



**DEPARTMENT OF HEALTH & HUMAN PERFORMANCE**  
**COURSE SYLLABUS: Fall 2025**  
**NUTR 201-01E: Food Preparation**

**INSTRUCTOR INFORMATION**

**Instructor:** Rebecca Bridgefarmer, M.S., RDN, LD

**Office Location:** NHS 145

**Office Hours:**

- *Tuesday 9am-12pm (in office)*
- *Thursday 9am-12pm (Virtual by appointment only)*

**Office Phone:** 903.886.5549

**Office Fax:** N/A

**University Email Address:** Rebecca.Bridgefarmer@etamu.edu

**Preferred Form of Communication:** e-mail

**Communication Response Time:** 24-48 hours

**COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

**Textbook(s) Required:** Brown, Amy. Understanding Food Principles and Preparation, 7th ed., Cengage Learning, 2019. You will be provided the e-book within D2L. You do not need to purchase this text on your own, as the cost is included in the course fees.

**Lab Manual Required:** All students are required to purchase the official Lab Manual for this course. The lab manual contains all lab sheets and materials that will be used throughout the semester. It is essential for participation in lab activities and assessments.

- **Cost:** \$40
- **Purchase Location:** Campus Bookstore

Please ensure you obtain your lab manual before the first lab session. Students without a lab manual will not be permitted to participate in the graded lab activities.

**Course Description**

Scientific principles and fundamentals of food preparation with practical application. Combination of lecture and hands on cooking labs. We will cover the fundamentals such as food selection, preparation, food safety and meal management of food.

*The syllabus/schedule are subject to change.*

**Student Learning Outcomes** (Should be measurable; observable; use action verbs)

1. Identify and discuss the physical, economic, sociological and psychological factors that influence individual and group food choices.
2. Describe the physical properties of food and food products.
3. Understand the effects of food preparation, storage and services on the nutritional value and quality of foods.
4. Understand food safety and handling procedures.
5. Identify and explain functions of food labels and legal controls of food supply.
6. Understand the nutritional properties of food and the influence of food processing and preparation that impact nutrient availability in foods.
7. Translate basic principles of culinary science and nutrition into appropriate food choices.

**COURSE REQUIREMENTS**

**Minimal Technical Skills Needed**

Students should have a basic knowledge of computer and Internet skills in order to be successful in an online course. Here are some highlights:

1. Knowledge of terminology, such as browser, application, URL, etc.
2. Understanding of basic computer hardware and software; ability to perform computer operations, such as: managing files and folders: save, name, copy, move, backup, rename, delete, check properties
3. Ability to use the learning management system, McGraw Hill Connect, using Microsoft Word and PowerPoint, using presentation and graphics programs, accessing, and navigating sites like YouTube
4. Knowledge of copying and pasting, spell-checking, saving files in different formats and sending and downloading attachments
5. Internet skills (connecting, accessing, using browsers) and ability to perform online research using various search engines and library databases.
6. Ability to use online communication tools, such as email (create, send, receive, reply, print, send/receive attachments), discussion boards (read, search, post, reply, follow threads), chats, etc.

**Instructional Methods**

This is a face-to-face course. Information will be delivered through a combination of resources such as the e-book, labs, PowerPoints, supplementary multimedia content, or reading materials. Quizzes, discussion boards, projects, and exams can serve as assessment methods for this course.

**Student Responsibilities or Tips for Success in the Course**

- Communicate effectively: Reach out via email with any questions or concerns as soon as they arise. Waiting until the last moment may result in the issue not being resolved appropriately.
- Manage your time wisely: Prioritize tasks and allocate sufficient time for studying, completing assignments, and reviewing course material.

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- Review all course materials: assessments will include information from both the e-book and any additional material provided in the modules. Make sure you review it thoroughly.

## GRADING

Final grades in this course will be based on the following scale:

### Letter Grade / Point Value

A	900-1000
B	800-899
C	700-799
D	600-699
F	0-599

### **Chapter Readings:**

Students are expected to read the assigned chapters and review all material in the modules for that week.

### **Assignment Point Values**

Assignment	Points	Quantity	Total Points
Weekly Quizzes	10	15	150
Syllabus Quiz	10	1	10 (Bonus)
Labs	40	15	600
Project	75	2	150
Final Exam	100	1	100
<b>Total Points</b>			1000

### **Quizzes**

Each week you will be given a quiz that covers information in the chapters assigned for that week. The quizzes will consist of 10-20 questions. Please review all chapter and module materials and resources before attempting each quiz.

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## **Labs**

The lab component of this course is designed to provide hands-on and practical experiences that reinforce key concepts in food preparation. Labs will be conducted **in-person**.

- **In-person labs:** These sessions will take place on campus in the HHP kitchen (NHS 103).

## **Project**

You will have 2 projects for this course. The project will be submitted via D2L. Please see the course calendar for the due date.

## **Exam**

The final exam will consist of 50 questions. Questions may consist of multiple choice, short answer, matching, or fill-in-the-blank. Please see the course calendar for final exam date.

## **LATE WORK POLICY**

**Late work will not be accepted** unless accompanied by a documented medical reason. Please note that vacations are not excepted as a reason. The policy is implemented to maintain fairness, consistency, and academic integrity within the course. All projects, quizzes, and other course-related tasks are expected to be submitted by the due date outlined in the course calendar. Any submissions received after the specified due date will not be considered.

Students seeking to submit late work due to a medical reason must provide appropriate documentation, such as a medical certificate or note from a healthcare professional clearly outlining the nature and duration of the medical condition that prevented timely completion of the assignment. The document must be submitted within 1 week of the original due date, unless extenuating circumstances warrant an extension, as determined by the instructor on a case-by-case basis.

## **AI USE POLICY**

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used.

Students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty  
13.99.99.R0.10 Graduate Student Academic Dishonesty

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## **BRIDGEFARMER AI USE POLICY**

If the instructor has reason to believe that an assignment was completed using AI in violation of the above ETAMU policy, the student will be required to attend a meeting, either in person or via Zoom, to verbally defend their work without the aid of the submitted assignment. The meeting will allow the students to demonstrate their understanding of the material and their ability to discuss the assignment topic independently. Failure to adequately explain or justify the work may result in a grade penalty or further academic action, in accordance with the university's academic integrity policy.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements:

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a ETAMU campus open computer lab, etc.

## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your instructor.

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## **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

### **University Specific Procedures**

#### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

ETAMU Attendance For more information about the attendance policy please visit the Attendance webpage and Procedures 13.99.99.R0.01

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

#### **Academic Integrity**

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03 Undergraduate Student Academic Dishonesty Form

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

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## **Graduate Student Academic Dishonesty Form**

[13.99.99.R0.03UndergraduateAcademicDishonesty.pdf \(tamuc.edu\)](#)

## **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

### **Office of Student Disability Resources and Services**

East Texas A&M University

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148 Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu) Website: Office of Student Disability Resources and Services

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Nondiscrimination Notice**

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all ET A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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**Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



**Department or Accrediting Agency Required Content**

**COURSE OUTLINE / CALENDAR**

\*Subject to Change

<b>NUTR 201 Fall 2025 Schedule</b>		
<b>Week</b>	<b>Topic</b>	<b>Assignments Due</b> (All assignments due Sunday's at 11:59pm unless noted otherwise)
<b>1</b> 8/25-8/31	1 - Food Selection; 2 - Food Evaluation	Week 1 Quiz Lab
<b>2</b> 9/1-9/7	3 - Chemistry of Food Composition	Week 2 Quiz Lab
<b>3</b> 9/8-9/14	4 - Food Safety	Week 3 Quiz Lab
<b>4</b> 9/15-9/21	5 - Meal Management	Week 4 Quiz Lab
<b>5</b> 9/22-9/28	6 - Food Preparation Basics	Week 5 Quiz Lab
<b>6</b> 9/29-10/5	7 – Meat	Week 6 Quiz <b>Project 1</b> Lab
<b>7</b> 10/6-10/12	8 - Poultry	Week 7 Quiz Lab
<b>8</b> 10/13-10/19	9 - Fish and Shellfish	Week 8 Quiz Lab
<b>9</b> 10/20-10/26	10 - Milk	Week 9 Quiz Lab
<b>10</b> 10/27-11/2	11 - Cheese	Week 10 Quiz Lab
<b>11</b> 11/3-11/9	12 - Eggs	Week 11 Quiz Lab
<b>12</b> 11/10-11/16	13 - Vegetables and Legumes	Week 12 Quiz <b>Project 2</b>
<b>13</b> 11/17-11/23	14 - Fruits	Week 13 Quiz Lab
<b>14</b> 11/24-11/30	16 - Starches and Sauces; 17 - Cereals, Grains, and Pasta	Week 14 Quiz Lab
<b>15</b> 12/1-12/5	23 - Cakes and Cookies	Week 15 Quiz Lab
<b>16</b> 12/6-12/12	<b>Finals Week</b>	<b>Final Exam</b>

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