



# Syllabus

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## What You Should Already Know

Before beginning this course you should have completed the equivalent of the first semester of a foods course.

## Learning Outcomes

Once you have completed this course, you should be able to do the following:

1. Identify what your nutritional needs are, as well as the needs of other age groups.
2. Prepare a variety of delicious foods using a number of food techniques.
3. Interpret the information on food labels.
4. Use budget and shopping strategies as part of being a wise consumer.
5. Plan economical, healthy meals, along with using time management techniques.
6. Set a table correctly, using proper etiquette.

## Course Materials

This course is self contained; there are no additional academic materials. In addition to the course materials, you'll need:

- A kitchen with adequate food preparation materials (measuring tools, cutting tools, cooking/baking pans, etc.)
- Digital camera to take pictures of completed meal preparation activities.

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## Course Organization

### Units

There are seven instructional units in FOODS 43 and two portfolio assignments. Each unit includes several lessons. Each lesson includes discussion material for you to read, activities for you to complete, and Self Check questions for you to answer to see how well you understand the material.

## Assignments

### Unit Quizzes

Each unit in FOODS 43 includes a graded assignment. For units 1 through 7 this is called a unit quiz. Each unit quiz consists of approximately twenty multiple-choice questions that cover the material in the unit. Every few units you will complete a review quiz that covers topics from previous units; there are three review quizzes.

### Portfolio Assignment

At the midpoint of the course, and again after the final unit, you will turn in a portfolio of your work. You can learn more about this assignment by reading the portfolio submission sections.

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## Exams

The final exam for this course is proctored and consists of about fifty multiple-choice questions. You will not be able to use your manual or any notes.

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## Grading

The following tables show the weight for each graded event and the grading scale used for this course.



<b>Graded Event</b>	<b>Weight</b>
Unit 1	5%
Unit 2	5%
Review Quiz 1	1%
Unit 3	5%
First Portfolio Submission	20%
Unit 4	5%
Review Quiz 2	1%
Unit 5	5%
Unit 6	4%
Unit 7	3%
Second Portfolio Assignment	20%
Review Quiz 3	1%
Final Exam	25%

### Grade Scale

<b>Letter Grade</b>	<b>Percentage</b>
A	100–93
A–	92–90
B+	89–88
B	87–83
B–	82–80
C+	79–78
C	77–73
C–	72–70
D+	69–68



Letter Grade	Percentage
D	67–63
D–	62–60
E (fail)	59–0

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Published by the

Department of Independent Study

Division of Continuing Education

Brigham Young University

120 MORC

Provo, Utah 84602-1514

USA