ALLAN HANCOCK COLLEGE NONCREDIT COURSE OUTLINE

Prefix & No.: HOEC 7023
Title: Vegetarian Cooking
Range of Hours: 18 – 24
Hours/Week: 3
TOP Code: 1306.00
Static Course ID: 9183
Lecture: 1
Lab: 2

COURSE DESCRIPTION:
This course introduces principles of meal planning, preparation techniques, and recipe conversion for vegetarian dishes that emphasize low-fat, low-sugar, and meat replacement. Topics include low-fat cooking; meatless meals for breakfast, lunch, and dinner; meatless meals using legumes, vegetables, and whole grains; and low-sugar cooking. Recipes are prepared and evaluated.

INSTRUCTIONAL OBJECTIVES: (List at least 3 objectives)
Students will demonstrate the ability to:

1. Practice proper handling and storing techniques when working with whole foods.
2. Prepare vegetarian recipes using whole foods and non-meat proteins.
3. Create a balanced vegetarian 7-day meal plan using whole foods and non-meat proteins.
4. Convert high-fat and sugar recipes to low-fat and minimal sugar.

STUDENT LEARNING OUTCOMES (List 1-3 outcomes)

1. Prepare a vegetarian meal incorporating whole foods and non-meat protein sources.

COURSE OUTLINE

<table>
<thead>
<tr>
<th>PROTEIN REPLACEMENT</th>
<th>HOURS</th>
</tr>
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<tbody>
<tr>
<td>Calculate body’s need for protein</td>
<td>18-24</td>
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<tr>
<td>Amount of protein in average American diet</td>
<td></td>
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<tr>
<td>Protein and fat in meats – using nutritive value charts</td>
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<tr>
<td>Convert favorite recipes</td>
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| LOW-FAT COOKING                                          |       |
| Amount of and problems related to fat in American diet  |       |
| Methods to reduce fat                                   |       |
| Convert favorite recipes                                |       |

| MEATLESS MEALS FOR BREAKFAST & LUNCH                    |       |
| Importance of breakfast                                 |       |
| Review complementary proteins                           |       |
| Lifestyle and time-management to prepare breakfast and lunch |   |
| “Quick & Easy” meal preparation                         |       |
| Create a seven-day meal plan                            |       |

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Meatless Meals for Dinner
Salads, soups, main dishes
Convert favorite recipes
Create a seven-day meal plan

Meatless Meals Using Legumes and Whole Grains
Dietary value
Uses, preparation, storage
Methods of preparation - pressure-cooker, steaming, baking

Vegetables
Dietary value
Nutrient retention
Shopping, preparation, storage
Methods of preparation – steaming, waterless, baking, grilling

Baking with Whole Grains
Yeast breads, quick breads, muffins
Soak method of preparation, baking
Qualities of various flours in bread making
Nutritional values of various flours

Low-Sugar Cooking
Sugar in the American diet – amounts and problems
How to read labels
Ways to reduce sugar
Convert favorite recipes

METHODS OF INSTRUCTION:

Lecture, class demonstration, and hands-on preparation with individual instructor assistance.

EVALUATION: (The methods by which students and instructors will know how the objectives listed above have been met.)

1. Feedback from students.
2. Student demonstrations: create a meal plan, proper food handling and storage, and convert a meat-based recipe to a vegetarian recipe.
3. Questionnaire and evaluation of class content.
4. Rate recipes: Students will critically evaluate the qualities of a recipe on a 1-10 rating basis.
5. Observation: The instructor will observe the competence of students as they prepare foods and demonstrate the use of utensils.
6. A quiz on the objectives requiring naming, listing, or describing will be administered.

MATERIALS, SUPPLIES & EQUIPMENT:

Kitchen/lab
Recipe/ instructional handouts
Perishables/food needed for specific recipes to be demonstrated and prepared by students
Materials fee
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