

Northwest Arkansas Community College
Brightwater

Discipline Code

FDST

Course Number

2033

Course Title

Food Preservation

Catalog Description

In this course, students will learn about the tradition of canning and preserving, how to get started, deciding what to can and preserve, the various methods of canning and preserving (such as freezing, canning, drying, smoking, etc.), water bath and pressure canning, tools of the trade, as well as how to make jams and jellies, condiments, and even your own beverages. In addition to all this, you will learn how to preserve herbs, meats, seafood, and can and preserve for special diets, such as those following low salt, low or no sugar, and sulfite-free.

Prerequisites

Foundations FDST 1013 and Sanitation FDST 1023

Credit Hours

3 credit hours

Contact hours

75 contact hours

Load hours

3.75 load hours

Semesters Offered

Fall

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

Students completing this course will be able to:

- Explain seasonality and local food sourcing principals
- Identify the unit operations required to produce a particular food product

- Apply food science to control and assure food quality
- Identify principles and practices of food processing
- Describe the effects of food processing on food quality
- Apply food science to solve practical real-world problems
- Recognize current issues in the food industry
- Identify government regulations pertaining to food manufacturing
- Demonstrate waste utilization and waste management during food processing
- Describe the properties and uses of food packaging materials

General Education Outcomes Supported

- Students develop higher order thinking skills.
- Students demonstrate information literacy.

Standard Practices

Topics list

- Introduction of Food Preservation
 - Pickling
 - Fermentation
 - Curing
 - Jams, jellies and preserves
- Fermentation
 - Lacto Fermentation
 - Pickles
 - Straight Fermentation
 - Shoya
- Curing
 - Gravlox
 - Prosciutto
- Jams, Jellies and Preserves
 - History of use
 - Regional
 - International

Learning activities

- Prepare the basic ingredients for food preservation
- Prepare basic jams, jellies and preserves
- Explain the structure of each
- Describe the process of fermentation and its uses
- Describe how to produce food items through fermentation
- Describe how to cure meat and seafood
- Describe how to make vinegars, soy sauce, pickles and other items through fermentation
- Describe how to make quick pickle and other ways to preserve food

Assessments

- Lab competency based learning activities including daily participation

- In class worksheets to facilitate participation
- Oral presentation on the history of regional food preservation
- Assignments including weekly quizzes that are multiple choice and short answer
- Final written exam with questions that are multiple choice, fill in the blank and short answer
- Final lab practical including ingredient ordering, recipe scaling, sensory evaluation and recipe execution

Grading Guidelines

A = 90-100 B= 80-89.9 C=70-79.9 D=60-69.9 F=0-59.9

Revised

April 20, 2022