

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:**

<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:**  
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.