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Independent Living Skills (ILS) 0021 Meal Preparation Level 2 (0 Units)

Prerequisite: Successful completion in Independent Living Skills 0020

Prerequisite knowledge and skills: Before entering the course, the student should 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. clean 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.

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

Catalog Description: This second course in this series will expand on weekly meal planning, shopping and cooking, and the basic kitchen knowledge to more precise cooking skills. Planning a weekly menu, shopping for ingredients, and preparing daily meals will be taught. Utilization of various kitchen appliances, following a recipe using measurement skills, and following step by step directions will be practiced.

Type of class/Course: Non Credit

Texts: None

Additional Required Materials:

- Weekly shopping ads
- Various safety videos
- TIL Cookbook*
- Student recipes
- Various internet resources

Course Objectives:

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

1. prepare a menu and shopping list,
2. shop for items,
3. make a chart for weekly cooking and thawing,
4. practice comparison shopping,
5. check kitchen inventory before shopping,
6. use a calculator to stay within budget,
7. use produce scales,
8. thaw frozen foods,
9. prepare a four-course meal independently,
10. prepare various breakfast foods,
11. prepare sack lunches,
12. prepare desserts,
13. prepare a meal from ingredients stocked in kitchen,
14. explain spoiling of foods and checks for spoiled foods,
15. demonstrate use of crock pot,
16. demonstrate use of electric skillet,
17. demonstrate use of electric grill,
18. demonstrate use of hand mixer,
19. demonstrate use of blender, and
20. compile a personal cookbook.

Course Scope, Content, and Student Learning Outcomes

Unit I Planning for Meals

Learning Outcomes	Assessment method
Students will be able to plan and shop for weekly groceries and household needs.	In class exercises, homework and exams
Students will be able to make and post a weekly cooking and thawing schedule.	In class exercises, homework and exams
Students will store food appropriately.	In class exercises, homework and exams
Students will demonstrate kitchen safety	In class exercises, homework and exams

on a regular basis.	
Students will demonstrate kitchen cleaning procedures.	In class exercises, homework and exams

Unit II Preparing Meals

Students will prepare 5 balanced meals independently.	In class exercises, homework and exams
Students will demonstrate safe use of electrical cooking appliances.	In class exercises, homework and exams
Students will compile a personal cookbook.	In 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. Compiling a personal cookbook.
3. Studying for written quizzes

Methods of Instruction:

1. Lecture
2. Lab
3. Discussion
4. Individual instruction

Methods of Evaluation:

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