

CATALOG INFORMATION

Dept and Nbr: CUL 280.3

Title: VEGETARIAN SALADS

Full Title: Vegetarian Salads

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:
No longer just a side dish, salads are worthy of center stage, where they can be the star of the meal. Come along as we discover vegetable-forward ingredients, techniques, and inspiration for creating show-stopping salads. In this course, students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global salads. Students will prepare a variety of vegetarian salads.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: No longer just a side dish, salads are worthy of center stage, where they can be the star of the meal. Come along as we discover vegetable-forward ingredients, techniques, and inspiration for creating show-stopping salads. In this course, students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global salads.

Students will prepare a variety of vegetarian salads. (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 salads 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 that vegetarian salads have as a center-stage dish.
2. Discuss current concepts, health benefits, and theories related to vegetarian salads.
3. Recognize and use proper techniques and equipment to prepare and present a variety of vegetarian salad recipes.
4. Identify and select fresh, local, seasonal, organically and sustainably grown ingredients.
5. Describe important cultural and global eating patterns that influence vegetarian salads.
6. Modify favorite salads to be vegetarian.
7. Identify the basic principles of vegetarian salad 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. Raw
 - C. Stationary versus mobile
 - D. Home cooking vs. prepared foods
 - E. 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.

Prepare 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; participation

Other Category
20 - 30%

Representative Textbooks and Materials:
Instructor prepared materials.