

CATALOG INFORMATION

Dept and Nbr: CUL 215.3      Title: LOW-FAT COOKING  
Full Title: California Low-Fat Cooking  
Last Reviewed: 6/18/2001

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 0.50 | Lecture Scheduled     | 1.50 | 4            | Lecture Scheduled  | 6.00  |
| Minimum | 0.50 | Lab Scheduled         | 2.00 | 2            | Lab Scheduled      | 8.00  |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 3.50 |              | Contact Total      | 14.00 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 12.00

Total Student Learning Hours: 26.00

Title 5 Category: AA Degree Applicable  
Grading:            Grade or P/NP  
Repeatability:    39 - Total 2 Times  
Also Listed As:  
Formerly:        CULT 215.3

**Catalog Description:**  
Study and preparation of contemporary low-fat food using the bountiful supply of food products available in California. New recipe ideas as well as methods of modifying existing recipes to create lower fat dishes will be addressed. Course will cover appetizers, entrees, side dishes, breads, and desserts.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Study & preparation of contemporary low-fat recipes using locally produced foods. New recipe ideas as well as methods of modifying existing recipes to create lower fat dishes will be addressed. Appetizers, entrees, side dishes, breads and desserts will be prepared. (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 student will:

1. Identify high fat ingredients and possible substitutes.
2. Identify high fat cooking methods and possible substitutes.
3. Modify existing recipes to create lower fat dishes.
4. Cook entire low fat meal.

### **Topics and Scope:**

1. Current information on the role of dietary fat in health & disease.  
Types of fat, identification of high fat food items & cooking methods.
2. Identification of lower fat products available in California with focus on Sonoma County and Bay Area.
3. Appetizers: New recipes, modification of favorites.
4. Entrees, Meats: New recipes, modification of favorites.
5. Side Dishes, Starches: New recipes, modification of favorites.
6. Breads, quick breads, yeast breads: New recipes, modification of favorites.
7. Desserts: New recipes, modification of favorites.

### **Assignment:**

Creation of a well balanced contemporary lowfat menu and preparation of this menu.  
Calculation of recommended daily fat intake.

## 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.

Calculate fat recommendation. Recipe modification

Problem solving  
10 - 40%

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

Class performances

Skill Demonstrations  
40 - 70%

**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  
20 - 50%

## Representative Textbooks and Materials:

Recipes and handouts prepared by instructor.