

# FOS 2040 – INTRODUCTORY FOOD SCIENCE

Spring 2026

3 Credit Hours

Sections RES2, UFO2, and REC2

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<b>Email</b>	<a href="mailto:asli@ufl.edu">asli@ufl.edu</a> (Please use "Mail" function in Canvas for FOS2040 when possible)
<b>Office Hours</b>	11AM-12PM Wednesday. See Canvas Calendar for the link to the Zoom meeting. This is the formal office hour. You are always welcome to contact me through Canvas to schedule a Zoom meeting any time, Monday through Friday.
<b>T.A.</b>	Please contact our TAs through the Canvas website. <ul style="list-style-type: none"><li>• Ahmad Moussa (<a href="mailto:moussaahmad@ufl.edu">moussaahmad@ufl.edu</a>)</li><li>• Dylan Blaufas (<a href="mailto:dblaufas@ufl.edu">dblaufas@ufl.edu</a>)</li><li>• Jeongmin Lee (<a href="mailto:jeongminlee@ufl.edu">jeongminlee@ufl.edu</a>)</li><li>• Sitara Sriram (<a href="mailto:sitara.sriram@ufl.edu">sitara.sriram@ufl.edu</a>)</li></ul>

**Textbook** There is no textbook requirement for this course.



Two books we will make use of this semester are cited below. Several chapters of these books are required reading and the links to these chapters are under the relevant module on Canvas course website. UF Libraries have electronic copies (TX355 .H288 2008 and TX 791) of these titles, both of which are available to UF students. For off-campus access to these books in full, you will need to use a VPN connection. Instructions for downloading the required VPN software is posted under "Announcements" on course page on Canvas.

Hartel, R. W., & Hartel, A. K. (2008). Food Bites: The science of the foods we eat. Springer.

Hartel, R. W., & Hartel, A. K. (2014). Candy Bites: The science of sweets. Springer.

**Course Description** Introductory Food Science provides a broad introduction to concepts in food chemistry, food laws, food processing & preservation, food microbiology & fermentation, food safety, and food engineering. **This course confers General Education credit for Biology (B).** There is a Distance Learning Fee involved with this course (\$12.99 total, i.e., \$4.33 per credit hour).

**Course Prerequisites** Sophomore standing

**Course Objectives** At the end of the course, students will be able to:

- Explore the six areas of food science: food chemistry, food quality, food microbiology and food safety, food processing, food regulations.

- Justify the statement “food is made up of chemicals” (food chemistry)
- Investigate how the chemical components of food influence food quality (food quality)
- Relate how microbiology influences food safety (microbiology and food safety)
- Explain how food processing contributes to food safety and quality (food processing)
- Summarize the various US food regulations that ensure consumers have accurate information and safe food to eat (regulations)

[Here is a link to the General Education Objectives for Biological Sciences \(B\).](#)

At the end of this course, students will be expected to have achieved the following learning outcomes in content, communication and critical thinking:

- **Content:** *Students demonstrate competence in the terminology, concepts, theories and methodologies used within the subject area.*

Students will acquire a basic understanding of food science, the areas of study within the field such as food chemistry, food safety, and food processing.

The achievement of this learning outcome will be assessed through a written assignment and several quizzes and exams.

- **Communication:** *Students communicate knowledge, ideas and reasoning clearly and effectively in written and oral forms appropriate to the subject area.*

Students will communicate food science information to a general audience in a basic and clear manner.

Achievement of this learning outcome will be assessed through a recorded oral assignment. The students will create an oral presentation to teach the use of a Nutrition Facts label to a general audience. They will test the efficiency of their performance by quizzing their trainees following their presentation.

- **Critical Thinking:** *Students carefully and logically analyze information from multiple perspectives and develop reasoned solutions to problems within the subject area.*

Students will prepare a report that requires research and analysis of news articles discriminating food science topics from similar fields, e.g., nutrition.

Achievement of this learning outcome will be assessed through a written assignment where they will discuss the credibility of their source and categorize the information in the news article into one of the modules of the course.

## Course Schedule

This course is delivered completely online. Therefore, all students are required to view and study the course content at <http://elearning.ufl.edu/>. Course content includes video lectures, slide presentations, additional videos, and a selection of chapters (reading assignments) from the books by Hartel and Hartel (cited above). The students are also required to complete the assessments (assignment, quiz and/or exam) during the course of the week (Monday to Sunday) based on the schedule below.

WEEK 1 – JANUARY 12- JANUARY 18

View Course Orientation, Syllabus  
Complete Quiz 1  
View Module 1 – Introduction to Food Science  
View Module 2 – Food Categories & Composition  
Complete Quiz 2

WEEK 2 – JANUARY 19 - JANUARY 25

View Module 3 – Human Nutrition & Food  
View Module 4 – Water & Acids  
Complete Quiz 3

**ASSIGNMENT 1 OPENS JANUARY 19**

WEEK 3 – JANUARY 26- FEBRUARY 1

View Module 5 – Carbohydrates, Lipids, & Proteins  
View Module 6 – Color, Flavor, & Texture  
Complete Quiz 4

WEEK 4 – FEBRUARY 2- FEBRUARY 8

Complete Exam 1 by FEBRUARY 6  
HONORLOCK QUIZ IS DUE THIS WEEK

**ASSIGNMENT 1 IS DUE FEBRUARY 6**

WEEK 5 – FEBRUARY 9- FEBRUARY 15

View Module 7 – Food Regulation and Labeling  
Complete Quiz 5

**ASSIGNMENT 2 OPENS FEBRUARY 9**

WEEK 6 – FEBRUARY 16- FEBRUARY 22

View Module 8 – Food Processing-Introduction and Thermal Processing  
Complete Quiz 6

WEEK 7– FEBRUARY 23- MARCH 1

View Module 9 – Refrigeration & Freezing  
View Module 10 – Dehydration & Concentration  
Complete Quiz 7

**ASSIGNMENT 2 IS DUE FEBRUARY 27**

WEEK 8 – MARCH 2- MARCH 8

Complete Exam 2 by MARCH 6  
**ASSIGNMENT 3 OPENS MARCH 2**

WEEK 9 – MARCH 9- MARCH 15

View Module 11 – Deterioration, Spoilage, and Fermentations  
View Module 12 – Food Safety  
Complete Quiz 8

WEEK 10 – MARCH 16- MARCH 22

## *Spring Break*

WEEK 11 – MARCH 23- MARCH 29

View Module 13 – Poultry & Eggs

View Module 14 – Red Meat & Seafood

Complete Quiz 9

**ASSIGNMENT 3 IS DUE MARCH 27**

WEEK 12 MARCH 30- APRIL 5

Complete Exam 3 by APRIL 3

WEEK 13 – APRIL 6- APRIL 12

View Module 15 – Fats & Oils

View Module 16 – Beverages

Complete Quiz 10

WEEK 14 – APRIL 13- APRIL 19

Complete Exam 4 by APRIL 17

WEEK 15 – APRIL 20 -APRIL 22

Complete Course Evaluations

Check your Grades

### Important Dates

	OPENS	DUE
<b>Quizzes 1-10</b>	Mondays	Sundays
<b>HonorLock Practice Quiz</b>	First day of classes	Sunday, 2/8
<b>Exams</b>	Mondays	Fridays
<b>Assignment 1</b>	Monday, 1/19	Friday, 2/6
<b>Assignment 2</b>	Monday, 2/9	Friday, 2/27
<b>Assignment 3</b>	Monday, 3/2	Friday, 3/27

### Instructor Interaction Plan

- Expect an instructor response to email and Canvas message within 24 hours, during weekdays.
- Please do not wait until the day of the deadline to complete assignments, as I may not be available to answer emails or messages as quickly.
- Grades for quizzes and exams will be available upon completion.
- If you ever have questions or need clarification on instructor feedback, please message (through Canvas or, under special circumstances, to [asli@ufl.edu](mailto:asli@ufl.edu)) or attend office hours.
- Our TAs will provide feedback on your assignment grades. I will post an announcement with instructions on how to view this feedback.
- I invite your feedback in both midterm and end-of-term GatorEvals and plan to continuously improve student experience within the course. Your opinion is highly valued.

## Required Technology and How to Obtain the Technology

This course is delivered completely online. The students are required to view all video lectures and complete the assignments on the course website on Canvas.

It is the student's responsibility to have a compatible operating system and a reliable internet connection. The proctoring service used in this course (Honorlock) requires Google Chrome. Therefore, when taking exams, the students need to use Google Chrome. UF computer labs on-campus (<https://labs.at.ufl.edu/ComputerLabs.php>) provide an alternative if you are concerned about your computer and/or your internet connection.

Exams are timed and proctored (HonorLock). The clock is on the UF Server and once you begin it continues to run even if your system crashes, so try logging back in and call **UF Help Desk at (352) 392-4357** for help. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc. [Click here for their website.](#)

## Communication Guidelines

- Use **Course Question Discussion Board**, for general course questions that others may have too.
- Use **Canvas Inbox (messaging tool)** for questions that are specific to your grades or submissions and for setting a meeting time for office hours.
- **Email & phone correspondence** are for (1) DRC accommodations; (2) emergency situations; or (3) highly sensitive situations.
- A respectful tone is used by all community members in all forms of communication.
- Written communication, both formal and informal, uses the official language of instruction rather than popular online abbreviations and graphic elements such as those sometimes used in social media.
- Video interactions reflect a respectful tone in verbal communications and body language.
- Spelling, punctuation, and grammar are correct.

## Technical Support

UF Computing Help Desk & Ticket Number: All technical issues require a UF Helpdesk Ticket Number. The UF Helpdesk is available 24 hours a day, 7 days a week.  
<https://helpdesk.ufl.edu/> | 352-392-4357

## Assignments

Assignments 1, 2, and 3, as described on the course webpage on Canvas, are due **FEBRUARY 2, FEBRUARY 27, and MARCH 27** and should be submitted as directed. Late submissions will be considered with penalty points only within 3 days that follow the deadline provided an official excuse is documented. No extensions will be considered past the Monday that follows the Friday deadline.

## Examinations

### 4 EXAMS (Drop Lowest) and 10+1 QUIZZES (Drop Lowest)

Each **EXAM** will be 20 multiple choice questions, worth 1 point each. **EXAMS will open on Monday at midnight and close the following Friday at 11:59:00 PM.** Lowest EXAM score will be automatically dropped from grade calculation. EXAMS are timed (40 minutes each).

Each **QUIZ** will be 5 multiple choice questions, worth 1 point each. **QUIZZES will open on MONDAY at midnight and close the following SUNDAY at 11:59:00 PM.** Lowest QUIZ score will be automatically dropped from grade calculation. QUIZZES are timed (15 minutes each). You will have 2 attempts for each quiz, the highest of the two grades will be used towards your final grade. The second attempt is optional. If you take a quiz once and want to improve your grade/study some more, you need to complete your second attempt before the deadline for the quiz. Requests for deadline extension for the second attempt will not be considered under any circumstances.

Test Name	Modules Covered
Quiz 1	Module 0- Course Introduction
Quiz 2	Module 1, Module 2
Quiz 3	Module 3, Module 4
Quiz 4	Module 5, Module 6
Exam 1	Modules 1-6
Quiz 5	Module 7
Quiz 6	Module 8
Quiz 7	Module 9, Module 10
Exam 2	Modules 7-10
Quiz 8	Module 11, Module 12
Quiz 9	Module 13, Module 14
Exam 3	Modules 11-14
Quiz 10	Module 15, Module 16
Exam 4	Modules 15-16

## Online Proctoring

Honorlock will proctor your exams (Exams 1, 2, 3, 4) this semester. You DO NOT need to create an account, download software, or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webcam, and a stable Internet connection.

To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at [www.honorlock.com/extension/install](http://www.honorlock.com/extension/install)

A practice quiz is available for all students to prepare their computers for the exams; this is the 11<sup>th</sup> quiz that counts towards the final letter grade.

When you are ready to take your Honorlock Practice Quiz or any of the exams, log into Canvas, go to your course, and click on the exam. Clicking "Launch Proctoring" will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it is on a secondary device. You will be allowed to use the slides from the course page on Canvas. Slides and required reading material may be printed out for use during the exams. These printouts may have your handwritten notes on them. You may also take

notes on plain paper and refer to these notes during the exam. No other printed or handwritten documents are allowed.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact them by live chat, phone (855-828-4004), and/or email ([support@honorlock.com](mailto:support@honorlock.com)).

## Grading

Assessment	Percent of Grade
Quizzes (11 quizzes, 1 dropped)	25%
Exams (4 exams, 1 dropped)	30%
Assignments	30%
Perusall Assignments	10%
Play Posit Assignments	5%
<b>Total</b>	<b>100%</b>

Grade	Percent
<b>A</b>	92.0-100.0 %
<b>A-</b>	89.0-91.9 %
<b>B+</b>	86.0-88.9 %
<b>B</b>	83.0-85.9 %
<b>B-</b>	80.0-82.9 %
<b>C+</b>	76.0-79.9 %
<b>C</b>	73.0-75.9 %
<b>C-</b>	70.0-72.9 %
<b>D+</b>	66.0-69.9 %
<b>D</b>	63.0-65.9 %
<b>D-</b>	60.0-62.9 %
<b>E</b>	Below 60 %

**A minimum grade of C is required for general education credit.**

See the current [UF grading policies](#) for more information.

## Absences and Make-Up Work

For all planned absences, a student in a situation that allows an excused absence from a class, or any required class activity must inform the instructor as early as possible prior to the class. For all unplanned absences because of accidents or emergency situations, students should contact their instructor as soon as conditions permit.

The students have 5 days to complete the exams, 7 days for the quizzes and about 3 weeks for the assignments. Make-ups will only be considered for excuses with proper documentation, e.g., a note from the doctor's office.

Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at: . [UF Attendance Policies](#)

## Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via the [GatorEvals site](#). Summaries of course evaluation results are available to students at [GatorEvals Public Data](#)

## Academic Honesty

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied:

“On my honor I have neither given nor received unauthorized aid in doing this assignment.”

The Honor Code (<https://sccr.dso.ufl.edu/process/student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TA in this class.

## In-Class Recording

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the



publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

## Software Use

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

## Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

### Whole Gator App

The Whole Gator website and app connects UF students with resources dedicated to supporting overall health and well-being. In addition to many of the resources below it also has strategies to practice self-care. <https://one.uf.edu/whole-gator/topics>

### Health and Wellness

- U Matter, We Care: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or [visit the Student Health Care Center website](#).
- University Police Department: [Visit UF Police Department website](#) or call 352 392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](#).
- GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, [visit the GatorWell website](#) or call 352-273- 4450.
- Student Success Initiative, <http://studentsuccess.ufl.edu>.

### Academic Resources

- E-learning technical support: Contact the [UF Computing Help Desk](#) at 352-392 4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).
- [Career Connections Center](#): Reitz Union Suite 1300, 352-392- 1601. Career assistance and counseling services.

- [Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources. Call 866-281-6309 or email [ask@ufl.libanswers.com](mailto:ask@ufl.libanswers.com) for more information.
- Teaching Center: 1317 Turlington Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- [Writing Studio](#): Daytime (9:30am-3:30pm): 2215 Turlington Hall, 352-846-1138 | Evening (5:00pm-7:00pm): 1545 W University Avenue (Library West, Rm. 339). Help brainstorming, formatting, and writing papers.

#### Academic Complaints:

- Office of the Ombuds; [Visit the Complaint Portal webpage for more information](#).
- Enrollment Management Complaints (Registrar, Financial Aid, Admissions): [View the Student Complaint Procedure webpage](#) for more information.

#### Student Complaints

- Residential Course: <https://www.ombuds.ufl.edu/complaint-portal/>
- Online Course: <https://pfs.tnt.aa.ufl.edu/state-authorization-status/#student-complaint>

### **Accommodations for Students with Disabilities**

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center. See the "[Get Started With the DRC](#)" webpage on the Disability Resource Center site. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

### **Privacy and Accessibility Policies**

• <b>Adobe</b>	<a href="#">Adobe Privacy Policy</a>	<a href="#">Adobe Accessibility</a>
• <b>Honorlock</b>	<a href="#">Honorlock Privacy Policy</a>	<a href="#">Honorlock Accessibility</a>
• <b>Instructure (Canvas)</b>	<a href="#">Instructure Privacy Policy</a>	<a href="#">Instructure Accessibility</a>
• <b>Microsoft</b>	<a href="#">Microsoft Privacy Policy</a>	<a href="#">Microsoft Accessibility</a>
• <b>Perusall</b>	<a href="#">Perusal Accessibility</a>	<a href="#">Perusal Privacy</a>
• <b>PlayPosit</b>	<a href="#">PlayPosit Privacy Policy</a>	<a href="#">PlayPosit Accessibility</a>
• <b>Sonic Foundry (Mediasite Streaming Video Player)</b>	<a href="#">Sonic Foundry Privacy Policy</a>	<a href="#">Mediasite Accessibility (PDF)</a>
• <b>YouTube (Google)</b>	<a href="#">YouTube (Google) Privacy Policy</a>	<a href="#">YouTube (Google) Accessibility</a>
• <b>Zoom</b>	<a href="#">Zoom Privacy Policy</a>	<a href="#">Zoom Accessibility</a>