

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 615

COURSE TITLE

TIME-SAVING COOKING

ALTERNATE TITLE(S):

COOKING FOR BUSY PEOPLE

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

Learn to make cooking fast and easy using time-saving menu planning and food preparation techniques. This course includes how to select nutritious foods using the current food pyramid, safety and sanitation techniques and the selection and use of various time-saving kitchen equipment, appliances and tools. (FT)

LECTURE/LABORATORY HOURS

72

ADVISORY

NONE

RECOMMENDED SKILL LEVEL

8th grade level reading and math skills; ability to communicate effectively in the English language.

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.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking

SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

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

The goals of this course are to:

1. Demonstrate the principles of sound nutrition, and methods of achieving maximum nutrient density through menu planning and recipe selection.
2. Demonstrate skills in using time-saving equipment, appliances and tools.
3. Identify standards for the selection and purchase of food supplies (including convenience foods) and time saving equipment, appliances and tools.
4. Convert standard recipes to utilize time-saving methods.
5. Plan menus to achieve balanced nutrition and optimum visual and taste appeal.
6. Utilize time management and decision making skills.
7. Practice proper safety and sanitation when handling food items and cooking equipment.
8. Identify current food controversies.
9. Evaluate the consumers' role in the marketplace.
10. Utilize resource (time and energy) management.
11. Market consumer education/food and nutrition skills.

COURSE OBJECTIVES

Upon completion of this course the student will be able to:

1. Explain the principles of sound nutrition and methods of achieving maximum nutrient density. This ability will be measured by demonstrations and class discussions.
2. Identify time management and decision making skills used in time-saving cooking, by preparing food items during class.
3. Define and discuss, as well as demonstrate, methods of converting standard recipes to utilize time-saving methods.
4. Select and demonstrate the appropriate appliance and process of cooking, using a variety of time saving equipment, appliances and tools.
5. Define standards for the selection and purchase of food supplies and time-saving equipment, both large and small.
6. Prepare foods using proper safety and sanitation procedures and correct cooking techniques.
7. Discuss current food controversies, and be able to describe in class discussions what the impact of these controversies is likely to be on the contemporary household.
8. Define and discuss the consumers' affect (demand) on the marketplace (supply) and how personal and family buying patterns can have a great impact on available resources.

COURSE OBJECTIVES (CONTINUED)

9. Practice resource (time and energy) management and safety in the home and workplace.
10. Define and discuss Consumer Education/Food and Nutrition skills.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction to Time-Saving Cooking
 - 1.1. Principles of convection oven/standard oven cooking, and microwave cooking
 - 1.1.1. Comparison of convection, standard oven, and microwave oven cooking
 - 1.1.2. Comparison of energy consumption by each oven above
 - 1.1.3. Standards for the selection of each oven above
 - 1.1.4. Precautions
 - 1.2. Principles of food processor/blender use
 - 1.3. Principles of crockpot use
 - 1.4. New time-saving equipment, appliances and tools
 - 1.5. Safety factors
2. Nutrition
 - 2.1. Recommended daily servings from the current USDA food pyramid
 - 2.2. Effects of nutrients on body functions
 - 2.3. Food sources for various nutrients
 - 2.4. Food additives, functional foods
 - 2.5. Current food controversies: bioengineered, genetically modified, and irradiated foods
 - 2.6. Reliable sources of current nutrition information; i.e., internet web sites, health newsletters, etc.
 - 2.7. Recipe modification techniques to achieve maximum nutrition
 - 2.8. Restaurant menu selection techniques to achieve maximum nutrition
 - 2.9. Menu planning techniques to achieve maximum nutrition
3. Selection of Food Items and Equipment
 - 3.1. Standards for selection
 - 3.2. New products available in the marketplace
 - 3.3. Sources for food and equipment supplies
 - 3.4. Label legislation and identification
4. Sanitation
 - 4.1. Identification and prevention of food-borne illnesses
 - 4.2. Care and storage of food items and equipment
 - 4.3. Food preparation and storage techniques
 - 4.4. Household, kitchen, and personal cleanliness
 - 4.5. Identification and eradication of rodents and insects
5. Time-Saving Food Preparation Technique
 - 5.1. Dairy products
 - 5.1.1. Selection and storage
 - 5.1.2. Preparation techniques
 - 5.1.2.1. Pre-preparation
 - 5.1.2.2. Main dishes
 - 5.1.2.3. Beverages

COURSE CONTENT AND SCOPE (CONTINUED)

- 5.1.2.4. Desserts
- 5.1.2.5. Cooking time and procedures
- 5.1.3. Nutritional value
- 5.2. Protein foods – meats, poultry, seafood, grains, nuts and eggs, soy products
 - 5.2.1. Selection and storage
 - 5.2.2. Preparation techniques
 - 5.2.2.1. Pre-preparation
 - 5.2.2.2. Main dishes
 - 5.2.2.3. Salads
 - 5.2.2.4. Cooking times and procedures
 - 5.2.3. Nutritional value
- 5.3. Grains, grain products, dry beans and peas, nuts and nut products
 - 5.3.1. Selection and storage
 - 5.3.2. Preparation techniques
 - 5.3.2.1. Pre-preparation
 - 5.3.2.2. Main and side dishes
 - 5.3.2.3. Salads
 - 5.3.2.4. Desserts
 - 5.3.2.5. Breads
 - 5.3.2.5.1. Cooking times and procedures
- 5.4. Fruits and vegetables
 - 5.4.1. Selection and storage
 - 5.4.2. Preparation techniques
 - 5.4.2.1. Pre-preparation
 - 5.4.2.2. Main and side dishes
 - 5.4.2.3. Salads
 - 5.4.2.4. Desserts
 - 5.4.2.5. Beverages
 - 5.4.2.6. Cooking times and procedures
- 5.5. Candies, jellies, jams and preserves
- 5.6. Sauces and toppings
- 5.7. Beverages
- 5.8. Hors d'oeuvres
- 5.9. Convenience foods
- 6. Resource Management and Safety
 - 6.1. Time-saving and energy saving techniques used in the purchase, preparation, service and storage of food items
 - 6.2. Energy consumption of time saving equipment, appliances and tools (convection ovens, etc.)
 - 6.3. Energy efficient appliances available in the marketplace
 - 6.4. Prevention of food waste
 - 6.5. Freezer to microwave oven meals
 - 6.6. Cost comparison of microwave convenience foods
 - 6.7. Safety
 - 6.7.1. Fire safety
 - 6.7.2. Equipment use and storage
 - 6.7.3. Knife safety

COURSE CONTENT AND SCOPE (CONTINUED)

- 6.7.4. Basic knife skills
- 7. Marketing Your Consumer Education Skills/Food and Nutrition and Products
 - 7.1. Identification of skills
 - 7.2. Market need survey
 - 7.3. Sources
 - 7.3.1. Specialty stores
 - 7.3.2. Wholesale and retail food establishments
 - 7.3.3. Demonstrator of food items and equipment
 - 7.3.4. Food service industry
 - 7.3.4.1. Bakeries
 - 7.3.4.2. Caterers
 - 7.3.4.3. Hospitals, convalescent and nursing homes, home health industry
 - 7.3.4.4. Personal chefs

APPROPRIATE READINGS

Appropriate reading may include:

Cooks Illustrated Magazine

Fine Cooking Magazine

Eating Well Magazine

Everyday Food Magazine

Cooking Light Magazine

Easy Vegetarian, A paragon Publishing Book, Parragon Publishing, current edition

How to Cook Everything, Bittman, Mark, Macmillian Company, current edition

Great Bread Machine Baking, Brown, Marlenen, The Phillip Lief Group, Inc., current edition

The Four Ingredient Cookbooks, Cale, Emily & Linda Coffee, Cookbook Resources, current edition

Fix-It and Forget It Cookbook, Good, Phyllis Pellmman & Ranck, Dawn, current edition

Desperation Entertaining, Mills, Beverly & Ross, Alicia, Workman Publishing Co., Inc, current edition

Desperation Dinners! Mills, Beverly & Ross, Alicia, Workman Publishing Co., Inc., current edition

How to Grill, Raichlen, Steven, Workman Publishing Co., Inc., current edition

30 Minute Meals, Ray, Rachael, Lake Isle Press, Inc., current edition

Fast Food Nation, Schosser, Eric, Houghton, Mifflin Company, current edition

Union Tribune, Wednesday Food Section

WRITING ASSIGNMENTS

The student is to prepare a written report re-writing five recipes using time-saving preparation techniques and equipment. Students will share list in class.

OUTSIDE ASSIGNMENTS

The student will prepare a list of books, periodicals and videos/DVDs located in their community libraries that pertain to time-saving food preparation techniques and equipment. Students will share list in class.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Students will write a paper analyzing their current food buying, storing, planning and preparation practices at the beginning of the semester and again at the end of the semester. The student will analyze any changes with respect to time and resource management and nutrition.

EVALUATION

Evaluation methods may include, but are not limited to:

1. The student will set goals and evaluate the success of these goals upon completion of the course.
2. The student will demonstrate the ability to plan and prepare a meal or specific food items using time saving equipment.
3. Student attendance and weekly participation in class activities.
4. The student will take pre and post tests.

Upon successful completion of each individual course a Certificate of Course Completion will be issued. Upon successful completion of all courses included in the program a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Lectures, laboratory, demonstrations, audiovisuals, guest speakers and field trips.

TEXT AND SUPPLIES

Instructor's Choice or

American Dietetic Association's Complete Food and Nutrition Guide, Roberts Larson Duyff,
John Wiley & Sons, Inc. 2006

The instructor will provide a copy of the course syllabus and all relevant handouts.

The student will provide notebook, pen/pencil, food and supplies necessary to learn specific food preparation techniques for each class/session.

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PREPARED BY: Phyllis Cooper/Marjorie Howe DATE: May, 1986

DATA REVISED BY: Judith Ewing/Marjorie Howe DATE: June, 1988

DATA REVISED BY: Judith Ewing DATE: May, 2002

DATE REVISED BY: Donna Namdar DATE: February 22, 2007

DATA REVISED BY Instructional Services/SLO's Added DATE May 20, 2016

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