Syllabus
Principles of Food Preparation and Preservation HNSc 2160 A01
Labs: HNSC 2160 B01-4
(Fall 2022)
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Course Details

Course Title Principles of Food Preparation and Preservation

Course Number HNSC 2160, A01

Term Fall 2022

Credit Hours 3.0

Pre-requisites: (Undergraduate level 030 120 Minimum Grade of C) or Undergraduate level HNSC 1200 Minimum Grade of C or Undergraduate level HNSC 1210 Minimum Grade of C or (Undergraduate level 030 121 Minimum Grade of C) and Undergraduate level CHEM 1100 Minimum Grade of C or (Undergraduate level CHEM 1101 Minimum Grade of C) or (Undergraduate level CHEM 1300 Minimum Grade of C or Undergraduate level CHEM 1301 Minimum Grade of C)

Class Times & days:
Lectures: M/W/F 10:30 – 11:20 AM

Class location
EITC E2, Room: 350

Lab/tutorial times & days
Labs: B01: Fridays, 2:30- 5: 25 PM
B02: Mondays, 6:00 pm - 8:55
B03: Thursdays, 8:30 am - 11:25 am
B04: Thursdays, 2:30 pm - 5:25 pm

Lab/tutorial location
Labs: 410 Human Ecology Building
Instructor Contact Information

Name
Snehil Dua, PhD.
Please address me as Snehil or Dr. Dua or anything polite.
Pronouns: She/her
Here’s a welcome video. I am looking forward to meeting you in the class.

Email
Snehil.Dua@Umanitoba.ca (the best way to get in touch with me).
In today’s time, it is becoming difficult to maintain a balance between work and personal life. To create this balance, I will promise to respond to your emails between 8:30 am and 5 pm on weekdays. I may respond at other times, but I do not promise to do so.

Office location 408- Human Ecology Building

Office Phone
204.474.6505 (Not the best way to get in touch with me. Do not leave a message at this number. I will not get the message. Email me instead)

Office/Student/Learner Hours
Drop-in office hours on Fridays between 12:30-1:30 PM.

Traditional Territory/Land Acknowledgment

I share the University of Manitoba’s acknowledgement,

The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

I am an immigrant to Canada and am mindful of the fact that the land I have chosen to be my new home is the land of the Indigenous people of Canada. As a naturalized citizen of this beautiful country, I believe that it is my duty to respect the Treaties that were made on these territories.

I am aware of and will continue to learn of the injustices and traumas experienced by the Indigenous peoples, but also the richness and diversity of Indigenous cultures and knowledge, and their resilience. Too much destruction has been brought to this land, and I am committed to doing everything in my power to restore our connection to this land. Personally, I enjoy my meals the most when I have grown some of the ingredients in my garden. I truly believe that if
we grow and cook our food, we are more appreciative of the food, enjoy it more, and tend to waste less. My mantra is, “Grow your own food; if you can’t grow, at least cook your own food; and if not that, then at least look at your food”. We need to build a connection with everything we consume, for our own health and wellbeing.

I am thankful for the clean water supply I often took for granted. Only recently I have learned that the water that I drink and use in Winnipeg that is sourced from Shoal Lake 40 First Nation has caused forced relocation and destress to the original inhabitants of this beautiful land.

In my classroom, I will remain open minded to all ideas and thoughts because such open-mindedness will benefit us all as a society.

Equity And Inclusion Commitment

Fairness and respectfulness are my most important values that I would never compromise on. I assure you that if you feel that I have treated any student unfairly in any way, I would like to know it so that I can reflect and correct. Being a cis-gender female, I will encourage you to bring to my attention anything I do or say that is perceived as my insensitivity to your identity. I honor your identity and will do my best to remove any hurdles in my class that prevent you from expressing yourself freely.

I recognize that we all have travelled different journeys which have shaped our personalities. Some of us have had more privileges than the others. Some of us had to endure more hardships than others. Recognizing this, I have designed this course with care. You will notice that your ideas will carry more weight than how you express those ideas, in my course. Though I want you to develop professional communication skills, but I recognize that we may express ourselves differently owing to our journey thus far. Some of us have had more experience with expressing ourselves succinctly in the English language while other might have more proficiency in other languages. Thus, I have designed the grading rubrics that encourage you to write professionally with clarity but give more weight to your ideas and hard work. Recognizing that you may have different responsibilities in your personal lives, whenever possible, I will give you some flexibility in when you complete the assessments for this course.
Course Description

U of M Course Calendar Description
(Prof required) Food preparation, preservation, handling and storage; quality and safety implications; scientific basis for culinary practice; use and application of equipment.

General Course Description
This course should be of interest to anyone 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 of various components of the food. Safe practices of food preparation and handling, and incorporation of the principles of nutrition are essential parts of this course. A good understanding of nutrition principles and some basic knowledge of food chemistry would be required to complete this course successfully.

Course Learning Outcomes

Upon successful completion of the course, you will be able to
1. describe and demonstrate 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 purchase, storage, preparation and preservation.
4. experiment and interpret the effects of various factors affecting food product quality.
5. effectively evaluate prepared and preserved foods.

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

<table>
<thead>
<tr>
<th>Content Area</th>
<th>Foundational Knowledge</th>
<th>Cognitive Complexity Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>Physical properties and chemical composition of food</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Food preservation, storage and packaging</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>The role of ingredients and their interaction in food preparation</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Food labeling</td>
<td>2</td>
</tr>
<tr>
<td>Food Service Systems</td>
<td>Human resource, financial, technical and equipment needs</td>
<td>2</td>
</tr>
<tr>
<td>Microbiology</td>
<td>Classification of microbes</td>
<td>1</td>
</tr>
</tbody>
</table>
Course Materials

Required Materials
The notes for the course will be available on UMLearn under the contents for this course. I will ensure that the notes for each class are available before the respective lecture. Although the lectures are based on the notes provided, extra information will be provided during the lecture along with videos shown in class to clarify important and complex topics. The extra information is testable and will appear on quizzes and exams. If you must miss a class, please get the notes from your peers to avoid missing important material.

Readings
Please see the schedule below for any required readings.

Even though my lecture will give you all the information needed for the tests, the textbook will be a helpful resource to enrich your learning experience. I will not use Mindtap or the book website for any assessments.

Required Lab Manual: 2022 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. You must bring a printed copy of the manual to the lab.

Supplies
You must wear a lab coat in the lab. Please do not use a lab coat that has been/will be simultaneously used in a chemistry lab. The lab coat must be clean and free of any chemical residues. This is absolutely necessary for safe food production. If you forget to bring an appropriate lab coat once, you may borrow one from the lab. If this happens more than twice, you will be denied an entry to the lab.

Technology
- You must bring a computer and have access to UMLearn to be able to attempt the midterm test and the final exam
- An access to UMLearn will be required to access course material and to complete course assessments.

UM Learn
A demonstration of how to use UMLearn tools is available under contents. Please watch the demo should you need help.
# Course Schedule

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 (https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students).

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Content</th>
<th>Online tasks (lecture related)</th>
<th>All evaluations including lab activities*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 7</td>
<td>Orientation</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Sept 9</td>
<td>Unit 1: Basic food preparation techniques</td>
<td>Read the syllabus Watch welcome video</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
| Week of Sept 12 | Unit 1: Basic food preparation techniques | • Safe cooking temperature  
• Safe defrosting  
Safe food storage  
Lab 1 in the Lab Manual | Quiz 1 due on September 12 by 6:00 PM (2%)  
In-class group activity: Up to 3 bonus marks added to your midterm exam score |
| Week of Sept 19 | Unit 2: Food Safety | Lab 2 in the Lab Manual  | Quiz 2 due on September 19 by 6:00 PM (1%) |
| Week of Sept 26 | Unit 3: Food chemistry (Natural food Pigments) | No Lab this week  
Collaborate with your group to create a charter for the assignment |                                          |
| Week of Oct 3 | Unit 3: Food chemistry (Water, Carbohydrates) | Lab 3 Lab manual  | Quiz 3 due on Oct 3 by 6:00 PM |
| Week of Oct 10 | Oct 10: Thanksgiving Holiday | No class  
Unit 3: Food chemistry (Proteins and lipids) | No lab this week |
|----------------|-------------------------------|-----------------|-----------------|
| Week of Oct 17 | Unit 3: Food chemistry (lipids)  
Unit 4: Food preservation | Lab 4, lab manual | Quiz 4 due on October 17 by 6:00 PM |
| Week of Oct 24 | Unit 4: Food preservation  
Unit 5: Vegetables, fruits | Lab 5, lab manual | Quiz 5 due on October 24 by 6:00 PM |
| Week of Oct 31 | Unit 6 Grains and grain products | Lab 6, lab manual | Quiz 6 due on October 31 by 6:00 PM (1%) |
| Nov 7-11 | No classes | Midterm break | No lab/assessment |
| Week of Nov 14 | Unit 6 Grains and grain products  
Nov 14: Mid term exam | Lab 7, lab manual | Quiz 7 due on Nov 14 by 6:00 PM (1%)  
**Midterm exam:**  
Nov 14 at 10:30 AM  
In class (attendance mandatory, no exceptions)  
Paperless, need a computer to attempt the test.  
*(Please contact your instructor by Oct 31 if you cannot bring a computer to the class)*  
Syllabus: Units 1-5 inclusive  
Format: May contain MCQs, Fill in the blanks, single-sentence-answer questions, and short answer questions (3-5 sentences)  
Points: 40  
Time allowed: 50 minutes.  
Weight: 25%  
**Deferred exam date (upon approval):** November 18 at 12:00 PM, location: TBA |
| Week of Nov 21 | Unit 7A and B (Milk and cheese) | Lab 8, lab manual | Quiz 8 due on Nov 21 by 6:00 PM (1%) |
### November 22
- Last day for Voluntary Withdrawal
- Fee not refunded
- If you stay in the course after this date, you will be awarded a grade for the course. If you VW, it will appear on your transcript.

### Week of Nov 28
- Unit 8 C (Eggs)
- Unit 9: Meat, Poultry, Fish
- Lab 9, lab manual
- Quiz 9 due on Nov 28 by 6:00 PM (1%)
- Assignment Due on Nov 28 by 11:59 PM (10%)
- Hard deadline: Dec 4 (this date supersedes other references to this deadline)

### Week of Dec 5
- Unit 9: Meat, Poultry, Fish
- Unit 10: Legumes
- Unit 11: Non-caloric sweeteners (If time permits)
- Practice kitchen skills learned throughout the lab term
- Lab exam: (10%)
- Hands-on skill test
- Basic kitchen skills and food safety

### Dec 12
- Wrap-up
- Lab conduct marks released (10%)

### Dec 13-23
- Final exam period
- Comprehensive
- TBA on Aurora 35%
- Format: May contain MCQs, Fill in the blanks, single-sentence-answer questions, and short answer questions (3-5 sentences)
- Points: 100
- Time allowed: 120 minutes.
- Weight: 25%
- Paperless, need a computer to attempt the test. (Please contact your instructor by Dec 12 if you cannot bring a computer to the exam)

### Total
- 100%
Summary

Assessment Descriptions

**Lab quizzes (10%)**: Nine quizzes must be completed as per the schedule given above. Each quiz will contain multiple choice questions and True/false questions only. You will be allowed one attempt per quiz. Upon completion of a quiz, you will be able to see the questions you answered incorrectly.

**Lab conduct (10%)**: You must attend all labs (9). Missing one lab = loss of 50% of the lab conduct marks. Missing 2 labs = loss of 100% of the lab marks. Missing three or more labs = F in the course. The TAs will evaluate your lab conduct such as professionalism, food safety, personal safety, work ethics, following instructions, wearing lab coat, hair restraints etc. You will lose a mark every time you fail to follow the protocols.

**Lab exam (10%)**: A schedule for the lab exam will be available on UMLearn by Nov 25. You will be assigned two tasks during the lab exam. You will be evaluated for the completion of the tasks, leaving your work area clean, and for following food safety procedures correctly. The exam for each student will last for about 30 minutes.

**Assignment (10%)**: It is a group assignment.

*Group enrolment*: On Umlearn>Communication>Groups>Assignment groups, you will be able to enrol in a group of your choosing. Please read the instructions provided in the group description on UMLearn before you enrol. Any student who has not enrolled in a group by September 25 will be automatically enrolled in a random group. Group enrolment will start of Monday, Sept 12 at 8:30 am.

As a courtesy to your fellow students, please remain respectful while enrolling in the groups. If a person has already enrolled in a group, please check with them if you can join their group. If not, please choose a different group.
Assignment submission: The assignments must be submitted as a group on UMLearn>Assessments>Assignments>Assignment submission folder. After submission, you may revise your assignment if needed and resubmit before the due date. We will evaluate your most recent submission. Please name the assignment file with each member’s last name and the initial of the first name, and group number. Please use this example to name the file. Group1SDuaTAndersonYLi for group 1, team members Snehil Dua, Taylor Anderson and Yang Li. Email or paper submissions will not be accepted.

Learning outcomes:
Upon successful completion of this assignment, you will be able to

- Demonstrate your ability to work collaboratively.
- Research a food processing/preservation related topic.
- Demonstrate scientific rigor in your research.
- Present important information with clarity in the form of a poster or a pamphlet.
- Write professionally to communicate science to public.

Assignment topics
- Prepare a poster or a pamphlet on any one of the following. The content for the three sets of topics is different. Maximum two groups will be allowed to choose the same topic. First come first serve.

Set A (new technologies in food preservation)
- Food preservation by irradiation
- High Pressure food preservation
- Lyophilization (can students use the lab freeze dryer)
- Pulsed electric field treatment
- Nanotechnology
- Chemical preservatives

Set B (Home preservation, using lab products as examples)
- Canning
- Pickling
- Conventional dehydration
- Preservation of fruit by making a Jam

Set C (Comparing preservation methods)
- Compare the nutritional quality and shelf-life of a vegetable (such as green peas) that is fresh, frozen, canned or dehydrated.
- Compare fresh meat packaged in vacuum package, gas-flushed package, and conventional package
3. Compare freeze dried apple slices, conventionally dehydrated apple slices, and fresh apple slices.
4. Compare jam, low sugar jam, and fresh fruit (choose any fruit)

I am willing to consider a different topic if you propose it to me ahead of time.

Assignment structure

Must include information that is scientifically sound and will be of use to public.

Title: The poster title should be informative, short, attractive, and truthful.

Authors’ names: You must provide your names as authors (APA format)

Content: According to the topic chosen

Set A topics: Must include the scientific principles of preservation for the technique/method you are writing about. Must write about the advantages and disadvantages of the technology. Must write about the application of the technology in specific types of food. Must write about the impact of processing by the particular technology on the nutrition value of the food.

Set B: Must include the scientific principles of preservation for the technique/method you are writing about. Must write about the advantages and disadvantages of the method of preservation. You must use at least one picture from the product made in the lab. You must write about the impact of processing by the technology on the nutrition value of the food.

Set C: The comparison must include the pros and cons of each product, the principles of preservation where applicable, the shelf-life of the products (Perishable, semi-perishable and imperishable), and the storage of the products.

References: No in-text citation but a list of references must be provided.

Guidelines

- Use relevant headings of the sections
- Put the section in a sequence such that there is good flow
- Use only relevant graphics
- Don’t make the publication too wordy
- Don’t use too many colors and font sizes.
- Font type should be consistent
- The poster/presentation should look organized and appealing
- Include name(s) of the creators
- Citation (bibliography included)
- Please ensure that there are no typos, spelling errors etc.
- Please use only scientifically accurate information. It is expected that you use credible sources of information.
• Please work as a team. In your life and careers, you will be expected to work as a team. You must demonstrate that you can be a good team member. It is an important soft skill.
• Please be aware that your posters/pamphlets may be displayed on the department display board in Human Ecology Building.

*The assignment rubric(s) will be available on UMLearn.*

**Midterm test (25%)**: The midterm test will be paperless. You must be present in the class to attempt the test. If you attempt the test but were absent in the class, it will be reported as an incident of academic dishonesty. If you are unable to bring a computer to the class, you must inform me (your instructor) by Oct 31 so that I can make alternative arrangements for you. Please see the course schedule above for the exam date, syllabus, and format.

**Final exam (35%)**: The final exam will be paperless. You must be present in the examination room to attempt the test. If you attempt the test but were absent in the examination room, it will be reported as an incident of academic dishonesty. If you are unable to bring a computer to the exam room, you must inform me (your instructor) by Dec 12 so that I can make alternative arrangements for you. The syllabus and format are given in the course schedule above. Final exam will be scheduled by the Registrar’s office. They will release the schedule on Aurora later in the term. Please do not make requests to me asking to schedule your exam at a different date/time. I do not have authority to do so.

**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 **midterm test** will be graded within 7 days of the test. If you wish to review your exam, please drop in during my office hours no later than 15 after you receive your marks for the test. Online feedback will not be available.
The **assignments** will be graded by the TAs. You should expect the feedback on UMLearn in about one week after the hard deadline.

**Labs/Tutorials**

**Expectations**

You must attend all nine labs. Missing one lab will results in a loss of 50% marks of the lab conduct. Missing two labs will result in 100% marks of the lab conduct marks.

**If you are sick** on the day of your lab, you will have the opportunity to do a virtual lab for maximum up to two labs.

**Missing three or more in-person labs will result in F grade in the course.**

**grade in the course.**

You are required to wear a clean, white laboratory coat or uniform and suitable non-slip shoes in the lab. Hair coverings are mandatory and will be provided by the lab instructor during the first lab section. You must bring the hairnet to every lab session. If you forget to bring it, you may get a new one for $1.00. No cellphones, electronic devices, jewellery, watches, gum, food or drinks will be allowed to be brought into the lab. Hands must be washed thoroughly before beginning any food preparation (no nail polish, gel or acrylic nails are allowed).
Following these guidelines or other guidelines provided by the lab TA, or arriving in time for the lab, and attending and participating in all the labs will help you get the 10% “lab conduct” marks.

### Lab Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Lab Content &amp; Teaching Strategies</th>
<th>Required Readings or Pre-Class Preparations</th>
<th>Type of Assessment</th>
<th>Due Date</th>
<th>Value of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week of Sept 12</td>
<td>Lab 1 (Food preparation Techniques and safety)</td>
<td>Manual Lab 1 and • <a href="#">Safe cooking temperature</a> • <a href="#">Safe defrosting</a> • <a href="#">Safe food storage</a></td>
<td>Quiz 1</td>
<td>due on September 12 by 6:00 PM</td>
<td>(2%)</td>
</tr>
<tr>
<td>Week of Sept 19</td>
<td>Lab 2 (Dehydration)</td>
<td>Manual Lab 2</td>
<td>Quiz 2</td>
<td>due on September 19 by 6:00 PM</td>
<td>(1%)</td>
</tr>
<tr>
<td>Week of October 3</td>
<td>Lab 3 (Pickling)</td>
<td>Manual Lab 3</td>
<td>Quiz 3</td>
<td>due on Oct 3 by 6:00 PM</td>
<td>(1%)</td>
</tr>
<tr>
<td>Week of Oct 17</td>
<td>Lab 4 (Canning)</td>
<td>Manual Lab 4</td>
<td>Quiz 4</td>
<td>due on October 17 by 6:00 PM</td>
<td>(1%)</td>
</tr>
<tr>
<td>Week of Oct 24</td>
<td>Lab 5 (Starch)</td>
<td>Manual Lab 5</td>
<td>Quiz 5</td>
<td>due on October 24 by 6:00 PM</td>
<td>(1%)</td>
</tr>
<tr>
<td>Week of Oct 31</td>
<td>Lab 6 (Bread)</td>
<td>Manual Lab 6</td>
<td>Quiz 6</td>
<td>due on October 31 by 6:00 PM</td>
<td>(1%)</td>
</tr>
<tr>
<td>Week of Nov 14</td>
<td>Lab 7 (Egg and milk)</td>
<td>Manual Lab 7</td>
<td>Quiz 7</td>
<td>due on Nov 14 by 6:00 PM</td>
<td>(1%)</td>
</tr>
<tr>
<td>Week of Nov 21</td>
<td>Lab 8 (Meat, fish, poultry and legumes)</td>
<td>Manual Lab 9</td>
<td>Quiz 8</td>
<td>due on Nov 21 by 6:00 PM</td>
<td>(1%)</td>
</tr>
<tr>
<td>Week of Nov 28</td>
<td>Lab 9 (Cakes and cookies)</td>
<td>Quiz 9</td>
<td></td>
<td>due on Nov 28 by 6:00 PM</td>
<td>(1%)</td>
</tr>
<tr>
<td>Week of Dec 5</td>
<td>Lab exam</td>
<td>Basic kitchen skills and food safety practice</td>
<td>Lab exam</td>
<td>During your scheduled lab time.</td>
<td>(10%)</td>
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## Grading

Indicate your grading scale. You may also want to include statements regarding the following: Please do not request me to give you opportunities for extra credits.

I will follow the following grade scheme. For example, if you score 79.96, your score will be rounded up to 80. If you score 79.6, your score will not be rounded up to 80.

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percentage out of 100</th>
<th>Final Grade Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100</td>
<td>4.5</td>
</tr>
<tr>
<td>A</td>
<td>80-89.9</td>
<td>4.0</td>
</tr>
<tr>
<td>B+</td>
<td>76-79.9</td>
<td>3.5</td>
</tr>
<tr>
<td>B</td>
<td>70-74.9</td>
<td>3.0</td>
</tr>
<tr>
<td>C+</td>
<td>65-69.9</td>
<td>2.5</td>
</tr>
<tr>
<td>C</td>
<td>60-64.9</td>
<td>2.0</td>
</tr>
<tr>
<td>D</td>
<td>50-59.9</td>
<td>1.0</td>
</tr>
<tr>
<td>F</td>
<td>Less than 50</td>
<td>0</td>
</tr>
</tbody>
</table>

## Expectations

Please refer to the [Respectful Work and Learning Environment Policy](https://bit.ly/3aMl7nE) of our university.

- I expect you to take notes in the class. The slides provide only the main points for each lecture. Additional information will be provided during the lecture. Please add such information to your slides.
- In the class, please pay attention to the lecture and ask me to repeat/clarify anything that is not clear. Please avoid asking your classmates to clarify during a lecture.
- If you have questions during the class, please ensure that those questions are directly related to what is being discussed at that time.
- Please ask questions related to assignments/tests/labs etc. either at the start of the class or at the end. Refrain from asking about these during a lecture.
- I expect that you join the class in time and not leave until the class is over. If you must arrive late or leave early, please do so without disturbing others.
- Where group work is assigned, I expect that you work as a team, with each member contributing equitably. Being able to work collaboratively is an important skill. In this course you will get opportunities to develop this skill.
• Please be respectful to one another. It is acceptable to disagree with one another, but it is unacceptable to be disrespectful.
• In the lab, all members of a group must participate fully. Some of you might have more experience in cooking while others might be hesitant. The lab time is an opportunity for all students to learn. Do your best to follow the instructions but don’t fear making mistakes.
• Please be safe. When in doubt, ask your TA.

Course Policies

Academic Integrity

• The University of Manitoba’s policy for academic integrity is located within the Student Discipline Bylaw and Student Academic Misconduct Procedure. Please refer to the policy and procedures as listed in the UM Policies section below.
• You are expected to compete your coursework and programs of study with integrity by making a commitment to the six fundamental values of honesty, trust, fairness, respect, responsibility, and courage.
• If a test/assignment is individually assigned, you must not work collaboratively.
• Academic integrity looks like referencing the work of others that you have used and completing your assignments independently unless otherwise specified. **Copying and pasting from other sources will be considered plagiarism.** Please paraphrase and provide references. Be very judicious in the use of quotations. Quotations are used only when something has been written very artistically or technically such that paraphrasing it may lead to the loss of its meaning. Another reason to use quotations would be when you are stating something an author has said but you don’t quite agree with the statement. Or when you want your point of view to be validated by an authority, you may use quotations. In all other cases, paraphrase.
• Group members must ensure that a group project adheres to the principles of academic integrity. This means that all students are required to check that all sourced material has been cited and referenced.
• Do not share course materials (e.g., notes, exam questions, assignment instructions, article) that have been created by the instructor or were authored by another person. Unpermitted sharing of such materials with your peers or with note-sharing companies, such as One Class, Course Hero, or Chegg (or other similar websites), is a violation of Copyright Law.
• Do not submit lab reports or other types of assignments already graded in another course.
• Plagiarism, duplicate submission, cheating on quizzes, tests, and exams, inappropriate collaboration, academic fraud, and personation are violations of the Student Discipline Bylaw and will lead to the serious disciplinary action. Visit the Academic Calendar, Student Advocacy, and Academic Integrity web pages for more information and support.

• Indoors on the University of Manitoba campuses, you must wear either a KN95 or 2-ply or 3-ply mask. Fabric masks are not sufficient.
• You must not eat in the classroom or the lab.
• If you test positive for Covid-19, please do not come to the University.
• Your instructor and TAs will teach remotely via Cisco WebEx in they test positive but are feeling well enough to teach. If they are unable to, they my find a substitute to teach. If a substitute can not be found, we may assign online activities for you to complete to make up for the class/lab.

Assignment Extension and Late Submission Policy
Weekly lab quizzes: The quizzes will remain open until Dec 12, 11:55 PM. The due dates are provided in the lab schedule. You will be able to complete a quiz late, i.e. after the due date but before December 12, 11:55 PM. If you complete more than two quizzes late, your total lab quiz score of 10% will be penalized with a 10% penalty. This penalty will be applied during the time of final grade submission.
Midterm test: Please complete the self-declaration form provided on UMLearn and submit it on UMLearn>Assignments> self declaration form with 48 hours of the scheduled date for the test. Your exam will be re-scheduled as per the schedule above.
Assignment: Please complete the self-declaration form provided on UMLearn and submit it on UMLearn>Assignments> self declaration form with 48 hours of the scheduled date. Upon considering your request, I may grant an extension to your group.
Final Exam: Please be aware that the final exam is scheduled by the Registrar’s office (RO). You instructors DO NOT have the authority to take any student’s exam at a different date/time. If you are unable to write the final exam as scheduled by the RO, you must submit a formal request for deferral to your home faculty. If your request is granted, the exam will be re-scheduled by FHNS department sometime in January 2023.

Accessibility
The University of Manitoba is committed to providing an accessible academic community. Students Accessibility Services (SAS) (https://umanitoba.ca/student-supports/accessibility) 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.
520 University Centre
(204) 474-7423
Student_accessibility@umanitoba.ca

Attendance
I will strongly advise that you attend all classes, but I do recognize that circumstances may arise due to which you may have to miss a class. When you attend a class, you will have the opportunity to take notes, and get clarifications. If you must miss a class, please request your classmates to help you complete your notes. After studying the notes of a missed lecture, if something is unclear, please visit me during my office hours to seek clarifications. Please do not
expect me to repeat the entire lecture for you. You must first study the notes yourself before you seek clarifications.

**Recording Class Lectures**
My notes and lectures are my copyright material. No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission from me (Snehil Du). Course materials (both paper and digital) are for your private study and research.

**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.
When you email me, please indicate the course number in your email. I teach multiple courses and will not be able to respond to your email if you do not mention the course number.
Please check the syllabus and UMLearn announcements to see if your question has been answered there. If not, please email me. I will try my best to respond within 24h on weekdays.

**Referencing Style**
Please use APA format wherever applicable.

**Technology Use**
It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical, and legal manner.
In my class, you may use computers, tablets etc. for note taking. Please use technology only for course related activities during the class.
You must bring a computer a tablet to attempt your tests and exams. You will not be allowed to attempt tests on cellphones.

**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 (e.g., Course Hero, Chegg, etc.), unless an exception to the Copyright Act applies or written permission has been confirmed. For more information, see the University’s Copyright Office website (http://umanitoba.ca/copyright/) or contact um_copyright@umanitoba.ca.
UM Policies


UM Learner Supports