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Independent Living Skills (ILS) 0022 Food and Nutrition (0 Units)

Prerequisite: Acceptance into the Transition to Independent Living Program

Total Hours: 16 hours lecture

Catalog Description: This course is designed to teach students the importance of weekly menu-planning, grocery shopping tips, stocking a kitchen, use of shopping ads and coupons, along with the importance of nutrition. Students will develop skills to: plan weekly menus, make a weekly grocery list, shop on a grocery budget, prepare nutritional meals on a budget, use leftovers, and understand measurement of liquid and dry ingredients.

Type of Class/Course: Non Credit

Text: None

Additional Instructional Materials:

Food and Nutrition (Janus Books)
Betty Crocker Cook Book
The Complete Meal Plan Book (Joanne Saffell, 1997)
Home Cooking (Ellen M. Sudol, 1990)
Slices of Terror Video (El Video Productions)
Skills for Food Shopping Video (The School Co.)
Weekly Shopping Ads
TIL Cookbook
Student's Recipes

Course Objectives:

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

1. plan a weekly menu,
2. make a weekly grocery list,
3. demonstrate comparison shopping,
4. utilize coupons and shopping flyer,
5. demonstrate replenishing of staple foods,
6. shop within a personal budget,
7. demonstrate an understanding of nutrition when meal planning,
8. explain appropriate food storage,
9. storing and using leftovers,
10. liquid and dry measurements,
11. read a recipe, and
12. understand various kitchen and cooking techniques

Course Scope, Content, and Learning Outcomes:

Unit I Understanding Food and Nutrition

Learning Outcomes	Assessment method
Students will be able to plan a weekly cooking menu.	In class discussions, class exercises, homework and exams
Students will demonstrate use of coupons and sale ads.	In class discussions, class exercises, homework and exams
Students will demonstrate menu planning on a budget.	In class discussions, class exercises, homework and exams
Students will demonstrate importance of nutrition.	In class discussions, class exercises, homework and exams
Students will demonstrate an understanding of food storage and spoilage.	In class discussions, class exercises homework and exams
Students will demonstrate an understanding of measurements for cooking.	In class discussions, class exercises, homework and exams
Students will be able to identify ingredients in a recipe.	In class discussions, class exercises, homework and exams

Learning Activities Required Outside of Class:

The students will spend a minimum of 2 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. Discussion
4. Individual instruction

Methods of Evaluation:

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