

Higher Education

# FoodMASTER

*created by:*

Melani W. Duffrin, PhD, RDN, LDN  
Annette Graham, PhD  
Jana Hovland, PhD, RDN, LD  
Virginia Carraway-Stage, PhD, RDN, LDN

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**Primary Authors:**

**Melani W. Duffrin, PhD, RDN, LDN**  
Professor of Nutrition Science  
East Carolina University

**Annette Graham, PhD**  
The Culinary Institute of America  
Associate Dean of Business Management

**Jana Hovland, PhD, RDN, LD**  
Assistant Professor of Dietetics  
Didactic Program in Dietetics  
Marshall University

**Virginia Carraway-Stage, PhD, RDN, LDN**  
Assistant Professor of Nutrition Science  
FoodMASTER Director  
East Carolina University

**Technical Editors:**

**Kathryn M. Kolasa, PhD, RDN, LDN**  
Professor Emeritus  
Department of Family Medicine  
Department of Pediatrics  
Brody School of Medicine  
East Carolina University

**Diana Saum, MS, RDN, LDN**  
Instructor of Nutrition Science  
East Carolina University

**Sara McLeod, MS, RDN, LDN**  
Clinical Dietitian  
Virginia Hospital Center

**Sarah Gregory Sykes, BS**  
Graduate Research Assistant  
Department of Nutrition Science  
East Carolina University

**Carolyn Lackey, PhD**  
Professor Emeritus and Food and  
Nutrition Specialist  
North Carolina Cooperative Extension  
Service  
North Carolina State University

**David Rivera, Jr., PhD**  
Associate Professor of Hospitality  
Management  
East Carolina University

**Ashley Roseno, MS, RDN, LDN**  
FoodMASTER Project Coordinator  
East Carolina University

**Allender Lynch**  
Undergraduate Research Assistant  
Department of Nutrition Science  
East Carolina University

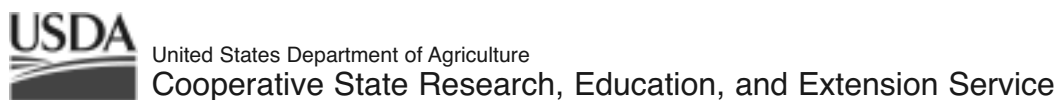
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*This book is dedicated to all family members that have passed on the tradition of family cooking and food science. We thank family, friends, co-workers, and teachers who have provided love, support, and feedback.*



The United States Department of Agriculture Higher Education Grant Challenge Award supports programs that use creative or non-traditional approaches to address higher education needs related to foods and agriculture. Collaborative projects are encouraged that serve as a model, enhance program quality, and anticipate benefits beyond the funding period.

The Food, Mathematics, and Science Teaching Enhancement Resource (FoodMASTER) Initiative received three years of funding from the USDA Higher Education Grant Challenge Award to develop foods education materials that integrate health and incorporate hands-on learning activities. FoodMASTER: Food Experiences for the Adult Learner was pilot-tested in a sophomore-level food science course at East Carolina University. Initial results show promise for preparing Food and Nutrition professionals using the curriculum.

## FOODMASTER HIGHER EDUCATION

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## INTRODUCTION

# FoodMASTER Higher Education

## *Food Experiences for the Adult Learner*

Welcome to food experiences for adult learners! Through these experiences, you will learn about many food topics – food safety, weights & measures, vegetables, fruits, milk & cheese, fats, grains, quick breads, yeast breads, and meat, poultry, & fish. At the same time, you will learn fun and exciting agriculture and nutrition science facts, and develop problem solving and critical thinking skills.

You will begin each experience by reading a brief introduction and answering “Think About It” questions. Next, you will complete a lab activity, share your results with other kitchen stations, and complete sensory evaluation forms. The scientific basis of the experience and consumer tips will be presented to emphasize main points and provide you with useful information to share with future clients, patients, and/or students. Finally, you will go further in-depth by exploring and answering additional questions based on your observations in lab.