CUL 278.3 Course Outline as of Fall 2025

CATALOG INFORMATION

Dept and Nbr: CUL 278.3 Title: MEDITERR CUISINE
Full Title: Mediterranean Cuisine
Last Reviewed: 3/24/2025

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:	CUL 275.60

Catalog Description:
Expand your culinary skills while also exploring the rich history, culture, and traditional foods of Mediterranean cuisine. In this course, students will learn to cook a variety of dishes common to regions of the Mediterranean.

Prerequisites/Corequisites:
Course Completion or Current Enrollment in CUL 230 OR CUL 250 OR DIET 50

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Expand your culinary skills while also exploring the rich history, culture, and traditional foods of Mediterranean cuisine. In this course, students will learn to cook a variety of dishes common to regions of the Mediterranean. (Grade or P/NP)
Prerequisites/Corequisites: Course Completion or Current Enrollment in CUL 230 OR CUL 250 OR DIET 50

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. Demonstrate basic techniques to prepare a variety of dishes common to Mediterranean cuisine using locally available products.
2. Apply sensory evaluation for flavor and texture balance in recipes.

Objectives:
At the conclusion of this course, the student should be able to:
1. Define and describe the differences among global cuisine, regional cuisine, and Mediterranean 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 Mediterranean cuisine.
5. Describe the eating patterns and lifestyles common to Mediterranean cuisine.
6. Discuss the historical influences of other countries and cuisines on Mediterranean cuisine.
7. Identify and describe the ways foods are used for nutritional, medicinal, and/or ceremonial/religious purposes.
8. Apply sensory evaluation skills to identify characteristics of high quality ingredients and finished products.
9. Practice safe, hygienic food-handling procedures.

Topics and Scope:

I. Definitions
- A. National cuisine
- B. Regional cuisine
- C. Global 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 Season
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 versus mobile
D. Home cooking versus 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
VIII. Sanitation and Safety Practices in the Professional Kitchen
IX. Sensory Evaluation

All topics are covered in the lecture and lab portions of the course.

Assignment:

Lecture-Related Assignments:
1. Weekly reading (6-10 pages)
2. Recipe journal
3. Cuisine worksheets (3-4)

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 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 weekly recipes; weekly recipes evaluation worksheets	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