

# Welcome to Class

Dr. Bodwin

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

HA103 or HA407H



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# Philosophy of Class

LASC 3 with Lab

Employ a scientific approach to food, flavor, and cooking

Lab activities

In-class – 4-6 hours

At-home – 8-6 hours

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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# Topics

- Introduction
- Food Biochemistry
- Milk, Dairy, Cheese, Eggs
- Exam I



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# Topics

- Fruits
- Vegetables
- Science of Flavor
- Exam II



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## Topics

Cooking reactions  
Science of Hot Sauces  
Exam III



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## Topics

Chocolate and Candy  
Beer  
Wine  
Exam IV



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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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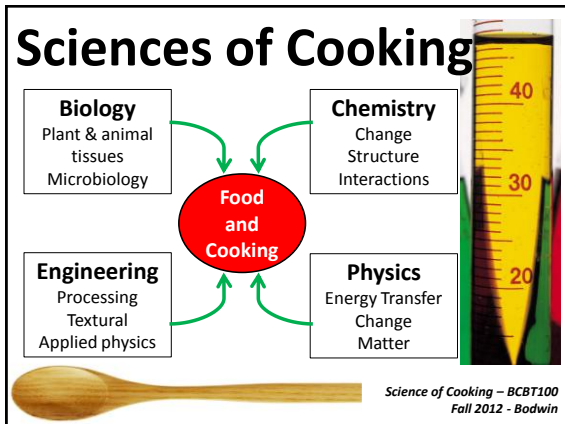
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## Using recipes

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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