

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

FDNT 620

**COURSE TITLE**

ETHNIC/REGIONAL FOODS

**TYPE COURSE**

NON-FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

Prepare and serve a variety of ethnic and regional foods. Compare ingredients, cooking techniques and traditions of differing cultures. Ideas for nutritious family meals and affordable entertaining included, as well as recipe adaptation methods to achieve maximum nutrition. (FT)

**LECTURE HOURS PER WEEK**

1 hour per week  
(for 1 – 18 weeks)

**LAB HOURS PER WEEK**

2 hours per week  
(for 1 –18 weeks)

**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. An awareness of the basic principles of sound nutrition.
2. An awareness that food preferences are influenced by religion, cultural environment, economics, and other related matters.
3. An awareness of the food traditions and customs of countries and cultures.
4. An awareness of the need for attractive table décor as a positive environment for meals.
5. An awareness of specific cooking utensils used in the preparation of ethnic foods and where they can be purchased.
6. An awareness of the need for practicing proper sanitation when handling food items and cooking equipment.
7. An awareness of the role the consumer plays in today's marketplace.
8. An awareness of current food controversies, and reliable sources of current nutrition information.
9. An awareness of the time and energy management and decision-making skills used when purchasing food items, and when planning, preparing and serving meals.
10. Basic skills in nutritious food selection, both at home and in restaurants.
11. An awareness that the course serves a dual purpose – preparation for the vocation/occupation of homemaking and pre-preparation for gainful employment.

COURSE OBJECTIVES

At the end of the course the student will demonstrate an ability:

1. To explain the principles of sound nutrition and relate them to the foods prepared in class.
2. Identify food preferences that are influenced by religion, cultural environment, economics, and other related matters.
3. To describe food traditions and customs characteristic of various cultures.
4. To demonstrate preparation techniques needed to prepare various dishes of the ethnic cultures discussed.
5. To design and set an attractive table.
6. To garnish and present food in an attractive and appealing manner.
7. To define standards for the selection, preparation, and storage of food supplies.
8. To identify and use specific cooling utensils used in the preparation of ethnic foods and locate where they can be purchased.
9. To prepare foods using preparation and storage techniques that ensure proper sanitation and minimal nutrient loss.
10. To identify and eradicate rodent and insect problems in the kitchen.
11. To define the consumer's effect (demand) on the marketplace (supply) and how personal/family buying patterns can have a great impact on available resources.
12. To discuss food controversies, and list reliable sources of current nutrition information.

COURSE OBJECTIVES (CONTINUED)

13. To identify time and energy management and decision-making skills used in the selection, purchase, preparation, and storage of food.
14. To list techniques for selecting healthy foods from restaurant menus.
15. To identify classroom skills that are transferable to the job market.

**SECTION II**

COURSE CONTENT AND SCOPE

1. Nutrition
  - 1.1. Four food groups
  - 1.2. Daily nutritional requirements
  - 1.3. Effect on body's functions
  - 1.4. Ethnic food sources for various nutrients
  - 1.5. Recipe modification to achieve maximum nutrient density.
  - 1.6. Food additives
  - 1.7. Reliable sources of current nutrition information.
  - 1.8. Restaurant menu evaluation for nutrient density
2. Introduction to Ethnic/International Foods
  - 2.1. Food traditions, customs of country/culture being studied.
  - 2.2. Diets limited by geographical location, economic development, or religion
  - 2.3. Variations in ethnic food patterns (specific area to be identified by instructor)
3. Selection of Food Items and Equipment
  - 3.1. Standards for selection of food and equipment supplies
  - 3.2. New products and specialized cookware available in the marketplace
  - 3.3. Sources for food and equipment supplies
  - 3.4. Common food substitutions in ethnic recipes
  - 3.5. Food advertising
  - 3.6. Label interpretation
4. Table Arrangements
  - 4.1. Table décor
  - 4.2. Garnishing and serving
5. Sanitation
  - 5.1. Identification and prevention of food borne illnesses
  - 5.2. Care and storage of food items and equipment
  - 5.3. Food preparation and storage techniques
  - 5.4. Household, kitchen, and personal cleanliness
  - 5.5. Identification and eradication of rodents and insects
6. Ethnic Food Preparation Techniques (Ethnic Area to be Identified by the Instructor)
  - 6.1. Milk, cheeses and eggs
    - 6.1.1. Selection and storage of food items
    - 6.1.2. Preparation techniques
      - 6.1.2.1. Main dishes
      - 6.1.2.2. Side dishes
      - 6.1.2.3. Desserts
      - 6.1.2.4. Beverages

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- 6.1.3. Nutritional values
- 6.1.4. Equipment needed
- 6.2. Meat, poultry and seafood
  - 6.2.1. Selection and storage of food items
  - 6.2.2. Preparation techniques
    - 6.2.2.1. Main dishes
    - 6.2.2.2. Salads
  - 6.2.3. Meat substitutes, including beans and grains
  - 6.2.4. Nutritional value
  - 6.2.5. Equipment needed
- 6.3. Grains, grain products, dry beans and peas, nuts and nut products
  - 6.3.1. Selection and storage of food items
  - 6.3.2. Preparation techniques
    - 6.3.2.1. Main and side dishes
    - 6.3.2.2. Pastas
    - 6.3.2.3. Breads
    - 6.3.2.4. Desserts
    - 6.3.2.5. Meat extenders
    - 6.3.2.6. Meat substitutes
    - 6.3.2.7. Nutritional value
    - 6.3.2.8. Equipment needed
- 6.4. Vegetable and fruits
  - 6.4.1. Selection and storage of food items
  - 6.4.2. Preparation techniques
    - 6.4.2.1. Main and side dishes
    - 6.4.2.2. Salads
    - 6.4.2.3. Desserts
  - 6.4.3. Nutritional value
  - 6.4.4. Equipment
- 6.5. Hors d'oeuvres
- 6.6. Beverages
- 6.7. Suggested ethnic foods to be selected and prepared include:
  - 6.7.1. Appetizers
  - 6.7.2. Beverages
  - 6.7.3. Breads
  - 6.7.4. Desserts/pastries
  - 6.7.5. Main dishes
  - 6.7.6. Salads
  - 6.7.7. Side dishes
  - 6.7.8. Holiday and special occasions
- 7. Resource Management and Safety in the Home and Workplace
  - 7.1. Time-saving and energy-saving techniques used in the purchase, preparation, service, and storage of food items and equipment
  - 7.2. Comparison shopping
    - 7.2.1. Pre-prepared vs. home prepared entrees
    - 7.2.2. Brand comparisons price, quality
  - 7.3. Prevention of food waste
  - 7.4.

COURSE CONTENT AND SCOPE (CONTINUED)

- 7.5. Energy-saving appliances and equipment available in the marketplace
- 7.6. Safety
  - 7.6.1. Fire safety
  - 7.6.2. Equipment use and storage
- 8. Marketing Your Home Economic Skills and Products
  - 8.1. Identification of skills
  - 8.2. Market need survey
  - 8.3. Sources
    - 8.3.1. Specialty stores
    - 8.3.2. Demonstrator of food items and equipment
    - 8.3.3. Food service industry
      - 8.3.3.1. Restaurants
      - 8.3.3.2. Coffee shops and cafeterias
      - 8.3.3.3. Fast food shops
      - 8.3.3.4. Bakeries and delicatessen
      - 8.3.3.5. Caterers
      - 8.3.3.6. Hospitals, convalescent and nursing homes
    - 8.3.4. Own business

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

The student and the teacher will evaluate the success of the course using student evaluations of the course content and the teacher in addition to one or more of the following:

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

METHOD OF INSTRUCTION

Lectures, demonstrations, hands on experiences, films, guest speakers, and field trips.

TEXTS AND SUPPLIES

The instructor will provide a copy of the course syllabus and all relevant handouts. The student will provide a pen/pencil, notebook, assigned textbook, and food and supplies necessary to learn specific food preparation techniques for each class/session (approximately \$3.00 per class/session).

PREPARED BY Judith Ewing/Marjorie Howe DATE June, 1981

DATA REVISED BY Instructional Services/SLOs Added DATE February 2, 2017

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