support/Centre_for_the_Advancement_of_Teaching_&_Learning/resources/wikis_blogs.html). for support in using this system

Expectations: I Expect You To

Attend,

Participate,

Demonstrate willingness to learn,

Be courteous,

Show academic integrity and honesty.

Work effectively as a team to design and execute class activities.

Not to leave the class before it ends unless there is an emergence to which you must attend.

Leaving a class before the end is disrespectful to your instructor and disruptive towards your fellow students.

Not use your cell phone- Please be respectful in class and turn your cell phone off or onto vibration mode for the duration of the class.

Use your laptop computers to aid your learning- Laptops are a perfect way to take notes in class and share information with peers; be respectful to the instructor and other students while using laptops by staying on task in class.

Answer questions that I will ask of the class. I do not expect you always (or ever!) to get the correct answer, but I do expect you to try and to participate.

When you ask questions, try to keep your questions relevant to the class.

Class Communication:

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy:

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other

Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Refer to specific course requirements for academic integrity for individual and group work such as:

- I. Group projects are subject to the rules of academic dishonesty;
- II. Group members must ensure that a group project adheres to the principles of academic integrity;
- III. Students should also be made aware of any specific instructions concerning study groups and individual assignments;
- IV. The limits of collaboration on assignments should be defined as explicitly as possible; and
- V. All work should be completed independently unless otherwise specified.

Recording Class Lectures:

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner. You can use all technology in a classroom setting only for educational purposes approved by me (your instructor) and/or the University of Manitoba Disability Services. You should not participate in personal direct electronic messaging / posting activities (e-mail, texting, video or voice chat, wikis, blogs, social networking (e.g. Facebook) online and offline “gaming” during scheduled class time. If you are on call (emergency) please switch your cell phone on vibrate mode and leave the classroom before using it. (adapted from © [SKondrashov](#). Used with permission)

Material for this course is uploaded to UM Learn. Please see

http://intranet.umanitoba.ca/academic_support/Centre_for_the_Advancement_of_Teaching_&_Learning/resources/wikis_blogs.html. for support in using this system

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services

520 University Centre

Phone: (204) 474-7423

Email: Student_accessibility@umanitoba.ca

Expectations: You Can Expect Me To

To treat you fairly, and with respect.

I will remain in the classroom for 10 minutes after class to answer any immediate questions.

My role is to help you make sense of the course content and gain new understandings. My aim, therefore, is to provide support so that all students who engage with this course and its objectives will succeed.

CLASS & LAB SCHEDULE AND COURSE EVALUATION

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#).

Please note that all the online quizzes will be available on UMLearn, as per the schedule.

Online pre-lab quizzes (L.00- L.09) will be 1% of your total grade (10%). Discussions for labs 0-9 each will be 1.5% of your total grade (15%).

Date	Class Content	Online tasks (lecture related)	Lab dates	Lab	Lab related Evaluations (all discussions and quizzes start at 8:30 am and end at 11:30 PM, on the first and the last day of availability, respectively)
Sept 9 and 11	Orientation Basic techniques	None		No lab	None
September 14, 16, 18, 21	Food safety	Sept 16 and 18 UMLearn reading	Week of Sept 21	Lab 0 Food safety lab:	Sept 21-27 Discuss the video on umlearn AND complete the L. 00 Food safety Quiz
Sept 23, 25, 28, 30	Food chemistry review		Week of Sept 28	Lab 1 (Food preparation Techniques and safety)	Sept 28-Oct 4 L. 01 Online lab quiz Upon completion, watch lab videos and participate in the discussion for lab 1
Oct 2, 5, 7, 9	Principles and methods of Food Preservation		Week of Oct 5	Lab 2 (Dehydration)	Oct 5 - 11 L. 02 Online lab quiz. Then watch lab videos and participate in the discussion for lab 2
Oct 14, 16	Vegetables and fruits		Week of Oct 12	Lab 3 (Pickling)	Oct 12-18 L. 03 Online lab quiz. Then watch lab videos and participate in the discussion for lab 3
Oct 19, 21, 23	Cooking with cereal grains		Week of Oct 19	Lab 4 (Canning)	Oct 19-25 L. 04 Online lab quiz. Then watch lab videos and participate in the discussion for lab 4
Oct 26, 28	Breads		Week of Oct 26	Lab 5 (Starch)	Oct 26-Nov 1 L. 05 Online lab quiz. Then watch lab videos and participate in the discussion for lab 5
Oct 30	Midterm test				
Nov 2 and 4	Eggs		Week of Nov 2	Lab 6 (Bread)	Nov 2-8 L. 06 Online lab quiz. Then watch lab videos and participate in the discussion for lab 6

Nov 6	Work with your group	No lecture			
Week of November 9	No classes	None		No lab	None
Nov 16, 18, 20	Nov 6 work with your group for the assignment		Week of Nov 16	Lab 7 (Egg and milk)	Nov 16-22 L. 07 Online lab quiz. Then watch lab videos and participate in the discussion for lab 7
Nov 23, 25, 27	Meat, Poultry Fish		Week of Nov 23	Lab 8 (Meat, fish, poultry and legumes)	Nov 23-29 L. 08 Online lab quiz. Then watch lab videos and participate in the discussion for lab 8
Nov 30, Dec 2	Cakes, cookies, pastries		Week of Nov 30	Lab 9 (Cakes and cookies)	Nov 30-Dec 6 L. 09 Online lab quiz. Then watch lab videos and participate in the discussion for lab 9
December 4 and 7	Legumes			No lab	
Dec 9, 11	In-class Dec 9: Discuss: Cooking is a lifeskill Dec 11 wrap-up			No lab	

Course evaluations

Evaluation	Dates	Weight	Details
Online Pre-Lab quizzes (L.01 - L.09)	Please refer to the lab schedule above	10 x 1 = 10%	Your best 8 quiz scores will be used to calculate your final score in these quizzes. These are available on UMLearn for specified periods. For each quiz, limited time will be given. Please refer to the UMLearn Assessment>quizzes
Assignment	Nov 18, 2020 by 11:30 P.M.	10%	Please submit at UMLearn>Assessments>Assignments>Paper submission folder
Lab discussions*	Please see the schedule above	10 x 1.5= 15%	Instructions will be available on umlearn when the discussion availability begins.
Mid term test	Oct 30, during class time (online, proctored)	25%	Everything covered until Oct 23 (tentatively, cooking with grains, excluding breads). The test will contain multiple choice, and short answer questions.

Final exam	Please refer to the final exam schedule on Aurora, available towards the end of Oct.	40%	Comprehensive The exam will consist of multiple choice, short answer, and long answer questions.
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*In lieu of each discussion, you may provide some proof (video/pictures etc) that you prepared at least one recipe from that week's lab. So if you prepare a recipe, you need not participate in that week's discussion.

Lab Expectations

This term, the labs will be remote. The lab material will be available on umlearn. The activities and assessments will have to be completed within the scheduled time. No synchronous lab activities will take place, i.e. No live lab sessions will occur.

Grading

Indicate your grading scale. A sample is given below that you can adjust to your course expectations.

Letter Grade	Percentage out of 100	Final Grade Point
A+	90-100	4.5
A	80-89.9	4.0
B+	75-79.9	3.5
B	70-74.9	3.0
C+	65-69.9	2.5
C	60-64.9	2.0
D	50-59.9	1.0
F	Less than 50	0

Voluntary Withdrawal

September 22, 2020	Last Date to Drop without Penalty - Fall Term
November 23, 2020	Voluntary Withdrawal (VW) deadline Fall Term classes

Students who did not drop the course by the deadline would be assigned a final grade.

Withdrawal from courses will be recorded on official transcript.

Refer to the [Registrar's Office](#) web page for more information.

ASSIGNMENT DESCRIPTIONS

2160 PRINCIPLES OF FOOD PREPARATION AND PRESERVATION FOOD PRESERVATION ASSIGNMENT

Assignment guidelines are available on umlearn.

Referencing Style

Assignments should use the APA reference style as outlined in the text: Brown, A. C. (2014). *Understanding Food: Principles and Preparation* (5th ed.). Stamford, USA: Cengage Learning.

Assignment Feedback

The online quizzes will be graded automatically. You will be able to view the questions you answered incorrectly, after the quiz has closed for all students.

The assignments will be graded by the graders. You should expect the feedback on UMLearn in about two weeks after the submission deadline. Additionally, indicate to the students when they can expect to receive their graded assignments. It is recommended that students receive a sufficient percentage of their final grade prior to the Voluntary Withdrawal date, which will allow students to make a decision about completing or withdrawing from the course.

The lab TAs will attempt to return the graded lab reports within a week of submission.

Assignment Extension and Late Submission Policy

Assignment extensions will only be granted in cases of genuine need. You will need to talk to me in person as soon as possible if you require an extension. It is impossible to specify all occasions that might warrant an extension, but the death or funeral of a close relative would be a good reason, the death of a friend's pet dog would not.

Late submissions will be marked, but do not expect a prompt return of the work. This is a large class without any Graders/Markers, and work that is not submitted on time disrupts the timely assessment and return of assignments. Late submission will incur a deduction of 5% for each day that the assignment is submitted after the deadline, unless an assignment extension has been permitted by me in advance of the deadline.

UNIVERSITY SUPPORT OFFICES & POLICIES

A list of academic supports available to Students, such as the Academic Learning Centre, Libraries, and other supports as may be appropriate:

Writing and Learning Support

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the

writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor's feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries' homepage: www.umanitoba.ca/libraries.

For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.

Student Counselling Centre

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:* <http://umanitoba.ca/student/counselling/index.html>
474 University Centre or S207 Medical Services
(204) 474-8592

Student Support Case Management

Contact the Student Support Case Management team if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.
Student Support Intake Assistant <http://umanitoba.ca/student/case-manager/index.html>
520 University Centre
(204) 474-7423

University Health Service

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.
University Health Service <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus
(204) 474-8411 (Business hours or after hours/urgent calls)

Health and Wellness

Contact our Health and Wellness Educator if you are interested in information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.

Health and Wellness Educator <http://umanitoba.ca/student/health-wellness/welcome.html>
Katie.Kutryk@umanitoba.ca

469 University Centre
(204) 295-9032

Live Well @ UofM

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

<http://umanitoba.ca/student/livewell/index.html>

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The Copyright Office provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

Your rights and responsibilities

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic

integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.

- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate respectful manner. Policies governing behavior include the:

Respectful Work and Learning Environment

http://umanitoba.ca/admin/governance/governing_documents/community/230.html

Student Discipline

http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html and,

Violent or Threatening Behaviour

http://umanitoba.ca/admin/governance/governing_documents/community/669.html

- If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault** policy may be found at:

http://umanitoba.ca/admin/governance/governing_documents/community/230.html

More information and resources can be found by reviewing the Sexual Assault site

<http://umanitoba.ca/student/sexual-assault/>

- For information about rights and responsibilities regarding **Intellectual Property** view the policy http://umanitoba.ca/admin/governance/media/Intellectual_Property_Policy_-_2013_10_01.pdf

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site

<http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

Student Advocacy

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>

520 University Centre

204 474 7423

student_advocacy@umanitoba.ca