

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 635

COURSE TITLE

MICROWAVE COOKING

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

Learn techniques for microwave cooking. Recipe adaptation, nutritional food values and food preparation techniques taught. Purchase, care, and use of microwave ovens and cooking utensils included. (FT)

LECTURE HOURS

1 hour per week
(for 1 – 18 weeks)

LABORATORY HOURS

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 principles of microwave cookery.
2. An awareness of the basic principles of sound nutrition and how they relate to microwave cooking.
3. An awareness of the time management and decision-making skills used when selecting and purchasing foods supplies and equipment, and in the planning, preparation, and service of food items.
4. An awareness of the need for practicing proper sanitation when handling food items and cooking equipment.
5. An awareness of the role the consumer plays in the marketplace.
6. An awareness of current food controversies and reliable sources of current nutrition information.
7. An awareness of resource management and safety in the home and workplace.
8. 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 develop an ability:

1. To describe the principles of microwave cookery.
2. To explain the principles of sound nutrition and identify various food sources for these nutrients that can be prepared in a microwave oven.
3. To identify the basic and optional features of a microwave oven and determine which optional feature will fit his/her lifestyle best.
4. To analyze the effectiveness of various microwave cooking utensils.
5. To define standards for the selection of food supplies and equipment to be used in a microwave oven.
6. To identify and use the specific cooking utensils used in microwave cookery.
7. To identify time management and decision-making skills used in microwave cooking.
8. To prepare foods using preparation and storage techniques that ensure proper sanitation and minimal nutritional loss.
9. To identify and eradicate rodent and insect problems in the kitchen.
10. To practice resource management and safety in the home and workplace.
11. To identify the Home Economic skills that are transferable to the job market.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction to Microwave Cookery
 - 1.1. Principles of microwave cookery
 - 1.2. Comparison of microwave and conventional cooking
 - 1.3. Comparison of microwave and conventional energy consumptions
 - 1.4. Standards for the selection of microwave ovens and cooking utensils
 - 1.5. Elements and optional features of microwave ovens
 - 1.6. Precautions
 - 1.7. Safety factors
2. Nutrition
 - 2.1. Four food groups
 - 2.2. Daily nutritional requirements
 - 2.3. Diet effects on body functions
 - 2.4. Food sources for various nutrients
 - 2.5. Reliable sources of current nutrition information
 - 2.6. Food additives
 - 2.7. Current food controversies
 - 2.8. Recipe modification for maximum nutrient density
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. Food advertising and sources for reliable food information
 - 3.5. Label interpretation
 - 3.6. Techniques for selecting healthy foods from restaurant menus and the grocery store
4. Sanitation
 - 4.1. Identification of food borne illnesses
 - 4.2. Care and storage of food items and equipment
 - 4.3. Food preparation techniques
 - 4.4. Household, kitchen, and personal cleanliness
 - 4.5. Identification and eradication of rodents and insects
5. Microwave Food Preparation Techniques
 - 5.1. Milk and milk products (cheeses)
 - 5.1.1. Selection and storage
 - 5.1.2. Preparation techniques
 - 5.1.2.1. Main dishes
 - 5.1.2.2. Beverages
 - 5.1.2.3. Desserts
 - 5.1.2.4. Pre-preparation
 - 5.1.2.5. Cooking times and procedures
 - 5.1.3. Nutritional value
 - 5.1.4. Equipment

COURSE CONTENT AND SCOPE (CONTINUED)

- 5.2. Protein foods – meats, poultry, seafood and eggs
 - 5.2.1. Selection and storage
 - 5.2.2. Preparation techniques
 - 5.2.2.1. Main dishes
 - 5.2.2.2. Salads
 - 5.2.2.3. Pre-preparation
 - 5.2.2.4. Cooking times and procedures
 - 5.2.3. Nutritional value
 - 5.2.4. Equipment
- 5.3. Breads
 - 5.3.1. Pre-preparation
 - 5.3.2. 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. Cooking time and procedures
 - 5.4.2.3. Main and side dishes
 - 5.4.2.4. Salads
 - 5.4.2.5. Desserts
 - 5.4.2.6. Beverages
 - 5.4.3. Nutritional value
 - 5.4.4. Equipment
- 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 microwave ovens
 - 6.3. Energy efficient appliances available in the marketplace
 - 6.4. Prevention of food waste
 - 6.5. Freezer to microwave oven meals
 - 6.6. Safety
 - 6.6.1. Fire safety
 - 6.6.2. Equipment use and storage
- 7. Marketing Your Home Economic Skills and Products
 - 7.1. Identification of skills
 - 7.2. Market need survey
 - 7.3. Sources of employment
 - 7.3.1. Specialty stores
 - 7.3.2. Demonstrator of food items and equipment
 - 7.3.3. Food service industry

COURSE CONTENT AND SCOPE (CONTINUED)

- 7.3.3.1. Caterers
- 7.3.3.2. Restaurants
- 7.3.3.3. Coffee shops and cafeterias
- 7.3.3.4. Fast food shops
- 7.3.3.5. Bakeries and delicatessens
- 7.3.3.6. Hospital, convalescents and nursing homes
- 7.3.4. 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 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 of specific food items using the microwave oven.
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, films, guest speakers, field trips and laboratory experiences.

TEXTS AND SUPPLIES

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

The student will provide notebook, pen/pencil, assigned textbook, and food and supplies necessary to learn specific food preparation techniques for each class/session (approximately \$3.00 per class/session)

MICROWAVE COOKING
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PREPARED BY Judith Ewing/Marjorie Howe DATE September, 1988

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