

# CULNC-600: BASIC COOKING SKILLS FOR BEGINNERS

---

**Effective Term**

Fall 2024

**CC Approval**

03/01/2024

**AS Approval**

03/12/2024

**BOT Approval**

03/21/2024

**COCI Approval**

05/15/2024

## SECTION A - Course Data Elements

**Send Workflow to Initiator**

No

**CB04 Credit Status**

Noncredit

**CB22 Noncredit Category**

Home Economics

**Discipline**

Minimum Qualifications	And/Or
Culinary Arts/Food Technology (Any Degree and Professional Experience)	

**Subject Code**

CULNC - Culinary Noncredit

**Course Number**

600

**Department**

Hospitality, Culinary and Tourism Management (HCTM)

**Division**

Career Education and Workforce Development (CEWD)

**Full Course Title**

Basic Cooking Skills For Beginners

**Short Title**

Basic Cooking Skills For Beg.

**CB03 TOP Code**

1306.00 - \*Nutrition, Foods, and Culinary Arts

**CB08 Basic Skills Status**

BS - Basic Skills

**CB21 Prior Transfer Level**

A - One level below transfer

**CB09 SAM Code**

D - Possibly Occupational

**Rationale**

Many people of different age and economic backgrounds do not experience or have the confidence to cook for themselves in a healthy, holistic way. This then creates economic hardship with the cost of eating out, as well as gaps in good nutrition. This class is designed to empower people to shop and cook for themselves, in an approachable manner.

**SECTION B - Course Description**

**Catalog Course Description**

This class will familiarize students with the most basic cooking skills to empower them to make delicious and nutritious foods themselves. This hands-on class will be conducted in the NVC Culinary Arts Kitchens, helping students to become comfortable using cooking equipment and preparing basic recipes. The class is geared towards those that want to cook for themselves at home or while away, when eating out may not be an option.

**SECTION C - Conditions on Enrollment**

**Open Entry/Open Exit**

Yes

**Repeatability**

Unlimited - Noncredit OR Work Experience Education

**Grading Options**

No Grade-Noncredit

**Allow Audit**

Yes

**Requisites**

**SECTION D - Course Standards**

**Is this course variable hour?**

No

**Total Instructional Hours**

12

**Distance Education Approval**

**Is this course offered through Distance Education?**

No

**SECTION E - Course Content**

**Student Learning Outcomes**

**Upon satisfactory completion of the course, students will be able to:**

1. Learn how to make basic, balanced and nutritious meals at home.

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

1. To prepare basic meals for themselves for any meal period.

**Course Content**

This stand-alone, noncredit class will teach students the fundamentals of how to cook for themselves, taking into account economy of scale, nutrition and time constraints.

## Methods of Instruction

### Methods of Instruction

Types	Examples of learning activities
Lab	<ul style="list-style-type: none"> <li>- Basic knife use</li> <li>- How to boil water and its uses.</li> <li>- Hard-boiled eggs, with recipes examples: Egg salad Sandwiches Deviled Eggs</li> <li>- Adding hard-boiled eggs to other preparations.</li> </ul>

## Methods of Evaluation

### Methods of Evaluation

Types	Examples of classroom assessments
Work Assessments	Allowing students to self evaluate the food and meals they have prepared.

## Assignments

### Reading Assignments

-Reading a basic recipes.

### Writing Assignments

- Calculating portions from recipe as needed

### Other Assignments

- Reporting back the use of skills learned from outside class experiences.

## SECTION F - Textbooks and Instructional Materials

### Material Type

Manual

### Author

Irma S. Rombauer et al.

### Title

Joy of Cooking

### Publisher

Scribner

### Year

2019

## Proposed General Education/Transfer Agreement

Do you wish to propose this course for a Local General Education Area?

No

Do you wish to propose this course for a CSU General Education Area?

No

Do you wish to propose this course for a UC Transferable Course Agreement (UC-TCA)?

No

## Course Codes (Admin Only)

ASSIST Update

No

**CB00 State ID**

CCC000644867

**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

**CB11 Course Classification Status**

J - Workforce Preparation Enhanced Funding

**CB13 Special Class Status**

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Not Program Applicable

**Allow Pass/No Pass**

Yes

**Only Pass/No Pass**

No

**Reviewer Comments**

**krhyno (Fri, 15 Sep 2023 00:42:57 GMT):** Hi Elena, For this proposal, you will need to add a discipline at the top. Also, I noticed that under the requisites section, you listed "none" in each box, but then listed a requisite justification for a non-course. If you do have a non-course requisite to list, you need to indicate what type of requisite it is (i.e. prerequisite, recommended preparation, etc.). The requisite justification box will only appear when you enter something in the prerequisite field, so if you don't want a requisite you can delete "none" from all the requisite fields and just leave them all blank.

**krhyno (Fri, 15 Sep 2023 00:43:19 GMT):** Rollback: See comments at the bottom of the form!

**krhyno (Fri, 03 Nov 2023 23:14:13 GMT):** 1) If CB08 Basic Skills Status = Basic Skills, then CB21 Prior Transfer Level cannot be Y (Not Applicable). You might just want to review those codes. It is assumed that a basic skills course is below transfer level. 2) I changed the grading option to "no grade" since I think P/NP is only an option for credit courses. 3) Not sure if you need a textbook for noncredit, but if you have one you could add it might be safer to list one.

**Karen Larsen (klarsen) (Thu, 22 Feb 2024 17:55:06 GMT):** Suggestions for revising the catalog description: This class will familiarize students with the most basic cooking skills to empower them to make delicious and nutritious foods themselves. This hands-on class will be conducted in the NVC Culinary Arts Kitchens, helping students to become comfortable using cooking equipment and preparing basic recipes. The class is geared towards those that want to cook for themselves at home or while away, when eating out may not be an option.

**Karen Larsen (klarsen) (Thu, 22 Feb 2024 17:56:22 GMT):** I have some revision suggestions for the course description: This class will familiarize students with the most basic cooking skills to empower them to make delicious and nutritious foods themselves. This hands-on class will be conducted in the NVC Culinary Arts Kitchens, helping students to become comfortable using cooking equipment and preparing basic recipes. The class is geared towards those that want to cook for themselves at home or while away, when eating out may not be an option.