

CATALOG INFORMATION

Dept and Nbr: CUL 221.54      Title: HOME COOKING FOR 1...OR2  
Full Title: Home Cooking for 1... or 2  
Last Reviewed: 6/18/2001

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.50	8	Lecture Scheduled	12.00
Minimum	1.00	Lab Scheduled	2.00	8	Lab Scheduled	16.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.50		Contact Total	28.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 24.00

Total Student Learning Hours: 52.00

Title 5 Category: AA Degree Applicable  
Grading:            Grade or P/NP  
Repeatability:    39 - Total 2 Times  
Also Listed As:  
Formerly:        CULT221.54

**Catalog Description:**  
Professional chefs present theory, demonstrate techniques, supervise production and critique student production of a variety of foods.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Professional Chef presents theory, demonstrates technique, supervises and critiques student preparation of a variety of dishes including appetizers, soups, salads, entrees, breads, and desserts. The focus of this class will be on small quantities that can be quickly prepared at home for 1 or 2 people. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:

Transfer Credit:  
Repeatability: Total 2 Times

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**  
Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The students will:

1. Understand how to effectively shop and stock a pantry for 1 or 2.
2. Utilize sanitation techniques to safely prepare a variety of dishes.
3. Understand and use proper cooking techniques to prepare a variety of recipes in small quantities.
4. Prepare appetizers, soups, salads, entrees, breads, and desserts.
5. Prepare a variety of vegetables and starch side dishes.
6. Practice presentation techniques.

### **Topics and Scope:**

1. Through lecture and demonstration, the student will be instructed in the proper handling, fabricating, and cooking techniques for a variety of food items.
2. Focus will be on the preparation of recipes in small quantities.
3. Instruction will be provided concerning shopping for small quantities of groceries.
4. Recipes will be presented, discussed, and prepared.
5. Presentation techniques will be utilized.
6. Students will taste and critique all recipes prepared.

### **Assignment:**

1. Practical laboratory work on various cooking techniques.
2. Evaluate and critique recipes.
3. Field trip to a variety of markets.

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

LAB WORK

Problem solving  
10 - 25%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Preparation and Evaluation of cooked recipes

Skill Demonstrations  
60 - 80%

**Exams:** All forms of formal testing, other than skill performance exams.

None

Exams  
0 - 0%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation.

Other Category  
10 - 25%

## Representative Textbooks and Materials:

Instructor prepared recipes and handouts.