

SPED C053N: HOME ECONOMICS 1 - FOOD PREPARATION

Item	Value
Top Code	493012 - Job Seeking/Changing Skills
Units	0 Total Units
Hours	16-108 Total Hours (Lab Hours 16-108)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Basic Skills (B)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

Designed to assist students to achieve greater independence within the home. This course emphasizes practical skills related to healthy and nutritious food preparation, including menu planning, using kitchen hygiene and safety, cooking, serving, and storing food properly. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Plan a menu incorporating budget, nutrition, caloric content, and variety and create a shopping list accordingly.
2. Prepare a healthy snack or simple meal using good hygiene and safety procedures and use kitchen utensils appropriately.
3. Set the table using correct settings and arrangements and be able to dine using correct table manners.

Course Objectives

- 1. Demonstrate appropriate kitchen hygiene and safety practices during food preparation.
- 2. Distinguish and use appropriate tableware and cooking utensils.
- 3. Practice setting the table and demonstrate appropriate table manners.
- 4. Illustrate skill in measuring, mixing, pouring, washing, cutting, and/or peeling.
- 5. Use a kitchen timer in preparation of foods.
- 6. Choose foods based on nutritional value, caloric content, and variety.
- 7. Plan single and multiple-course meals.
- 8. Formulate weekly menus based on food choice and budget considerations.
- 9. Shop for grocery items using shopping lists.
- 10. Prepare, serve, and store cooked and uncooked food items.
- 11. Apply knowledge of different methods of cooking and appropriateness of each method in relationship to food being prepared.

Lecture Content

See Lab Content

Lab Content

HYGIENE AND SAFETY Personal cleanliness Cleaning work space and utensils Clearing and wiping dining table Washing and drying dishes Appliance and equipment care Electrical and moving-part appliances Knives and cutters Heat protection Cleaning appliances TABLE DINING SKILLS Table settings Identification of tableware Counting place settings Placement of silverware, dishes, glasses, etc. Small and large group settings Table manners Passing bowls and platters Serving/ taking "reasonable" portions Appropriate use of tableware and napkin BASIC FOOD PREPARATION SKILLS Measuring, mixing, and pouring liquids and solids Washing, peeling, and/or cutting foods Reading and following recipes Using kitchen timers Using condiments and seasonings PLANNING MEALS Food selection for balance, weight control, and variety Food groups Caloric content Planning a single meal (breakfast, lunch, dinner) Single-course meals Multi-course meals Planning a weekly menu Food choice Budget considerations PURCHASING FOOD ITEMS Shopping list Familiarity with money in relation to items needed Shopping etiquette FOOD PREPARATION Foods not requiring cooking Cereals Sandwiches Hors d'oeuvres Salads Cooked foods Types Convenience foods Simple recipes Complex recipes Methods of cooking Stovetop Baking and roasting Microwave Barbecue

Method(s) of Instruction

- Regular NC Lab (NC4)
- Live Online Reg NC Lab (NCC)

Instructional Techniques

Discussion of important concepts Discussion of related current issues of interest Peer-supported evaluation

Reading Assignments

-

Writing Assignments

-

Out-of-class Assignments

-

Demonstration of Critical Thinking

Direct observation of standard practices.

Required Writing, Problem Solving, Skills Demonstration

The completion of a cooking project.

Eligible Disciplines

Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Masters degree required. Title 5, section 53414

Other Resources

1. Coastline Library