

CART 030: WHOLE FOOD NATURAL COOKING

Date Submitted: Mon, 13 Jan 2020 16:08:02 GMT

Originator

kstruwe

Justification / Rationale

This course builds a foundation of sustainable foods and a comprehensive relationship to natural whole food and meal composition including; food groups, lifestyle diets, organically grown, non-processed ingredients and locally sourced food.

Effective Term

Fall 2019

Credit Status

Credit - Degree Applicable

Subject

CART - Culinary Arts

Course Number

030

Full Course Title

Whole Food Natural Cooking

Short Title

WHOLE FOOD COOKING

Discipline**Disciplines List**

Culinary Arts/Food Technology (Food service, meat cutting, baking, waiter/waitressing, bartending)

Modality

Face-to-Face

Hybrid

Catalog Description

This course builds a foundation of sustainable foods and a comprehensive relationship to natural whole food and meal composition including: food groups, lifestyle diets, organically grown, non-processed ingredients, and locally sourced food.

Schedule Description

This Hybrid course will be conducted online with video instruction along with four on-campus skill labs. Field trips will be scheduled when available.

Lecture Units

3

Lecture Semester Hours

54

Lab Units

1

Lab Semester Hours

54

In-class Hours

108

Out-of-class Hours

108

Total Course Units

4

Total Semester Hours

216

Class Size Maximum

25

Course Content

- Online Exercise and Objectives
- What to Expect from this Class
- Food Safety
- Basic Philosophy of Intuitive and Creative Cooking
- Batch Cooking: Preparation and Storage
- The Art of Greens (Cooked and Raw)
- Legumes, Tempeh and Tofu
- How to Cook Grains and Rice
- Breakfast Grains
- Plant Proteins, Fiber, Sugars, Fats and Carbohydrates
- Label Reading Exercise
- Gluten Free versus Gluten
- Vegan versus Vegetarian
- Organic Versus Non-Organic Shopping
- Whole versus Processed Foods
- Cooking Methods
- Moist Heat Methods: Steaming and Boiling
- Submersion Cooking Methods
- Blanching and Parboiling
- Cooking Vegetables in Water
- Dry Heat Cooking
- Sauté and No-Oil Sauté
- Pan Tossing and Caramelizing
- Roasting
- Braising
- **Almond Milk, Cashew Milk, Hemp Milk, Pumpkin Seed Milk**
- **Yogurt. Coconut Yogurt**
- **Kefir Grains and Culture**
- **Kefir Pancakes. Breakfast Casserole, and Oatmeal**
- Basic Seasoning, Reducing Salt and Converting Recipes
- Toasted Seed Blends
- Whole Food Fats
- Sweeteners
- Acids, Alcohol and Citrus
- Cooking with Herbs
- Vegetable Stock
- Bean Soups
- Tomato-Based Soups
- Starch-Based Soups and Creamy Soups
- Taste, Texture and Simplicity
- Breakfast, Lunch and Dinner
- Cooking Practicum
- White Sauces, Red Sauces and Gravy
- Plant-Based Dairy Alternatives
- Tahini Dressings, Hemp Dressings, Curried Almond Dressings, Living Caesar Dressings

- Vegan Tomato Sauce, Pecan Kale Pesto Sauce, Vegan Cashew Cheesy Sauce
- **Indian:** Curries, Working with Tofu, Vegetable Biryani, Pakoras, Masala Dosa, Dhal
- **Mediterranean:** Falafels, Stuffed Squash, Vegan Kibbe, Root Vegetable Fritters, Harissa, veggie potato pies, spanakopita
- Recipe substitutions when cooking for vegans versus vegetarians
- Italian: Gluten Free Pasta; Roasted Tomato Sauce, Spiralized Vegetable Pasta
- Asian: Vegetarian Stir Fry, Vegan Dumplings, Vegan Pad Thai, General Tso's chickpeas and cauliflower, Spring Rolls, Thai Curry Soup
- Ethiopian: Injera (fermented grain crepe), Berbere, Wat
- Raw Food Cuisine
- Raw Salads, and Entrees
- Juicing and Smoothies
- Soups
- Egg Replacers
- Gluten Free
- Alternative Sweeteners
- Raw Chocolate Pudding and Raw Brownies
- Final Exam

Lab Content

- Proper Knife Handling and Safety
- Vegetable Preparation: Dicing, Shapes, Sizes and Storage
- Staple Ingredients for a Whole Food Kitchen

Course Objectives

	Objectives
Objective 1	Analyze ingredients and cooking methods of plant-based dishes including critical thinking to evaluate and use the function of each ingredient.
Objective 2	Demonstrate how to properly hold, use, clean, and sharpen various knives. Usage of a variety of tools and equipment will be taught.
Objective 3	Demonstrate cutting of various vegetables – small, medium, and large dice, julienne and brunoise.
Objective 4	Demonstrate handling and storing foods properly under refrigeration and freezing temperatures. Safety and sanitation procedures will be taught and reinforced.
Objective 5	Demonstrate moist and dry cooking methods such as steaming and simmering. Students will use critical thinking to choose the best cooking techniques for each dish.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Evaluate basic cooking methods for whole food natural ingredients.
Outcome 2	Apply and evaluate health supportive vegan and vegetarian recipes.
Outcome 3	Apply the principles and concepts of natural and organic foods. Compare and contrast health benefits of various cuisines.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	Students will demonstrate safety and apply the various cutting techniques when using knives to prepare a variety of foods.
Discussion	Online and in-class discussion includes nutritional food research, natural and organic foods, and ingredients.
Experiential	Cooking Labs include evaluating products and analyzing their functional uses in cooking. Field Trips to the COD gardens or other destinations may be planned.
Participation	Students will prepare by reading materials outside of class and taking notes during lab, lecture, and online.

Activity Students will complete research and quizzes online, and a cooking lab in-class.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Group activity participation/observation	In class participation in group and class discussion.	In Class Only
Self/peer assessment and portfolio evaluation	Weekly or biweekly quizzes outside of class, approximately 30 hours for quizzes and 20 hours of study	In and Out of Class
Student participation/contribution	Students in groups develop and evaluate products in-class. Research of ingredients and recipes includes approximately 25 out of class .	In and Out of Class
Written homework	Weekly homework requiring understanding assigned reading materials theory and application of theory to real world situations requiring approximately 32 hours of reading, research, and writing.	Out of Class Only

Assignments

Other In-class Assignments

1. Special reports by students, in group or individually.
2. Participation in class research projects involving the collection, compilation and interpretation of data, including the composition of oral reports.
3. Cooking Lab
4. Recipe Creation
5. Identify Ingredients

Other Out-of-class Assignments

1. Readings in the handouts and in recommended supplementary literature.
2. Critical evaluation of whole foods trends and consumer advocacy programs including material from group discussions and lectures.
3. Participation in class research projects involving the collection, compilation and interpretation of data, including the composition of written reports.
4. Participate in field trips.

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

75

On-campus %

25

What will you be doing in the face-to-face sections of your course that necessitates a hybrid delivery vs a fully online delivery?

Cooking labs

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

Links to websites

FDA's Guide to Labeling & Nutrition

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

These resources will help students review and document current laws and nutrition guidelines.

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Timely feedback and return of student work as specified in the syllabus
Discussion forums with substantive instructor participation
Chat room/instant messaging
Regular virtual office hours
Online quizzes and examinations
Video or audio feedback
Weekly announcements

For hybrid courses:

Scheduled Face-to-Face group or individual meetings
Field trips
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

Instructor will maintain Regular Effective Contact through LMS online and face-to-face.

Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

Lecture and cooking lab on-campus

COD GE

C5 - Personal Growth and Development

MIS Course Data

CIP Code

12.0500 - Cooking and Related Culinary Arts, General.

TOP Code

130630 - Culinary Arts

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Not transferable

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Files Uploaded**Attach relevant documents (example: Advisory Committee or Department Minutes)**

COD GE Worksheet form CART 030.doc

Approvals**Curriculum Committee Approval Date**

12/4/2018

Academic Senate Approval Date

2/14/2019

Board of Trustees Approval Date

3/15/2019

Chancellor's Office Approval Date

3/29/2019

Course Control Number

CCC000611811

Programs referencing this courseBasic Culinary Arts Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=123/>)Intermediate Culinary Arts Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=125/>)Culinary Management AS Degree (<http://catalog.collegeofthedesert.eduundefined?key=23/>)