

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**SPE 315 - Culinary Arts and Nutrition Skills for Persons with Substantial Disabilities**

**0 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** Special Education K-12

**Transfer Status:** NT

200 hours Lab

This course provides instructional support for persons with substantial disabilities attending a facility in the community generally known as a day activity center. Culinary Arts and Nutrition Skills will focus on improving independent living skills. Topics include health and wellness, healthy food choices and the use of gross motor skills for safe cooking. An individual assessment of needs as well as an ongoing Individual Service Plan (ISP) is a component of this program. The ISP will dictate the number of hours each student will spend in this course. Unlimited repeats. Satisfactory/Unsatisfactory Only. Open Entry/Open Exit.

### II. OBJECTIVES

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

- A. Demonstrate sound nutrition skills and make healthy food choices.
- B. Demonstrate safe food preparation and cooking skills.
- C. Correctly identify and utilize a variety of vegetables and fruits grown in the local garden for cooking.
- D. Correctly identify healthy ingredients for food preparation.
- E. Utilize cooking measuring tools and practice accurate measurements.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

		Lab
<u>Topics</u>		<u>Hours</u>
1. Introduction to basic nutrition and cooking		10.00
2. Processed food vs. fresh food		10.00
3. Reading food labels for nutritional value		10.00
4. Defining ingredients		10.00
5. Measuring amounts of processed foods according to the label		10.00
6. Impact and importance of sodium, sugar, and fat on diet		10.00
7. Food preparation/washing chicken and other meats		10.00
8. Designating kitchen tools for tasks		10.00
9. Safety and preparation, cooking, clean-up		10.00
10. Common cooking tips		10.00
11. Cooking measurements in multiple batches		10.00
12. Identification of vegetables and fruits		10.00
13. Essential vitamins and minerals in vegetables		10.00
14. Essential vitamins and minerals in fruits		10.00
15. Benefits of herbs		10.00

16. Herbs and seasonings for flavor	10.00
17. Treating ailments or deficiencies with proper nutrition	10.00
18. Proper slicing techniques	10.00
19. Mixing and blending of food to make recipes	10.00
20. Proper handling of cold and hot foods	10.00
Total Hours	200.00

#### **IV. METHODS OF INSTRUCTION**

- A. Instructor Demonstrations
- B. Applied Classroom Activities
- C. Applied Community Activities

#### **V. METHODS OF EVALUATION**

- A. Demonstration and application of individual skills repeated throughout the day to enhance learning opportunities.
- B. Individual Service Plans (ISP) developed to assess placement of student into program and establish desired outcomes and individual developmental objectives.
- C. Individual Progress Conferences utilizing frequency charts to evaluate the student's progress toward established objectives.

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Using a food label from packaged food, read, compare and chart nutritional values of ingredients for class discussion.
  - 2. Read a recipe and make a dish for the class to try.
- B. Writing Assignments
  - 1. In pairs, list and compare nutritional values of fruits and vegetables to submit to the instructor.
  - 2. Write a list of items needed to prepare a meal and have a classmate check it for accuracy.
- C. Out-of-Class Assignments
  - 1. Not applicable.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. Fully Equipped Kitchen
- B. Nutritional Charts, Posters and Guidelines
- C. Cookbooks

**Created/Revised by:** Julie Nuzum  
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