Welcome to FACS Food Science

This course is meticulously designed to align with state standards and targeted learning objectives, ensuring comprehensive coverage of essential knowledge and skills required for student success.

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.

Syllabus
Unit 1: Food Safety and Sanitation
- Importance of hygiene and sanitation in food handling.
- Understanding foodborne illnesses and prevention methods.
- Safe storage, preparation, and cooking techniques.

Unit 2: Culinary Technology Basics
- Overview of kitchen tools, equipment, and appliances.
- Mastering measurement techniques and recipe reading.
- Introduction to culinary trends and innovations.

Unit 3: Fundamentals of Food Preparation
- Exploring cooking methods: baking, grilling, steaming, and more.
- Basics of seasoning and ingredient pairings.
- Hands-on practice with staple recipes and techniques.

Unit 4: Nutrition and Dietary Analysis
- Understanding macronutrients and micronutrients.
- Analyzing personal dietary habits and setting goals.
- Exploring the connection between diet and overall health.

Learning Outcomes
By the end of the semester, students will:
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.

Conclusion
In **FACS Food Science**, students gain valuable insights into the science behind food and nutrition while building practical culinary skills. Whether preparing meals, ensuring food safety, or analyzing diets, this course equips students for personal success and career readiness. Join the journey to mastering food science and crafting a healthier, tastier future!