

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 674

COURSE TITLE

CULINARY ARTS IV

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

This course provides an introduction to the identification and preparation of vegetables, starches and fruits. Emphasis will be placed on the identification and application of basic nutrition principles as they apply to the food service industry. (FT)

LECTURE/LABORATORY HOURS

108

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

Eighth grade reading level; ability to communicate effectively in the English language, knowledge of general math; basic computation skills; basic computer skills.

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

The goals of this course focus on the identification and preparation of vegetables, starches and fruits. Other course goals include the study of basic nutrition and their principles in the food service industry.

COURSE OBJECTIVES

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

1. Define essential nutrients.
2. Identify and prepare a variety of side and main starch dishes.
3. Identify and prepare a variety of side and main vegetable dishes.
4. Identify and prepare a variety of side and main fruit dishes.
5. Define nutrition terms.
6. Evaluate the role of carbohydrates, protein and fats.
7. Interpret food labels.
8. Define the food pyramid.
9. Evaluate the role of the food pyramid in menus.
10. Plan a nutritionally balanced menu.
11. Define nutrition as it relates to health and R.D.A.
12. Recognize special dietary needs.
13. Identify sources of common food allergies.
14. Calculate the nutritional value of a recipe.
15. Discuss the Nutrition Labeling and Education Act of 1990.

SECTION II

COURSE CONTENT AND SCOPE

The following topics may be included in the framework of the course but are not intended as limits on content. The order of the presentation and relative emphasis may vary with each instructor.

1. Complementary Dishes
 - 1.1. Vegetable cookery
 - 1.1.1. Classification and identification of vegetables
 - 1.1.2. Cooking vegetables
 - 1.1.2.1. Controlling
 - 1.1.2.1.1. Fresh and processed
 - 1.1.2.1.2. Texture
 - 1.1.2.1.3. Flavor

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.1.2.1.4. Color
- 1.1.2.1.5. Nutrients
- 1.2. Starches
 - 1.2.1. Potatoes
 - 1.2.1.1. Classification and identification of potatoes
 - 1.2.1.2. Cooking styles
 - 1.2.1.3. Nutrients
 - 1.2.1.4. Fresh and processed
 - 1.2.2. Rice and grains
 - 1.2.2.1. Classification and identification of rice and grains
 - 1.2.2.2. Regional styles
 - 1.2.2.3. Flavor
 - 1.2.2.4. Nutrients
 - 1.2.3. Pastas and dumplings
 - 1.2.3.1. Classification and identification of pastas and dumplings
 - 1.2.3.2. Texture
 - 1.2.3.3. Flavor
 - 1.2.3.4. Color
 - 1.2.3.5. Nutrients
 - 1.2.3.6. Fresh and processed
 - 1.2.4. Serving and holding of complementary dishes
 - 1.2.4.1. Al dente
 - 1.2.4.2. Seasoning
 - 1.2.4.3. Garnish
 - 1.2.4.4. Storage
- 1.3. Salads and complementary dishes
 - 1.3.1. Types
 - 1.3.2. Ingredients
 - 1.3.3. Controlling
 - 1.3.4. Texture
 - 1.3.5. Flavor
 - 1.3.6. Color
 - 1.3.7. Nutrients
 - 1.3.7.1 Dressings
 - 1.3.7.1.1. Oil and vinegar
 - 1.3.7.1.2. Emulsified
 - 1.3.7.1.3. Creamed dressings
- 1.4. Classification and identification of fruits
 - 1.4.1. Texture
 - 1.4.2. Flavor
 - 1.4.3. Color
 - 1.4.4. Nutrients
- 2. Nutrition
 - 2.1. Food sources and major nutrient groups
 - 2.2. Association with health
 - 2.3. Written recipes
 - 2.4. Carbohydrates, proteins and fats

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.5. Calorie sources
- 2.6. Calculating nutritional value of recipes

APPROPRIATE READINGS

Reading assignments may include but are not limited to the following:

Professional Cooking, 6th Edition, Chapters 6, 16, 17, 18, 21, Wayne Glisslen, Wiley and Sons Publishing, New York

On Cooking, Techniques From Expert Chefs, 3rd Edition, Chapters 2, 5, 6, Sarah R. Labensky, Alan M Hause, Prentice Hall Publishing, New Jersey

Cooking Essentials for the New Professional Chef, 8th Edition, Chapters 2, 4, Wiley and Sons Publishing, New York

The Professional Chefs Knife Kit, The Culinary Institute of America Wiley and Sons Publishing, New York

Information obtained on the Internet.

V.E.S.L. Food Service Training Manuals, San Diego Community College District.

WRITING ASSIGNMENTS

Writing assignments may include but are not limited to the following:

1. Nutritional evaluation of a personal intake plan.
2. Essay on the preservation of nutrients in cooking.

OUTSIDE ASSIGNMENTS

Outside assignments may include but are not limited to the following:

Creating a meal plan for an individual with special dietary needs.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Critical thinking assignments may include but are not limited to the following:

1. The development of a plan to evaluate personal nutrition for one week at mypyramid.gov.
2. Evaluation of the process of cooking food and nutrition loss.
3. Development of a plan to increase the quantity of fruits and vegetables in the diet of a defined population.

EVALUATION

Evaluation methods may include but are not limited to:

1. Attendance.
2. Class participation.
3. Lab projects and demonstrations.
4. Quizzes and exams.
5. Field trip.
6. Project papers.
7. Term projects.

Upon successful completion of each individual course a Certificate of Course Completion will be issued. Upon successful completion of all 6 courses in the program a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Methods of instruction may include but are not limited to:

1. Lectures.
2. Demonstrations.
3. Laboratory.
4. Field trips.
5. Audiovisual presentations.
6. Textbooks.
7. Computer assisted instruction.

TEXTS AND SUPPLIES

Texts:

Professional Cooking, 6th Edition, Wayne Glisslen, Wiley and Sons Publishing, New York
Professional Cooking, 6th Edition Study Guide, Wayne Glisslen, Wiley and Sons Publishing,
New York

PREPARED BY: Donna Namdar DATE: 05-01-02

DATA REVISED BY: Lee Blackmore DATE: 02-14-07

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