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Independent Living Skills (ILS) 0020 Meal Preparation Level 1 (0 Units)

Prerequisite: Acceptance into the Transition to Independent Living Program

Total Hours: 16 hours lecture; 32 hours lab (48 hours total)

Catalog Description: This course is designed to teach students menu-planning, grocery shopping, and meal preparation. Basic kitchen skills are practiced, including understanding the food pyramid, following directions on stove top packaged meals, and using kitchen utensils such as pots, pans, and knives. Safe use of kitchen appliances and kitchen clean-up skills will be taught.

Type of Class/Course: Non Credit

Texts: None

Additional Required Materials:

American Hotel and Motel Association. *Slices of Terror: Episodes in Kitchen Safety*. Michigan: El Video Productions, 1991.

Becoming Independent: Skills for Food Shopping. Vancouver, WA: The School Company. VHS. Betty Crocker eds. *Betty Crocker Cook Book*. 10th edition. New Jersey: Wiley, John and Sons, Incorporated, 2005. Print.

Saffell, Joanne. *The Complete Meal Plan Book: A Different Book for People Beginning a New Experience in Cooking*. USA, 1997. Print.

Sudol, Ellen. *Home Cooking*. USA: Attainment Co., Inc., 2006. Print.

Weekly Shopping Ads; TIL Cookbook; Student's recipes

Course Objectives:

By the end of the course, a successful student will be able to

1. prepare meals with minimal assistance,
2. prepare 3 basic meals independently,
3. identify various kitchen utensils and uses appropriately,
4. identify pots and pans and their intended use,
5. use appropriate pots and pans,
6. hand wash and dry dishes & pots and pans,
7. explain appropriate food storage,
8. prepare food for storage and store food properly,

9. review and demonstrate knife safety,
10. cleans kitchen after completion of a meal,
11. identify the five food groups,
12. demonstrate various kitchen and cooking techniques,
13. verbalize proper amount of serving for one person,
14. demonstrate use of aluminum foil, saran wrap, and Zip-Loc baggies,
15. demonstrate safe cleaning of kitchen appliances,
16. use a microwave safely, and
17. use stove-top, oven, and toaster safely.

Course Scope, Content, and Student Learning Outcomes

Unit I Basic Meal Preparation

Learning Outcomes	Assessment method
Students will be able to make a simple grocery list and identify good shopping habits.	In class discussions, class exercises, homework and exams
Students will demonstrate use of kitchen utensils and cooking apparatuses	In class discussions, class exercises, homework and exams
Students will demonstrate appropriate food storage for an array of foods.	In class discussions, class exercises, homework and exams
Students will demonstrate kitchen safety.	In class discussions, class exercises, homework and exams
Students will demonstrate kitchen cleaning procedures.	In class discussions, class exercises, homework and exams
Students will prepare 5 basic meals independently.	In class discussions, class exercises, homework and exams
Students will identify and use electrical cooking appliances.	In class discussions, class exercises, homework and exams

Learning Activities Required Outside of Class:

The students will spend a minimum of 6 hours per week outside of their regular class time doing the following:

1. Practicing comparison shopping on a weekly basis
2. Reading shopping ads and cutting coupons
3. Studying for written quizzes

Methods of Instruction:

1. Assigned exercises
2. Lecture
3. Lab
4. Discussion

5. Individual instruction

Method of Evaluation:

1. Class participation
2. Quizzes
3. Homework
4. Functional evaluations
5. Midterm and final