**GROSSMONT COLLEGE**

**COURSE OUTLINE OF RECORD**

Curriculum Committee Approval: 03/16/2021

GCCCD Governing Board Approval: 05/18/2021

**CULINARY ARTS 175 - HEALTHY LIFESTYLE CUISINE**

1. **Course Number Course Title Semester Units**

CA 175 Healthy Lifestyle Cuisine 3

**Semester Hours**

2 hours lecture 32-36 hours 64-72 outside-of-class hours 3 hours lab 48-54 hours

144-162 total hours

2. **Prerequisites**

A “C” grade or higher or “Pass” in CA 165 and169 or equivalent.

**Corequisite**

None

**Recommended Preparation**

None

3. **Catalog Description**

This course builds on skills and techniques learned and practiced in previous culinary arts classes. Emphasis is on understanding nutritional concepts, creating healthy eating patterns, developing healthy recipes and exploring alternative ingredients. Preparations for healthy lifestyles include soups, salads and appetizers to main courses for breakfast, brunch, lunch and dinner. Healthy alternative desserts will also be explored.

4. **Course Objectives**

The student will:

1. Analyze what constitutes healthy foods, using a number of criteria including the Dietary Guidelines for Americans.
2. Examine nutritional concepts and ingredients.
3. Compare and contrast recipes for healthy qualities nutritional value including fats, sodium, complex carbohydrates and protein.
4. Prepare foods for professional use using healthier alternative ingredients
5. Formulate new, healthier recipes using the knowledge gained in class.
6. Demonstrate use and care of professional kitchen equipment.

5. **Instructional Facilities**

a. Standard Classroom

b. Foods Laboratory

6. **Special Materials Required of Student**

1. White chef’s coat
2. Chef’s toque (hat)
3. Chef’s checkered pants
4. Knives as required by instructors
5. Safe industry standard working shoes

7. **Course Content**

1. Menu items
2. Healthy alternative ingredients
3. Recipe techniques
4. Healthy menu concepts
5. Nutritional concepts

8. **Method of Instruction**

a. Lecture and demonstrations

b. Multimedia presentations

c. Group discussion

d. Individual instruction

e. Product evaluation

f. Monitoring laboratory sessions

9. **Methods of Evaluating Student Performance**

1. Quizzes on assigned reading from text and Chefs demonstration lectures.
2. Laboratory evaluations of recipe preparation based on competency rubric.
3. Midterm written exam from assigned reading and Chefs demonstrations.
4. Final exam composed of written responses to assigned reading and Chefs demonstration lectures.
5. Competency based midterm and final practical exam – 2 recipes without instructions based on time management/quality standards/technique/cleanliness/ communication, sanitation and safety based on rubric.

10. **Outside Class Assignments**

a. Assigned reading from text.

b. Practice cooking techniques.

c. Weekly culinary vocabulary research and definitions.

d. Ingredient and equipment prep lists for upcoming lab sessions.

11. **Representative Texts**

a. Representative Text(s):

*The Culinary Institute of America. Techniques of Healthy Cooking*. 4th edition. Wiley, 2013

b. Supplementary texts and workbooks:

None

**Addendum: Student Learning Outcomes**

Upon completion of this course, our students will be able to do the following:

* 1. Plan, organize and execute heathy food recipe preparation according to industry standards.
  2. Demonstrate understanding of nutritional concepts for healthy lifestyles.
  3. Demonstrate planning of healthy lifestyle menus.