

CATALOG INFORMATION

Dept and Nbr: CUL 186

Title: CULTURAL FOODS

Full Title: Cultural Foods

Last Reviewed: 6/18/2001

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	1.50	Lab Scheduled	4.00	8	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 175.00

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: CULT 186

**Catalog Description:**  
Knowledge of distinctive foods, eating habits, holiday customs, and traditions of many cultures. Preparation of representative foods with emphasis on identification of ingredients, comparison of cuisines, application of flavor principles to creative cooking, and artistic presentation of food.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Interest in other cultures and/or cooking.

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Knowledge of distinctive foods, eating habits, holiday customs & traditions of many cultures. Preparation of representative foods with emphasis on identification of ingredients, comparison of cuisines, application of flavor principles to creative cooking & artistic presentation of food. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended: Interest in other cultures and/or cooking.

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **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:**

1. Explore the distinctive foods in a variety of different cuisines.
2. Develop a vocabulary of common terms, including foods, utensils, and clothing, related to each cuisine.
3. Apply flavor principles from each cuisine to creative cooking.
4. Participate in the preparation of 1-3 foods in each cuisine.
5. Taste foods prepared in class and evaluate according to standard product.
6. Recognize country of origin when given names of distinctive cultural foods.
7. Report on the customs and distinctive foods of one country or cuisine and demonstrate two foods from that country.
8. Practice preparing foods in each cultural foods unit at home.
9. Relate similarities of different cuisines.
10. Recognize cost of preparing foods from different cultures and compare with cost of American foods.
11. Plan foods to be prepared on time for buffet and artistic presentation of each dish.

### **Topics and Scope:**

1. Identify terms, distinctive dishes, and ingredients used in different cuisines.
2. Practice good sanitation and correct food preparation techniques in hands-on preparation of foods in each cuisine.
3. Share personal experiences from travel in foreign countries and and personal knowledge.
4. Participate in guest demonstrations of Japanese, Chinese, Indonesian, Phillipine, Mexican, Swiss, Indian, or American Indian

cuisines.

5. Develop skills in the preparation of foreign and other distinctive foods.
6. Research the habits, customs, foods, traditions, and terms associated with one country and report to the class during a demonstration of two foods from the country.
7. Prepare materials for class use on one country or cuisine.
8. Participate in the preparation and tasting of foods from:
  - a. Oriental cuisines: Japanese, Chinese, Indonesian, Thai, Phillipine
  - b. European cuisines: French, Italian, German, Swiss, Scandinavian
  - c. Mexican cuisine
  - d. American cuisines: American Indian, Creole, Soul, Penn. Dutch
  - e. miscellaneous cuisines: Greek, Hungarian, Indian, Russian, African, Moroccan, Middle Eastern, Jewish, Romanian, English, Irish, Chilean, Panamanian, New Zealand, and other cuisines as time permits
9. Evaluate performance of self and others in the preparation of foods and reports.

### **Assignment:**

1. Thoroughly research one country of your choice on the food habits, distinctive foods and utensils, customs, and holiday traditions of the country. Select five dishes, representative of a meal from the country, and prepare two of these dishes in a class demonstration; or plan the recipes for the entire class to prepare and present the lecture, terms, and questions for that class day.
2. Prepare five home experiences, one for each of the five units (Oriental, European, Mexican, American, and miscellaneous) at home. Write up the experience including comments from guests, cost of ingredients, recipe used, recommended changes, and a personal evaluation of your performance.
3. Take-home quizzes (objective and essay questions).
4. Research the distinctive foods, habits, customs, and traditions of one cuisine in each of the five units, and summarize in a 2-page essay.
5. Locate and bring to class visual aids for class presentation and the International Smorgasbord when presented.
6. Prepare a bulletin board on one country of your choice.
7. Read supplementary articles provided by the instructor.
8. Make up labs missed by preparing a dish from that cuisine and bringing to class to share during the buffet.
9. Bring recipe books, artifacts from the country, money, maps, books appropriate for each cuisine as scheduled in the tentative schedule.
10. Prepare a notebook consisting of lecture notes, terms and questions, recipes for each country, and additional recipes and articles collected during the semester.

### **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.

Homework problems, Lab reports, Quizzes, Exams,  
SPECIAL EVENTS AS NECESSARY

Problem solving  
10 - 25%

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

Class performances, Field work, Performance exams

Skill Demonstrations  
25 - 55%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion,  
ESSAY QUESTIONS

Exams  
10 - 35%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

NOTEBOOK, ATTENDANCE, ATTITUDE, GROUP  
WORK, COOPERATIVE ABILITY AND EFFORT

Other Category  
5 - 30%

### **Representative Textbooks and Materials:**

materials prepared by instructor supplemented by:

FASCINATING FOODS, Mary McDevitt

ILLUSTRATED GUIDE TO FOREIGN AND FANCY FOODS, Mary Kramer

HERITAGE COOK BOOK, Better Homes and Gardens

EASY BASICS FOR INTERNATIONAL COOKING, Sunset

BETTY CROCKER'S INTERNATIONAL FOODS COOK BOOK

MEALS WITH A FOREIGN FLAIR, Better Homes and Gardens