

## Welcome to Class

Dr. Bodwin

[bodwin@mnstate.edu](mailto:bodwin@mnstate.edu)

[www.drbodwin.com/teaching](http://www.drbodwin.com/teaching)

HA103 or HA407H



*Science of Cooking – BCBT100*  
Fall 2015 - 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

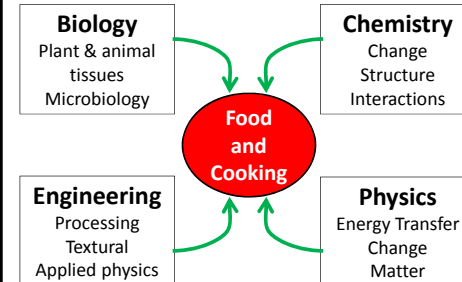
Exploring combinations

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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