

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

DSPS 662D

COURSE TITLE

FOOD PREPARATION BASICS - DSPS

TYPE COURSE

NON FEE

DSPS

CATALOG COURSE DESCRIPTION

This course is designed for students with disabilities to learn basic concepts of food preparation to increase independence at home. Topics include basic cooking vocabulary, reading and following recipe instructions, and basic nutrition concepts. This course will also include activities to teach kitchen safety and sanitation, grocery shopping skills, and budgeting. (FT)

LECTURE /LABORATORY HOURS

54

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

1. Learn basic food preparation terminology.
2. Learn how to safely use food preparation utensils and appliances.
3. Learn how to safely prepare food at home to increase independent living skills.
4. Learn grocery shopping and budgeting skills to promote independence and choice.
5. Increase knowledge of nutrition and healthy food choices.
6. Learn to ready and follow simple recipe instructions.

COURSE OBJECTIVES

1. Demonstrate ability to identify and define basic cooking vocabulary words.
2. Practice how to safely use food preparation utensils and appliances.
3. Display basic kitchen safety and sanitation skills.
4. Demonstrate ability to understand and follow simple recipe instructions.
5. Demonstrate ability to measure and prepare ingredients.
6. Demonstrate ability to locate items in grocery store.
7. Use basic budgeting skills.
8. Practice making healthy food choices.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction to Basic Cooking Vocabulary
2. Safety in the Kitchen
 - 2.1. Safe usage of utensils
 - 2.1.1. Adaptive kitchen tools
 - 2.2. Safe usage of appliances
 - 2.3. Safety with fire, heat, hot items, and steam
 - 2.4. Spills and falls
 - 2.5. Cuts and burns
 - 2.6. Lifting and carrying
 - 2.7. Kitchen fires
 - 2.8. Protective equipment
3. Cleanliness in the Kitchen
 - 3.1. Sanitation concepts and hygiene
 - 3.2. Identification of cleaning materials
 - 3.3. Sanitizing food preparation space
 - 3.4. Washing/drying dishes and utensils

COURSE CONTENT AND SCOPE (CONTINUED)

4. Reading and Following Recipes
 - 4.1. Recipe structure
 - 4.2. Defining terms and abbreviations
 - 4.2.1. Basic skills with measurements
 - 4.2.1.1. Measuring containers and equipment
 - 4.2.1.2. Measuring using pounds and ounces
 - 4.2.1.3. Pints, quarts, and gallons
 - 4.2.2. Defining recipe terms
 - 4.2.2.1. Boil, bake, steam, roast, stew, sauté, etc.
 - 4.3. Food product identification
 - 4.3.1. Fruits/vegetables
 - 4.3.2. Grains
 - 4.3.3. Proteins
 - 4.3.4. Dairy
 - 4.4. Assembling ingredients
 - 4.4.1. Adjusting recipe size
 - 4.5. Following recipe steps
5. Basic Food Preparation
 - 5.1. Proper handling of food
 - 5.1.1. Safe handling of meat
 - 5.1.2. Food storage basics and guidelines
 - 5.1.3. Avoiding cross contamination
 - 5.2. Proper food preparation techniques
 - 5.3. Blending and mixing techniques
6. Grocery Shopping Skills
 - 6.1. Grocery store layout
 - 6.1.1. Locating items at the grocery store
 - 6.1.2. Finding prices of items
 - 6.2. Asking for assistance
 - 6.3. Paying for groceries
 - 6.3.1. Counting money
 - 6.3.2. Using credit, debit, or EBT card
 - 6.3.3. Receiving change and receipt
 - 6.4. Budgeting
 - 6.4.1. Calculating recipe costs
 - 6.4.2. Coupons, sales, and club cards
 - 6.4.3. Comparing brands and prices
7. Nutrition and Eating Healthy
 - 7.1. Current dietary guidelines
 - 7.2. Importance of eating healthy
 - 7.3. Reading ingredient/nutrition labels

APPROPRIATE READINGS

Appropriate readings may include, but are not limited to, instructor written materials and materials designed for disabled students, instructor selected URLs, and publications related to cooking.

WRITING ASSIGNMENTS

Writing assignments may include, but are not limited to: individual worksheets and workbooks, preparing shopping lists for recipes, compiling recipes and nutritional value of recipes.

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to: researching and reviewing recipes, organizing and preparing meal ingredients.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments which demonstrate critical thinking may include, but are not limited to, small and large group activities in problem solving, individual activities that require applying facts or information learned in class, and demonstrations that exhibit measuring and budgeting concepts.

EVALUATION

Students will be evaluated on the basis of: Student Learning Outcome assessments for the course, instructor observation of skills, participation in class, and attendance.

METHOD OF INSTRUCTION

Methods of instruction may include, but are not limited to: group and individual instruction via lecture/laboratory, food preparation and cooking demonstrations, field trips, dvds/videos, discussions, and computer-aided instruction.

TEXTS AND SUPPLIES

Textbooks may include, but are not limited to:

Visual Recipes: A Cookbook for Non-Readers, Tabitha Orth, AAPC Publishing, current edition
Let's Cook! Healthy Meals for Independent Living, Riesz & Kissack, Appletree Press, current edition

Special Day Cooking, A Life Skills Cookbook, Beverly Palomba, Special Day Publishing, current edition

Good and Cheap: Eat Well on \$4/Day, Leanne Brown, Workman Publishing Company, current edition

PREPARED BY: Kim Salerno DATE: February 7, 2018

REVISED BY: _____ DATE: _____

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog