

Welcome to Class

Dr. Bodwin

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www.drbodwin.com/teaching

HA103 or HA407H



*Science of Cooking – BCBT100
Spring 2014 - Bodwin*

Philosophy of Class

LASC 3 with Lab

Employ a scientific approach to
food, flavor, and cooking

Lab/Experiential activities

In-class, At-home

NOT a cooking class, a science
class about food and cooking



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Course Information

Come to class

D2L

<http://www.drbodwin.com/teaching/bcbt100.php>

Blog <http://scienceofcooking100.blogspot.com/>

Twitter @DrBodwin #ChemKitchen

Office Hours (check schedule)



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Grading

D2L quizzes
Lab assignments
Exams
In-class points



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What will we cover?

“Matter and its changes”
Food molecules
Cooking methods
Food production
Experiencing food



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Food Categories

Animal-based Foods
Dairy, eggs, cheese, meat

Plant-based Foods
Fruit, veg, seeds, “other”



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Cooking/Preparation

Heating methods

Other methods

Growing/raising food



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What is “science”?

Curiosity

Organization

Data

Relationships



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The Scientific Method

Observe something

Ask a question

Predict an answer

Test your prediction

Repeat, repeat, repeat



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Doing “Good” Science

It's not random
Testable prediction
Statements not questions
1 variable at a time
Reflective



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What is “cooking”?

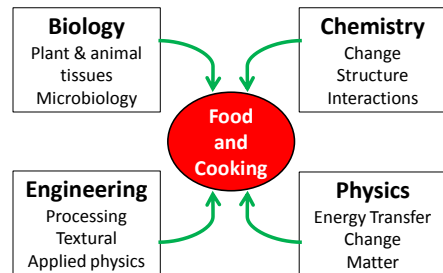
Preparation of food & drink
Understanding flavors
Exploring combinations
Experiencing textures



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Sciences of Cooking



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Using recipes

More than a list of ingredients

Process matters

What's happening on a
molecular level?

How can a recipe be changed?



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In-Class Assignment

On the back, list the 3 topics you
are most interested in discussing
in class.

*Type of food, cooking technique,
science topic, etc.*



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