

CUL 280.1 Course Outline as of Fall 2024**CATALOG INFORMATION**

Dept and Nbr: CUL 280.1 Title: PLANT-BASED CUISINE

Full Title: Plant-Based Cuisine

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:

Are you looking for inspiration to eat more vegetables? Plant-based cuisine is not new; however, its popularity is on the rise for those seeking to eat less meat and more vegetables. In this course, students will explore plant-based cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global plant-based dishes. Students will prepare a variety of common plant-based dishes.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Are you looking for inspiration to eat more vegetables? Plant-based cuisine is not new; however, its popularity is on the rise for those seeking to eat less meat and more vegetables. In this course, students will explore plant-based cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global plant-based dishes. Students

will prepare a variety of common plant-based dishes. (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: |
|---------------|----------------------|------------|-----------|

| | | |
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| 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 dishes common to a particular plant-based cuisine 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 plant-based cuisine.
2. Discuss current concepts, health benefits, and theories related to plant-based diets and nutrition.
3. Recognize and use proper cooking techniques and equipment to prepare and present a variety of plant-based recipes.
4. Identify and select fresh, local, seasonal, organically, and sustainably grown ingredients.
5. Describe important cultural and global eating patterns that influence plant-based diets.
6. Modify favorite dishes or meals to be plant-based.
7. Identify the basic principles of plant-based 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. Plant-based
 - B. Stationary versus mobile
 - C. Home cooking versus 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.

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 and participation

Other Category
20 - 30%

Representative Textbooks and Materials:
Instructor prepared materials.