

CATALOG INFORMATION

Dept and Nbr: CUL 215.1 Title: HOW TO COOK
Full Title: How to Cook-a Class for Absolute Beginners
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	7	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: CULT 215.1

Catalog Description:
An introductory class in basic food preparation, designed for students with little or no knowledge of cooking techniques, including everything from setting up a kitchen at home to healthful and familiar beginner's recipes using many quick and easy techniques.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: An introductory class in basic food preparation, designed for students with little or no knowledge of cooking techniques, including everything from setting up a kitchen at home to healthful and familiar beginner's recipes using many quick and easy techniques. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:

Transfer Credit:
Repeatability: Total 2 Times

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:
Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

The student will:

- 1) prepare basic entrees, vegetable dishes, salads, nutritious desserts, breads, main dishes, and beverages in a quick and easy manner;
- 2) identify staple foods and basic equipment recommended for a beginning cook;
- 3) measure ingredients accurately;
- 4) follow directions in recipe;
- 5) select economical and nutritious foods in a supermarket;
- 6) identify and use good safety and sanitation habits in the handling of food products.

Topics and Scope:

Introductory class in basic food preparation, designed for students living on their own with limited knowledge of cooking techniques and limited time and money.

1. Breakfast Foods
 - a. quick breads
 - b. egg cookery
 - c. cereals
 - d. beverages
 - e. fruits
2. Lunches
 - a. salads
 - b. soups
 - c. sandwiches
3. Dinners
 - a. pastas and other starches
 - b. vegetables

- c. simple desserts
- d. meat, fish, poultry
- 4. Nutritious Snacks
- 5. Equipment and staple food supplies
- 6. Safety and Sanitation
- 7. Supermarket shopping
 - a. Nutrition
 - b. Economy

Assignment:

1. Practical lab work on various cooking techniques.
2. Evaluate and critique recipes.
3. A home experience using one of the techniques demonstrated in class will be assigned at the end of each class.
4. Students will be encouraged to prepare a complete meal for one or more guests before the 7th class meeting.

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/Participation

Other Category
10 - 25%

Representative Textbooks and Materials:

Recipes and handouts prepared by the instructor.