

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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Northern Illinois University

*sponsored by:*

**SEPA** SCIENCE EDUCATION  
PARTNERSHIP AWARD  
SUPPORTED BY THE NATIONAL INSTITUTES OF HEALTH



United States Department of Agriculture  
Higher Education  
Grant Challenge Award

**Primary Authors:**

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

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

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

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

**Technical Editors:**

**Kathryn M. Kolasa, PhD, RDN, LDN**  
Professor Emeritus  
Department of Family Medicine  
Department of Pediatrics

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

**Diana Saum, MS, RDN, LDN**  
Instructor of Nutrition Science

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

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

**Ashley Roseno, MS, RDN, LDN**  
FoodMASTER Project Coordinator

**Sarah Gregory Sykes, BS**  
Graduate Research Assistant

**Allender Lynch**  
Undergraduate Research Assistant  
Department of Nutrition Science

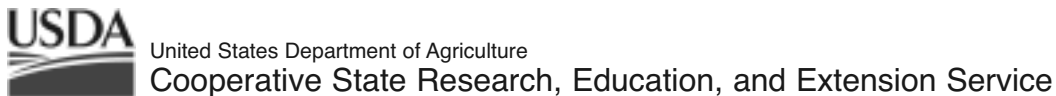
[www.foodmaster.org](http://www.foodmaster.org)

ISBN 978-0-9863691-1-7

These resource materials were supported by the United States Department of Agriculture Higher Education, Grant Challenge Award. The content is solely the responsibility of the authors and does not necessarily represent the official views of the USDA.

Book design by Cara Cairns Design, LLC

*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.