

**CUL 279.7 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: CUL 279.7 Title: WESTERN CENTRAL ITALIAN

Full Title: Italian Cuisine: Western Central

Last Reviewed: 3/10/2025

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 275.85

**Catalog Description:**

In this course students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global cuisines. Students will prepare a variety of dishes common to the Western Central Italian cuisines of Tuscany, Umbria, and Lazio. This course also includes weekly in-class food and wine sensory evaluations.

**Prerequisites/Corequisites:**

Minimum Age 18 or older

**Recommended Preparation:****Limits on Enrollment:**

Age 18 or older

**Schedule of Classes Information:**

Description: In this course students will explore cultural foods, historical food trends, and customs as related to gourmet, regional, national, and global cuisines. Students will prepare a variety of dishes common to the Western Central Italian cuisines of Tuscany, Umbria, and Lazio. This course also includes weekly in-class food and wine sensory evaluations. (Grade or P/NP)

Prerequisites/Corequisites: Minimum Age 18 or older

Recommended:

Limits on Enrollment: Age 18 or older

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:
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<b>CSU Transfer:</b>	Effective:	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**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 the Western Central Italian cuisines of Tuscany, Umbria and Lazio using locally available products.
2. Apply a working knowledge of sanitation and safety in a commercial kitchen.
3. Discuss and evaluate food and wine pairings.

**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 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 season.
5. Describe the eating patterns and lifestyles common to Western Central Italians.
6. Discuss the historical influences of other countries and cuisines on Western Central Italian cuisine.
7. Identify and describe the ways foods are used for nutritional, medicinal, and/or ceremonial/religious purposes.
8. Through sensory evaluation, identify elements in food and wine that lead to compatibility.

**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 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
  - F. Food and wine sensory evaluation
- 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 portions of the course.

**Assignment:**

Lecture-Related Assignments:

1. Weekly reading (1-5 pages)
2. Recipe journal
3. Cuisine worksheets (3-4)

Lab-Related Assignments:

1. Prepare weekly recipes
2. Weekly wine sensory evaluation

Exams:

Final exam

## 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 worksheet; weekly wine sensory evaluation

Skill Demonstrations  
30 - 45%

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

Final exam

Exams  
20 - 30%

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

Recipe journal

Other Category  
15 - 20%

## Representative Textbooks and Materials:

Instructor prepared materials.