CUL 275.68 Course Outline as of Fall 2017

CATALOG INFORMATION

Dept and Nbr: CUL 275.68 Title: MEX. CUISINE: VERACRUZ
Full Title: Mexican Cuisine: Veracruz
Last Reviewed: 11/14/2022

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0.50	17.5	Lecture Scheduled	8.75
Minimum	1.00	Lab Scheduled	1.50	2	Lab Scheduled	26.25
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 17.50 Total Student Learning Hours: 52.50

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:
Cultural foods, historical food trends, and customs as related to gourmet, regional, national, and international cuisines. Preparation of a variety of dishes common to the Mexican regional cuisine of Veracruz.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Cultural foods, historical food trends, and customs as related to gourmet, regional, national, and international cuisines. Preparation of a variety of dishes common to the Mexican regional cuisine of Veracruz. (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. Students will be able to:
Prepare a variety of dishes common to a particular ethnic cuisine using locally available products.

Objectives:
Upon successful completion of this course, students will be able to:
1. Define and describe the differences among ethnic cuisine, regional cuisine, and national cuisine.
2. Utilize a variety of cooking techniques to prepare recipes.
3. Select and utilize appropriate cooking and service wares to prepare and serve recipes.
4. Select ingredients based on geographical location and climate and utilize them to prepare dishes common to a particular ethnic cuisine.
5. Describe the eating patterns and lifestyles common to a particular ethnic cuisine.
6. Discuss the historical influences of other countries and cuisines on a particular ethnic cuisine.
7. Identify and describe the ways foods are used for nutritional, medicinal, and/or ceremonial/religious purposes.

Topics and Scope:

I. Definitions
   A. National cuisine
   B. Regional cuisine
   C. Ethnic cuisine
   D. Cooking terminology
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. Meat based diet
C. Stationary vs. 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

Assignment:

1. Reading, approximately 3-5 pages per week.
2. Keep a recipe journal.
3. Complete worksheet(s) on aspects of cuisine, e.g., equipment identification, terminology, ingredients, cooking methods, historical influences, etc.

LAB
1. Prepare assigned recipes.
2. Taste and evaluate the success of recipes prepared in class.

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.

Worksheets	Writing 10 - 20%

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 and evaluating recipes	Skill Demonstrations 50 - 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.

Recipe journal; attendance and participation	Other Category 20 - 30%

Representative Textbooks and Materials:
Instructor prepared materials.