Nutrition 405: Experimental Food Science
Reflection

After taking Nutrition 405 and Nutrition 302L in one semester, I was surprised by how much I enjoyed these lab classes and the hands-on experience they provided. Nutrition 405 with Professor Scholar ended up being another one of my favorite nutrition courses at SDSU due to the professor’s excellent skills at helping her students and providing us with resources to succeed on our three group projects.

Nutrition 405 teaches the analytical skills necessary in food science, drawing from information learned in Nutrition 205 to develop and evaluate food products. The two main sections in the course included food and nutrient analysis, with the end of the semester focusing on food product development. By applying our educational background in the areas of chemistry, nutrition, microbiology, statistics, and engineering; we were able to complete three group projects and demonstrate competency working in groups, interpreting statistical data, manuscript writing and presentation skills.

My favorite project was developing a new food product. As the group leader, I suggested we create a vegan “cheese” sauce made from cashews. It was exciting testing out the recipe and having greater autonomy than the previous projects. Also, it provided an excellent opportunity to apply what we had learned throughout the semester by conducting surveys, performing analytical tests on our product, and interpreting data from the experiment trials. It was a fun but demanding project, and one of the best parts was letting our lab section sample the final result, and have one classmate even ask for the recipe!

Nutrition 405 was a great chance to implement creativity into the food science realm, and the material clicked much better with me than it did in the Nutrition 401 lecture. I thoroughly
enjoyed this class and would recommend future students also take the class with Professor Scholar.