

CATALOG INFORMATION

Dept and Nbr: CUL 280.2 Title: ROOT-TO-STEM VEGETARIAN
Full Title: Root-to-Stem Vegetarian Cooking
Last Reviewed: 11/13/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0.50	Lecture Scheduled	0.25	17.5	Lecture Scheduled	4.38
Minimum	0.50	Lab Scheduled	0.75	2	Lab Scheduled	13.13
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 8.75

Total Student Learning Hours: 26.25

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly:

Catalog Description:
Many fruits and vegetables are not just edible, but also delicious and good for you, from the root to the stem! Waste less in the kitchen by learning how to cook all parts of fruits and vegetables. In this course, students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global vegetarian root-to-stem cooking.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Many fruits and vegetables are not just edible, but also delicious and good for you, from the root to the stem! Waste less in the kitchen by learning how to cook all parts of fruits and vegetables. In this course, students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global vegetarian root-to-stem cooking. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Prepare a variety of vegetarian dishes from root-to-stem using locally available products.
2. Apply a working knowledge of sanitation and safety in a commercial kitchen.

Objectives:

At the conclusion of this course, the student should be able to:

1. Describe the principles, history, and philosophy of root-to-stem vegetarian cooking.
2. Discuss current concepts, health benefits, and theories related to whole vegetable cooking.
3. Recognize and use proper cooking techniques and equipment to prepare and present a variety of root-to-stem vegetarian recipes.
4. Identify and select fresh, local, seasonal, organically, and sustainably grown ingredients.
5. Describe important cultural and global eating patterns that influence root-to-stem vegetarian diets.
6. Modify favorite vegetarian dishes to utilize whole plant cooking.
7. Identify the basic principles of root-to-stem meal planning.
8. Employ safe, hygienic food handling procedures.

Topics and Scope:

I. Definitions

- A. National cuisine
- B. Regional cuisine
- C. Global cuisine
- D. Cooking terminology
- E. Safe, hygienic food handling procedures

II. Styles of Cooking

- A. Dry heat
- B. Moist heat
- C. Combination cooking
- III. Cooking Equipment
 - A. Pots and pans
 - B. Ovens and stoves
 - C. Utensils
 - D. Serving bowls and platters
- IV. Ingredients Based on Geographical Location and Climate
 - A. Fresh
 - B. Dried
 - C. Canned
 - D. Frozen
 - E. Seasonal
 - F. Herbs and spices
 - G. Oils and vinegars
- V. Eating Patterns and Lifestyles
 - A. Vegetarian
 - B. Stationary versus mobile
 - C. Home cooking vs. prepared foods
 - D. Environmental and health-related considerations
- VI. Historical Influences of Other Countries and Cuisines
 - A. Immigration
 - B. Politics/colonialization
 - C. Religion
 - D. Environment
 - E. Geography
 - F. Trade/commerce
- VII. Foods Used for Specific Purposes
 - A. Nutritional
 - B. Medicinal
 - C. Ceremonial/religious

All topics are covered in the lecture and lab portion of the course.

Assignment:

Lecture-Related Assignments:

1. Weekly reading (6-10 pages)
2. Keep a recipe journal
3. Cuisine worksheets (2-3)

Lab-Related Assignments:

1. Prepare weekly recipes
2. Weekly recipe evaluation worksheets

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.

Cuisine worksheets

Writing
5 - 10%

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

None

Problem solving
0 - 0%

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

Preparing weekly recipes; weekly recipe evaluation worksheets

Skill Demonstrations
60 - 75%

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.

Recipe journal; attendance and participation

Other Category
20 - 30%

Representative Textbooks and Materials:
Instructor prepared materials.