

Syllabus and Pacing Guide

1.) Syllabus

COURSE DESCRIPTION

FACS Food Science is a self-paced course that blends the fascinating science of food with practical skills for the kitchen. Students will explore the principles of food safety and sanitation, culinary technology, food preparation techniques, and dietary analysis to promote a healthy lifestyle. This course not only builds essential life skills but also opens pathways to exciting careers in the culinary and nutrition industries.

COURSE OBJECTIVES

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

1. Demonstrate knowledge of food safety and proper sanitation practices.
2. Utilize kitchen tools and techniques effectively to prepare meals.
3. Analyze and make informed dietary choices for a healthy lifestyle.
4. Understand career pathways in the culinary and nutrition fields.

LAB COMPONENT

This course includes several lab activities that require access to basic cooking equipment and ingredients. Students should have access to a kitchen, standard cooking utensils, and a variety of common ingredients needed to complete the labs successfully.

COURSE OUTLINE

A typical semester course at a traditional high school requires 80 hours in total, which is 40 hours per term. Since this is a self-paced course, completing it may take you longer or shorter. You are expected to spend 3-5 hours each week and submit at least one unit each.

Students can complete the course at a pace that best suits them. You are responsible for completing and turning in all assignments according to their individual needs. However, make sure to look at your school's deadlines, to ensure that you are completing courses on track.

Unit 1: Kitchen Safety & Tools

- Core safety and hygiene
- Kitchen fundamentals
- Equipment and techniques

Unit 2: Bread & Pasta

- Culinary math and measurements
- Science of carbohydrates
- Hand-on baking and pasta making

Unit 3: Protein & Eggs, Quinoa & Beans

- Knife proficiency
- Proteins and heat science
- Meal preparation

Unit 4: Fruits, Vegetables, & Dairy

- Produce and dairy essentials
- Salads and fresh prep
- Baking and desserts

Unit 5: USDA & Nutrition

- Human physiology and food
- Nutritional dietary guidelines
- Practical meal planning

Unit 6: Career in Food Science

- Industry overview
- Specialized roles

REQUIRED TEXTS

None - All readings will be provided on OnFire.

GRADING BREAKDOWN

A 94-100%	C 73-76%
A- 90-93%	C- 70-72%
B+ 87-89%	D+ 67-69%
B 83-87%	D 63-66%
B- 80-82%	D- 59-63%
C+ 77-79%	F 58% or below

GRADED WEIGHT OF SCHOOLWORK

- It is important to note that you will receive unlimited attempts on all assignments and quizzes until you demonstrate mastery of the content. All quizzes will be randomized and do not show the correct answer, making reading the lesson material important BEFORE taking the quiz and completing the assignments.
- **Quizzes: 45%**
 - There are 25 quizzes within this course.
- **Assignments: 25%**
 - There are 8 assignments within this course.
- **Final Exam: 15%**
 - This is a comprehensive final exam that includes material from the entire semester.

- **Projects: 15%**

- You will create and serve a three-course meal.

ONLINE TECHNOLOGIES

This course takes place online. Since we will not meet face-to-face, you must have the necessary technology and technical know-how to work effectively in this online learning environment. This online course will utilize OnFire as the learning management system. Please get in touch with your instructor if you have trouble logging in or viewing any of the documents and links posted.