



SYLLABUS OF RECORD

I. Catalog Description

FDNT 151 Foods Laboratory

Prerequisites: Grade of C or higher in FDNT 150, and
CHEM 101 or CHEM 111

0 class hours

3 lab hours

1 credit

(0c-3l-1cr)

Application of the basic principles of food preparation.

I. Course Objectives:

Students will:

- Gain knowledge of food composition.
- Identify as well as compare/contrast the nutrient content of various foods.

• Classify foods across the food types (e.g., high protein, high fat)

M. **Microwave Cooking (3 hours)**

N. **Final Meal Assessment (3 hours)**

Final Exam (2 hours)