

FOS4310L
Experimental Foods Laboratory
1 Credit
Spring Semester 2026

Instructor:

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Course Description and Objectives:

Students will learn chemical and biochemical principles in a culinary environment using a variety of food processing applications to determine the following:

- The role of macronutrients in food production.
- How the application of the macronutrients influences the sensory, physical, and chemical parameters of the finished food product.
- Performing sensory analysis on the food products created and/or presented in lab.
- Quantify, interpret, and report the data results in the lab assignments and reports
- Gain food chemistry and biochemistry principles skills that can be applied to the dietetic industry.

Office Hours:

Thursday 8:00am – 11:00am

You are welcome to call, text, email or stop by my office anytime.

Monday & Wednesday I am in the Pilot plant all day - feel free to stop by then as well.

Location:

Food Science & Human Nutrition Building—572 Newell Drive
Lab #1 —room #310
Labs #2 - #11—Room #130—Pilot plant on the ground floor

Course Pre/Co-Requisites:

FOS4311 Food Chemistry lecture
As an elective for Food Science minor

Textbooks

- Recommended: Introductory Foods, 15th Editions, Barbara Scheule PhD, RDN; Amanda Frye MS, RDN.
Person ISBN-13: 9780134554891

Lab Times:

12238 Section M810: Monday Periods 8-10 (3:00pm-6:00pm)
12239 Section W567: Wednesday Periods 5-7 (11:45am-2:45pm)

Attendance

- Attendance is mandatory and will be taken weekly
- You must contact the instructor prior to your lab
- For illness, provide any supportive documents such as a doctor's note
- For excused absences there will be a make-up lab
- If possible, the person will attend the other lab section.
- A make-up lab will be scheduled
- No call no shows = zero for the lab = no make-up lab

Laboratory Schedule and Due Dates

Lab Number & Topics	Lab Dates Mon & Wed	Report or Assignment	Due Date	Points
1. LAB INTRODUCTION	1/12 & 1/14	Info Page	1/23/26	15
2. MEASUREMENTS & FOOD ACIDITY	1/26 & 1/28	Report #1	2/13/26	35
3. CARBOHYDRATES I	2/02 & 2/04	Report #2	2/27/26	70
4. CARBOHYDRATES II	2/09 & 2/11			
5. PROTEINS I	2/16 & 2/18	Report #3	3/13/26	70
6. PROTEINS II	2/23 & 2/25			
7. LEAVENING & ENZYMES	3/02 & 3/04	Report #4	3/27/26	35
8. LIPIDS I	3/09 & 3/11	Report #5	4/17/26	105
9. LIPIDS II	3/23 & 3/25			
10. PIGMENTS	3/30 & 4/01			
11. LAB SHUT DOWN	4/06 & 4/08	None	N/A	10

Grading

There are 520 points possible (without the extra credit)

Letter Grade	Point Range		Percent Range		Grade Point
E	0	311	0.00%	59.90%	0.00
D-	312	322	60.00%	61.90%	0.67
D	322	353	62.00%	67.90%	1.00
D+	354	363	68.00%	69.90%	1.33
C-	364	374	70.00%	71.90%	1.67
C	374	400	72.00%	76.90%	2.00
C+	400	415	77.00%	79.90%	2.33
B-	416	426	80.00%	81.90%	2.67
B	426	452	82.00%	86.90%	3.00
B+	452	467	87.00%	89.90%	3.33
A	468	520	90.00%	100.00%	4.00

ILPP	Quiz	Report 1 & 4	Report 2 & 3	Report 5		Per lab Breakdown		
						Report	6.06%	
20.19%	19.23%	13.46%	26.92%	20.19%	100.00%			ILPP + Quiz
						ILPP + Quiz	3.94%	

IN LAB PERFORMANCE POINT BREAKDOWN:

20 points possible broken down into three sections

Quizzes—10 POINTS

There will be a quiz prior to lab covering the written and video material. **There will be 5 general knowledge lab questions worth one point each, and 1 lab recipe instruction question worth 5 points.** The format will be multiple choice, true/false, or fill in the blank. The recipe question will require you to put the cooking instructions in order for one of the recipes you will be making that day.

LAB PERFORMANCE—5 POINTS—One point for each item.

1. **Punctuality**—Tardiness starts with the pre-lab quiz.
2. **Dress code**—the following is **required** for each lab.
 - a. Only flat closed toed shoes with a nonskid sole are allowed. E.g. Sneakers, work shoes.
 - b. Long or short Sleeved full coverage shirts. **No sleeveless, tank tops, midriffs.**
 - c. Loose fitting pants (e.g. scrubs, sweatpants). **No leggings, stretch jeans or shorts.**
 - d. Hair nets (provided) or hats are required. Shoulder length hair needs to be bound in a ponytail. Long hair needs to be braided or bound in a bun.
 - e. Only your writing material, laptops, and cell phones **for lab photos only** are allowed in the lab. All other items (including your water bottles) are kept on the shelf by the partition. **Phone calls and texting are prohibited during lab time. Doing So Will Result in a -0- for Lab Performance points for the day**
3. **Group workstation performance**
 - a. Follows lab procedures and recipes. Does not make changes to recipe or method.
 - b. Label and date your groups projects.
 - c. Proper use of utensils and equipment.
 - d. Application of your serve safe training.
4. **Common area performance**
 - a. Do not take ingredients or utensils from the weigh station area back to your bench.
 - b. FIFO of ingredients. Use the contents of the open container before opening another. Dispose empty container.
 - c. Keep the area clean.

5. **Bench Cleaning Duties:**

- a. Clean your work bench area, signing off on each required item.
 - i. Washing procedure is: Using a bucket filled with hot soapy water and a washcloth, wet wash the area. Wring the washcloth and wipe off the water. Rinse out the washcloth and replace soapy water with clean water. Wipe off soap residue with the washcloth. Using the ethanol spray bottle and a dry towel, spray the area with 70% ethanol and wipe down with a dry towel.
 - ii. Refill the soap, sanitizer containers from the large bottles at pot sink area. The ethanol and paper towels are located in the supply cabinet. Ethanol will have to be diluted for 70%. Get the instructor for instructions if you need assistance with making the dilution.
- b. Complete the common area assignment
- c. Have the sanitation steward sign your cleaning assignment worksheet.

STEWARD ROTATIONS

- Each group will be assigned kitchen steward and sanitation steward responsibilities throughout the semester.
 - Sanitation stewards—check and sign off on all the bench and common area cleaning duties for the class. The instructor does a final walk through with them to make sure everything is done. If all the work is done, the students can leave lab for the day.
 - Kitchen stewards—perform the end of lab inventory by counting/verifying the items used for lab are present and put away correctly.
- The assignment sheets for both are posted in the lab and commence from lab 2 through lab 10.
- There are check sheets for both steward positions along with group sheets for the bench and common area duties.

LAB CLEAN UP & CHECKOUT—5 POINTS—One point for each item.

1. Food Use & Storage: All food it to be put away in cold or dry storage areas.
2. Sanitation steward signed off on all cleaning duties.
 - a. Dishes for cooking and service are washed, dried:
 - b. Endcap Sink Breakdown (4):
 - i. Wet entire sink, including the faucet, sprinkle Barkeepers friend in basin and drainboard. With a wet washcloth, scrub down the entire area.
 - ii. Rinse well with water. Spray with 70% ethanol. Dry with dish cloth.
3. Your data is entered into the class excel file and **validated by instructor**.
4. Pick up personal items, this includes but is not limited to lab handouts, notebooks, used gloves/masks, hair clips, water bottles, food storage containers.
5. Do not leave lab for the day without the permission of the instructor.

Laboratory Reports

To enhance the student's ability to analyze and present scientific information in a logical and acceptable written format, laboratory reports are required for each general area of study. Reports are to be written using a scientific report outline.

Submissions:

- The report/assignments will be submitted electronically through canvas. Be sure to use the naming format outlined in the rubrics.
- There is a report rubric to guide you through writing a scientific paper. The points possible for each section of the report are on the rubric as well.
- All reports will be submitted and scanned electronically through canvas by **11:59PM** of the due date.

Late Report Policy:

- There is a 3-point penalty for each day submitted after the due date.

- Reports will no longer be accepted 3 days after the due date, and will result in a zero (-0-)

Campus Resources:

Health and Wellness

U Matter, We Care:

If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student. Students Requiring Accommodations

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the [Disability Resource Center](#). 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.

Course Evaluation

Students are expected to provide feedback on the quality of instruction in this course by completing . Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students online .

University Honesty Policy

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](#) specifies several behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Software Use

Counseling and Wellness Center: , and 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

Sexual Assault Recovery Services (SARS)

Student Health Care Center, 392-1161.

University Police Department at 392-1111 (or 9-1-1 for emergencies), or .

Academic Resources

E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu.

Career Resource Center, Reitz Union, 392-1601. Career assistance and counseling.

[**Library Support**](#), Various ways to receive assistance with respect to using the libraries or finding resources.

[**Teaching Center**](#), Broward Hall, 392-2010 or 392-6420. General study skills and tutoring.

[**Writing Studio**](#), 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers.

[**Student Complaints Campus**](#)

[**On-Line Students Complaints**](#)