The Science of Cooking
Syllabus
FDSCTE 1200 Spring 2023

Course Information

- **Course times and location:**
  - Weekly lecture content equivalent to 2 hours of lecture will be delivered online via the CarmenCanvas site for the course.
  - Weekly 1-hour in-person laboratory sessions – Room, Day, and Time to be determined. Students will receive instructions/details/demonstrations of what they will be doing in the Instructional Kitchen (IK) lab, and will share data from their most recent exercises.
  - Weekly IK laboratory exercises that will require approximately 3 hours of time. Labs take place in the Instructional Kitchen space in the Ohio Union.

- **Credit hours:** 4 credit hours
- **Mode of delivery:** Hybrid

Instructor

- **Name:** Louise A. Campbell, Ph.D.
- **Email:** Campbell.2127@osu.edu
- **Phone Number:** No office phone! Please use the course email to contact me or leave a message for me at the FST main office at 614-292-6281.
- **Office location:** 264C Howlett Hall
- **Office hours:** immediately after class, by appointment in person, or by video conference
- **Preferred means of communication:**
  - My preferred method of communication for questions is the CarmenCanvas email communication tool. If you are not yet enrolled in the class and/or do not have access to the CarmenCanvas email communication tool, please reach out to me via email at campbell.2127@osu.edu.
My class-wide communications will be posted on the Home Page and sent through the Announcements tool in CarmenCanvas. Please check your notification preferences (go.osu.edu/canvas-notifications) to be sure you receive these messages.

Course Prerequisites
None

Course Description
This course covers the scientific method, sanitation and hygiene, safety in the kitchen and laboratory, weights and measurements, cooking methods, tasting and evaluation, food components, correlations to industrial food processing and preservation, and events, laws, and very important persons in the development of food science and technology as a discipline.

Topics
Topics for this course include:

- The scientific method; credible sources of information
- Sanitation, hygiene, and safety
- Measurements; Data collection and organization
- Sensory and consumer science
- Nutrition basics; government agencies and programs; food laws; food packages
- Properties of water; heat transfer, heating and cooling
- Food components: water, carbohydrates, fats, protein
- Meat, poultry, fish; nonmeat protein sources
- Baking; cereals, rice, pasta
- Milk and milk products; fermentation
- Fruits and vegetables
- Beverages
- Flavors, seasonings, spices, herbs
- Industrial food processing, unit operations
- Food preservation

Course Goals
Through the course topics and the learning activities of this course, students will:

A. Understand the meaning and importance of using the Scientific Method

B. Understand the scientific principles of food preparation in the kitchen

C. Understand historical aspects of food processing and technology and their connection to the scope of food laws and regulations
Course Learning Outcomes

By the end of this course, students should successfully be able to:

A1 Use the Scientific Method appropriately (make observation; formulate hypothesis; conduct experiment to test hypothesis; collect and analyze data; draw conclusion)
A2 Demonstrate accurate and appropriate methods of data collection, analysis, and presentation
A3 Draw appropriate conclusions based on data analysis
A4 Apply the Scientific Method to evaluation of food products
B5 Understand the properties of food ingredients and their interactions in food preparation
B6 Understand different cooking methods
B7 Recognize similarities between preparation of food in the home and in the factory
C8 Identify key discoveries/developments/figures (people) in food processing and technology
C9 Identify laws and regulations that concern food processing and food ingredients

General Education Expected Learning Outcomes

As part of the Natural Science category of the General Education curriculum, this course is designed to prepare students to be able to do the following:

1. Engage in theoretical and empirical study within the natural sciences, while gaining an appreciation of the modern principles, theories, methods, and modes of inquiry used generally across the natural sciences.

2. Discern the relationship between the theoretical and applied sciences, while appreciating the implications of scientific discoveries and the potential impacts of science and technology.

The GE Learning Objectives that will be assessed in this course include:

1.1 Explain basic facts, principles, theories and methods of modern natural sciences; describe and analyze the process of scientific inquiry.

1.2 Identify how key events in the development of science contribute to the ongoing and changing nature of scientific knowledge and methods.

1.3 Employ the processes of science through exploration, discovery, and collaboration to interact directly with the natural world when feasible, using appropriate tools, models, and analysis of data.

2.1 Analyze the inter-dependence and potential impacts of scientific and technological developments.

2.2 Evaluate social and ethical implications of natural scientific discoveries.

2.3 Critically evaluate and responsibly use information from the natural sciences.
Through this course, students will fulfill these learning outcomes by:

- Examining how the natural sciences apply to food.
- Using the Scientific Method appropriately when participating in laboratory activities.
- Understanding the properties of food components and their interaction in food preparation, including effects of cooking methods on those components.
- Recognizing similarities between preparation of food in the home and in the factory.
- Identifying key discoveries and developments in food processing and technology.
- Identifying laws and regulations that concern food processing and food ingredients.
How This Course Works

Mode of delivery: This course is hybrid. Lecture will be online; one weekly laboratory session (required attendance) will be in person; room, day, and time to be determined; one weekly IK laboratory session (required attendance) will be in person; held in the Instructional Kitchen in the Union, day(s), and time(s) to be determined.

Pace of activities: This course is made up of two components: lecture and lab. Lecture content will be delivered online in the CarmenCanvas course modules. Lab will consist of two parts, one weekly in-person lab session and one weekly IK laboratory session.

Students will work in groups for each of the IK lab exercises over the course of the semester. Instructions on how to carry out IK lab exercises will be provided in the modules and there will be opportunities for discussion and Q&A during the in-person lab sessions. It is the student’s responsibility to be prepared for each lab.

Many in-person lab sessions will require preparation of a worksheet in advance, data collection during the IK lab exercises, and summarization of results. Results of the IK lab exercises will be shared and discussed in the in-person lab sessions. Lab worksheets must be submitted by 11:59 pm on the day before the in-person lab sessions. Failure to submit on time may mean that you are not admitted to the in-person lab session and you may not be eligible to complete the assignment associated with the upcoming IK lab exercise.

Credit hours and work expectations: FDSCTE 1200 is a 4-credit-hour course. University policy states that “Every 1 credit hour assigned to the class equates to total of 3 hours of work per week for a “C” grade (1 hour of instruction and 2 additional study hours per week). Therefore a 4-credit-hour course during a 16-week term should have 4 hours of instruction and 8 hours of homework/study time per week, for the student to earn a C grade.” (https://aaas.osu.edu/faculty-resources/teaching-resources-and-policies/credit-hours-and-class-instruction-time)

Attendance and participation requirements: Research shows regular participation is one of the highest predictors of success. With that in mind, I have the following expectations for everyone’s participation:

- **Weekly in-person laboratory sessions:** Because this is a hybrid (in-person and distance-education course) your attendance is based on your online activity and your in-person and IK lab participation. **Attendance and participation in the in-person and IK lab sessions is mandatory.** It is essential that you come prepared to the in-person lab sessions, where you will have an opportunity to ask questions about IK lab assignments, about specific procedures, to review lab worksheets, to evaluate products made by yourself and your classmates from the IK lab, and to ask questions about the online course material. You are expected to attend in-person lab sessions, pay attention, and ask questions on any material or instructions that need clarification. We may be evaluating samples in class, or you may be reporting on attributes of samples from your own IK lab work. You will need to have your device with you, and are welcome to refer to your evaluation comments during the discussions.
• If you are not able to attend your registered in-person lab session in the case of illness or emergency, you will need to make arrangements with the instructor as to how you will make up that session’s activities. Contact the instructor as soon as possible, and accommodations may be made at the discretion of the instructor.

• **Logging in: AT LEAST TWICE PER WEEK**
  You are expected to log in to the course in CarmenCanvas every week. During most weeks you will probably log in multiple times. If you have a situation that might cause you to miss a week or more of class, please discuss it with the instructor as soon as possible.

• **Office hours:** If you would like to discuss an assignment, or feel that you need to talk in person rather than by email, please contact me initially by email so that we can schedule a time to meet on campus or by Zoom.

• **Tasting and evaluating foods** is an essential part of the laboratory experience in this course, and may be conducted or discussed in the in-person and the IK labs. Tasting does not mean consuming. You will be trained as to how to perform the evaluations in a consistent and professional manner. *If you have an allergy, cultural/religious restrictions (i.e., Kosher, Halal), dietary concerns (i.e., vegetarian, vegan), or other situation that prevents you from safely participating in product tasting, please contact the instructor regarding an alternate activity.*

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**Course Materials, Fees, and Technologies**

**Required Materials**

• All course text materials, or instructions on how to access them, will be provided on CarmenCanvas.

• This course does not have a required text. The lecture material and laboratory instructions for each module will be posted on CarmenCanvas in either Page or PDF format.

**Recommended/Optional Material**


Required Equipment

- **Computer:** current Mac (MacOS) or PC (Windows 10) with high-speed internet connection.
- **Webcam:** built-in or external webcam, fully installed and tested
- **Microphone:** built-in laptop or tablet mic or external microphone
- **Other:** a mobile device (smartphone or tablet) to use for BuckeyePass authentication

If you do not have access to the technology you need to succeed in this class, review options for technology and internet access (go.osu.edu/student-tech-access).

Required Software

**Microsoft Office 365:** All Ohio State students are now eligible for free Microsoft Office 365. Visit the installing Office 365 (go.osu.edu/office365help) help article for full instructions.

CarmenCanvas Access

You will need to use BuckeyePass (buckeyepass.osu.edu) multi-factor authentication to access your courses in Carmen. To ensure that you are able to connect to Carmen at all times, it is recommended that you do each of the following:

- Register multiple devices in case something happens to your primary device. Visit the BuckeyePass - Adding a Device (go.osu.edu/add-device) help article for step-by-step instructions.
- Request passcodes to keep as a backup authentication option. When you see the Duo login screen on your computer, click Enter a Passcode and then click the Text me new codes button that appears. This will text you ten passcodes, good for 365 days, that can each be used once.
- Install the Duo Mobile application (go.osu.edu/install-duo) on all of your registered devices for the ability to generate one-time codes in the event that you lose cell, data, or Wi-Fi service.

If none of these options will meet the needs of your situation, you can contact the IT Service Desk at 614-688-4357 (HELP) and IT support staff will work out a solution with you.

Technology Skills Needed for This Course

- Zoom, text, audio, and video chat (go.osu.edu/zoom-meetings)
- Ability to take and to insert digital photos into a document
- Use Microsoft Word, Excel, and Power Point effectively
- Recording, editing, and uploading video may be required in certain circumstances
Technology Support
For help with your password, university email, CarmenCanvas, or any other technology issues, questions or requests, contact the IT Service Desk, which offers 24-hour support, seven days a week.

- **Self Service and Chat:** [go.osu.edu/it](http://go.osu.edu/it)
- **Phone:** 614-688-4357 (HELP)
- **Email:** servicedesk@osu.edu

Grading and Faculty Response

How Your Grade is Calculated

<table>
<thead>
<tr>
<th>Assignment or Category</th>
<th>% of total</th>
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</thead>
<tbody>
<tr>
<td>Numbered Assignments</td>
<td>10</td>
</tr>
<tr>
<td>Lab Worksheets and Lab Reports</td>
<td>30</td>
</tr>
<tr>
<td>Unit Quizzes</td>
<td>30</td>
</tr>
<tr>
<td>Project Report</td>
<td>15</td>
</tr>
<tr>
<td>Project Presentation</td>
<td>15</td>
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<td></td>
<td>100</td>
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</tbody>
</table>

See [Course Schedule](#) for due dates.

Descriptions of Major Course Assignments

**Numbered Assignments**
Numbered assignments will include creating a Word document, a Power Point slide presentation, and an Excel spreadsheet to demonstrate ability to utilize these tools, which will be used in other components of the course.

**Academic integrity and collaboration:** All assignments completed in this course must be completed solely by the student and be their own, original work.

**Lab Worksheets and Lab Reports**
Lab worksheets and lab reports will typically be due at 11:59 pm on the day before in-person lab. Failure to submit on time may mean that you are not admitted to the in-person lab session and you may not be eligible to complete the assignment associated with the upcoming IK lab.

Reports will be due according to published dates.

**Academic integrity and collaboration:** You must complete the lab worksheets and lab reports yourself, without any external help or communication. If you are working with others in generating data for a lab exercise, team members must be identified, and the recorded data must be the same for each team member. The remainder of the lab report must be completed by each individual.

**Unit Quizzes**
Unit quizzes will assess knowledge and comprehension of lecture material. Quizzes are timed. You may be using Proctorio for taking these quizzes. See page 10 of the syllabus for more information on Proctorio.

Quizzes may be supplemented by other assignments, such as creating an infographic on a historical figure of importance in food and cooking.

**Academic integrity and collaboration:** You must complete the quizzes yourself, without any external help or communication. Tutor assistance or assistance by others (including verbal and written communication) is not permitted to complete quizzes. However, you may refer to your notes and course materials while taking the online quizzes. No outside assistance in the form of electronics (including the Apple watch), notes, or verbal or written communication with others is permitted during a quiz.

**Project Report and Presentation**
There will be one partner project associated with the in-person lab sessions. The project will require both a written report and a presentation to the class. Both partners are expected to contribute to the report and both must participate in the presentation. Group projects can be stressful for students when it comes to dividing work, taking credit, and receiving grades and feedback. I have attempted to make the guidelines found in the CarmenCanvas site for this course for group work as clear as possible for this project, but please let me know if you have any questions.

**Academic integrity and collaboration:** All project work in this course, must be completed solely by the members of each group and be the original work of those students.

**Late Assignments**
Access to Carmen Assignments, Quizzes, and Lab Worksheets will generally be available for approximately one week before they are due. Some assignments may have even longer lead times. All work must be submitted through CarmenCanvas. Assignment submission pages are typically closed at 11:59 pm on the due date, so that late submissions are not possible. Note the due dates, plan ahead to avoid connectivity issues, and allow adequate time to
complete each item. Computer and submission issues (because of trying to submit an hour or two prior to the deadline when the traffic is high) are not valid excuses for missing a submission on time. Unless there is an unforeseen catastrophe with the system that originates within the University or unless I specifically request it, I will not accept any work through email. **It is your responsibility to make sure your assignment is submitted properly and on time.** Please refer to the Assignments tab in Carmen for due dates.

Extensions on due dates may be granted for **valid and documented** reasons, such as a medical emergency or death in the immediate family. Students should contact the instructor via the CarmenCanvas course Inbox within 24 hours of the deadline. It will save us both time if you attach your documentation to your request. In the case of extended illness or injury, accommodations will be made at the discretion of the instructor. **Poor planning and computer problems do NOT qualify as emergencies.** If students have ongoing issues with wireless connections, contact the Help Desk at 614-688-HELP.

Because of its online components, this course is highly dependent on technology. You are responsible for your own tech, which includes your device(s) and your connection.

**Instructor Feedback and Response Time**

I am providing the following list to give you an idea of my intended availability throughout the course. Remember that you can call 614-688-HELP at any time if you have a technical problem.

- **Preferred contact method:** Once you are enrolled in the course, please use the CarmenCanvas email communication tool to be sure that your email receives priority. I will make every attempt to reply to e-mails within 36–48 hours on school days. If you do not receive a reply within 3 school days, please re-send your email – I'm human, and it is possible that an email will be overlooked. I am generally not online weekends/holidays.
- **When sending email,** please be as clear and concise as possible. Here is a timesaving tip: Before emailing, please make sure the answer to your question isn’t already in the Syllabus, Course Guide, Assignment instructions, or on a Discussion Board.

**Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>93–100: A</td>
<td>73–76.9: C</td>
</tr>
<tr>
<td>90–92.9: A-</td>
<td>70–72.9: C-</td>
</tr>
<tr>
<td>87–89.9: B+</td>
<td>67–69.9: D+</td>
</tr>
<tr>
<td>83–86.9: B</td>
<td>60–66.9: D</td>
</tr>
<tr>
<td>80–82.9: B-</td>
<td>Below 60: E</td>
</tr>
<tr>
<td>77–79.9: C+</td>
<td></td>
</tr>
</tbody>
</table>
Other Course Policies

Discussion and Communication Guidelines
The following are my expectations for how we should communicate as a class. Above all, please remember to be respectful and thoughtful.

Proctorio
Proctorio, an online proctoring tool, may be used during this course. Proctorio offers you flexibility to take your tests at the time and in the location of your choosing. Students are required to have a webcam (USB or internal) with a microphone and a strong and stable internet connection. During the course of an exam, Proctorio will record the testing environment, therefore students should select private spaces for the exam session where disruptions are unlikely and where recording devices can be enabled. Instructions for installing Proctorio use will be provided. To use Proctorio you must be over 18 years of age. (Please contact the Instructor if under 18.) Additionally, the tool has limitations in its accessibility for students reliant upon screen readers and keyboard navigation. Additional information on academic integrity at Ohio State and recommended proctoring options is available.

Students will be given the opportunity and encouraged to take a sample practice quiz with Proctorio before an examination for credit is deployed. This will ensure that the entire class, including those with accessibility concerns, will be ready to use Proctorio or have an alternative in place.

E-Mail Etiquette
Professional relationships should be maintained when using e-mail for a class. Below are guidelines from Bloomsbury’s guide on email etiquette that you should follow when drafting your e-mail. I will not respond to e-mails that I consider inappropriate. I will respond to appropriate emails in a timely manner. If you require an immediate response, consider visiting with me in person.

As I teach more than one class, and there are multiple sections of this class, it will speed my response time if you indicate right up front (subject line) that you are in FDSCTE 1200 or mention The Science of Cooking, and mention which section (day, time) that you are in.

DO
• Include a descriptive statement in the subject line.
• Use proper salutations when beginning an e-mail.
• Be concise in the body of the e-mail, use complete sentences and proper grammar.
• Use an appropriate closure at the end of each e-mail followed by your first and last name.
• If replying to an e-mail, reference the original e-mail and its content.
• Be selective of your choice of words. Emotions are difficult to convey in text and without the benefit of facial expressions your sentiment can be lost in the words you choose to write.

DON’T
• Use all capital letters; this conveys a tone of ANGER.
• Use e-mail as a format to criticize other individuals.
• Ask for your grade via e-mail. Grades will not be discussed by e-mail. If you need to discuss a graded item make an appointment to do so in my office or by Zoom.
• E-mail to inquire when grades will be posted. We will work toward submitting grades promptly, however, recognize that grading assignments and exams requires considerable time to ensure uniformity and fairness.
• Send an e-mail out of frustration or anger. Learn to save the e-mail as a draft and review at a later time when emotions are not directing the content.

Written assignments: Your written assignments must be your own original work. In formal assignments, you should follow APA style to cite the ideas and words of your research sources. You are encouraged to ask a trusted person to proofread your assignments before you turn them in—but no one else should revise or rewrite your work.

Reusing past work: In general, you are prohibited in university courses from turning in work from a past class to your current class, even if you modify it. If you want to build on past research or revisit a topic you’ve explored in previous courses, please discuss the situation with me.

Falsifying research or results: All research you will conduct in this course is intended to be a learning experience. You should never feel tempted to make your results or your library research look more successful than it was.

Collaboration and informal peer review: The course includes many opportunities for informal collaboration with your classmates. While study groups and peer review of major written projects is encouraged, remember that comparing answers on a quiz or assignment is not permitted. If you’re unsure about a particular situation, please feel free to ask ahead of time.

Academic Integrity Policy
See Descriptions of Major Course Assignments for specific guidelines about collaboration and academic integrity in the context of this online class.

Ohio State’s Academic Integrity Policy
Academic integrity is essential to maintaining an environment that fosters excellence in teaching, research, and other educational and scholarly activities. Thus, The Ohio State University and the Committee on Academic Misconduct (COAM) expect that all students have read and understand the university’s Code of Student Conduct (studentconduct.osu.edu), and that all students will complete all academic and scholarly assignments with fairness and
honesty. Students must recognize that failure to follow the rules and guidelines established in the university’s Code of Student Conduct and this syllabus may constitute Academic Misconduct.

The Ohio State University’s Code of Student Conduct (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the university or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the university’s Code of Student Conduct is never considered an excuse for academic misconduct, so I recommend that you review the Code of Student Conduct and, specifically, the sections dealing with academic misconduct.

If I suspect that a student has committed academic misconduct in this course, I am obligated by university rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that you have violated the university’s Code of Student Conduct (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the university.

If you have any questions about the above policy or what constitutes academic misconduct in this course, please contact me.

Other sources of information on academic misconduct (integrity) to which you can refer include:

- Committee on Academic Misconduct (go.osu.edu/coam)
- Ten Suggestions for Preserving Academic Integrity (go.osu.edu/ten-suggestions)
- Eight Cardinal Rules of Academic Integrity (go.osu.edu/cardinal-rules)

Copyright for Instructional Materials
The materials used in connection with this course may be subject to copyright protection and are only for the use of students officially enrolled in the course for the educational purposes associated with the course. Copyright law must be considered before copying, retaining, or disseminating materials outside of the course. Intellectual Property (covered by copyright) includes Course materials (Text, Audio, Video, Multimedia, Sims, Apps, etc.) and student-generated materials.

Your Mental Health
As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. The Ohio State University offers services to assist you with addressing these and
other concerns you may be experiencing. If you or someone you know are suffering from any of the aforementioned conditions, you can learn more about the broad range of confidential mental health services available on campus via the Office of Student Life Counseling and Consultation Services (CCS) by visiting ccs.osu.edu or calling (614) 292-5766. CCS is located on the 4th Floor of the Younkin Success Center and 10th Floor of Lincoln Tower. You can reach an on-call counselor when CCS is closed at (614) 292-5766 and 24 hour emergency help is also available through the 24/7 National Suicide Prevention Hotline at 1-(800)-273-TALK or at suicidepreventionlifeline.org

Creating an Environment Free from Harassment, Discrimination, and Sexual Misconduct

The Ohio State University is committed to building and maintaining a community to reflect diversity and to improve opportunities for all. All Buckeyes have the right to be free from harassment, discrimination, and sexual misconduct. Ohio State does not discriminate on the basis of age, ancestry, color, disability, ethnicity, gender, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, pregnancy (childbirth, false pregnancy, termination of pregnancy, or recovery therefrom), race, religion, sex, sexual orientation, or protected veteran status, or any other bases under the law, in its activities, academic programs, admission, and employment. Members of the university community also have the right to be free from all forms of sexual misconduct: sexual harassment, sexual assault, relationship violence, stalking, and sexual exploitation.

To report harassment, discrimination, sexual misconduct, or retaliation and/or seek confidential and non-confidential resources and supportive measures, contact the Office of Institutional Equity:
1. Online reporting form at equity.osu.edu,
2. Call 614-247-5838 or TTY 614-688-8605,
3. Or Email equity@osu.edu

The university is committed to stopping sexual misconduct, preventing its recurrence, eliminating any hostile environment, and remedying its discriminatory effects. All university employees have reporting responsibilities to the Office of Institutional Equity to ensure the university can take appropriate action:
- All university employees, except those exempted by legal privilege of confidentiality or expressly identified as a confidential reporter, have an obligation to report incidents of sexual assault immediately.
- The following employees have an obligation to report all other forms of sexual misconduct as soon as practicable but at most within five workdays of becoming aware of such information: 1. Any human resource professional (HRP); 2. Anyone who supervises faculty, staff, students, or volunteers; 3. Chair/director; and 4. Faculty member.

Diversity

The Ohio State University affirms the importance and value of diversity of people and ideas. We believe in creating equitable research opportunities for all students and to providing programs and curricula that allow our students to understand critical societal challenges from diverse perspectives and aspire to use research to promote sustainable solutions for all. We are committed to maintaining an inclusive community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among all members; and encourages each individual to strive to reach their own potential. The Ohio State University does not discriminate on the basis of age,
ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, gender, sexual orientation, pregnancy, protected veteran status, or any other bases under the law, in its activities, academic programs, admission, and employment.

To learn more about diversity, equity, and inclusion and for opportunities to get involved, please visit:
- https://odi.osu.edu/
- https://odi.osu.edu/racial-justice-resources
- https://odi.osu.edu/about-racial-justice
- http://mcc.osu.edu/

In addition, this course adheres to The Principles of Community adopted by the College of Food, Agricultural, and Environmental Sciences. These principles are located on the Carmen site for this course; and can also be found at https://go.osu.edu/principlesofcommunity. For additional information on Diversity, Equity, and Inclusion in CFAES, contact the CFAES Office for Diversity, Equity, and Inclusion (https://equityandinclusion.cfaes.ohio-state.edu/). If you have been a victim of or a witness to a bias incident, you can report it online and anonymously (if you choose) at https://equity.osu.edu/.
Accessibility Accommodations for Students with Disabilities

Requesting Accommodations
The university strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability including mental health, chronic or temporary medical conditions, please let me know immediately so that we can privately discuss options. To establish reasonable accommodations, I may request that you register with Student Life Disability Services (SLDS). After registration, make arrangements with me as soon as possible to discuss your accommodations so that they may be implemented in a timely fashion. In light of the current pandemic, students seeking to request COVID-related accommodations may do so through the university's request process, managed by Student Life Disability Services.

Disability Services Contact Information
- Phone: 614-292-3307
- Website: slds.osu.edu
- Email: slds@osu.edu
- In person: Baker Hall 098, 113 W. 12th Avenue

Accessibility of Course Technology
This online course requires use of CarmenCanvas (Ohio State's learning management system) and other online communication and multimedia tools. If you need additional services to use these technologies, please request accommodations as early as possible.
- CarmenCanvas accessibility (go.osu.edu/canvas-accessibility)
- CarmenZoom accessibility (go.osu.edu/zoom-accessibility)
Grievances: According to University Policies, if you have a problem with this class, you should seek to resolve the grievance concerning a grade or academic practice by speaking first with the instructor or professor. Then, if necessary, take your case to the department chairperson, college dean or associate dean, and to the provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23. Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of the assistant's department.

Content Warning: It is not expected that the material in this course would be disturbing. However, if you encounter an issue, please take care of yourself while reading/watching the course material (take a break, debrief with a friend, contact a Sexual Violence Support Coordinator at 614-292-1111, or Counseling and Consultation Services at 614-292-5766, and contacting the instructor if needed). Expectations are that we all will be respectful of our classmates while consuming these media and that we will create a safe space for each other. Failure to show respect to each other may result in dismissal from the class.

Lyft Ride Smart at Ohio State: Lyft Ride Smart at Ohio State offers eligible students discounted rides, inside the university-designated service area, from 7 p.m. to 7 a.m. Each month, 10,000 discounted rides will be made available on a first-come, first-served basis with the average cost expected to be $2 or less. Prices may be impacted by distance, traffic, time of day, special events and prime time surcharges. To qualify for program discounts, users must select “shared ride” when booking in the Lyft app. When using ride sharing, remember to visually confirm vehicle info/descriptions in the company app and ask the driver to say who they are picking up.

The materials used in connection with this course may be subject to copyright protection and are only for the use of students officially enrolled in the course for the educational purposes associated with the course. Copyright law must be considered before copying, retaining, or disseminating materials outside of the course.
# Course Schedule

The topics listed on pages 2–3 will be divided up into the following five sections:

Refer to the CarmenCanvas course for up-to-date due dates.

<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture Topic</th>
<th>Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Scientific method, Credible information, Peer review process; Food science &amp; technology</td>
<td>Introduction; Sanitation, Good handling practices, Calibration, Laboratory and kitchen safety</td>
</tr>
<tr>
<td>2</td>
<td>Sensory and consumer science and methods, objective and affective; difference and descriptive testing; hedonic, preference, focus groups; simple statistics</td>
<td>Measurements, dry and wet, volume and weight; Data collection and organization</td>
</tr>
<tr>
<td>3</td>
<td>Nutrition basics: food choice drivers, RDIs; Government agencies, programs, and regulations; Food laws; Food packages</td>
<td>Sensory, Objective and Subjective, Appropriate tasting protocols, Vocabulary Basic tastes solutions, Mixture solutions, Order of concentration, Textures Taste Water: distilled, mineral, soda, spring, tap from different sources, water that has been boiled, frozen</td>
</tr>
<tr>
<td>4</td>
<td>Properties of water Heat transfer: heating and cooling</td>
<td>Observation of water during heating; effect of added ingredients</td>
</tr>
<tr>
<td>5</td>
<td>Food components: water, carbohydrates</td>
<td>Carbohydrates, simple: nutritive and nonnutritive sweeteners; sugar syrups: thread, soft-, firm-hard-ball, and soft- and hard-crack</td>
</tr>
<tr>
<td>6</td>
<td>Food components: fats, protein</td>
<td>Carbohydrates, complex: white sauces, starchy foods, gels, and pastes</td>
</tr>
<tr>
<td>8</td>
<td>Alternative protein sources, Eggs</td>
<td>Protein: egg white foams, gluten balls, denatured and coagulated samples; hard boiled eggs, scrambled eggs, custards, flan, souffle</td>
</tr>
</tbody>
</table>
| A3, A4, B5, B6, B7 | Baking ingredients  
Cereals, rice, pasta | Leavened products, yeast and chemical  
Baking: bread, cakes muffins, cookies |
<table>
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</thead>
<tbody>
<tr>
<td>A3, A4, B5, B6, B7</td>
<td>Milk and milk products; fermentation</td>
<td>Dairy products: milk, cheese, yogurt, sour cream, butter, ice cream</td>
</tr>
</tbody>
</table>
| A3, A4, B5, B6, B7 | Fruits and Vegetables | Fruits: berries, orchard, tropical, fresh, frozen  
Making jam, jelly, preserves  
Vegetables: root, tuber, leafy, fruits  
Canning vegetables |
| A3, A4, B5, B6, B7 | Beverages | Coffee, Tea |
| A3, A4, B5, B6, B7 | Flavors, Seasonings, Spices, Herbs | Presentations |
| A3, A4, B5, B6, B7, C8, C9 | Industrial food processing, Unit operations | Presentations |
| A3, A4, B5, B6, B7, C8, C9 | Food preservation | Presentations |