COLLIN COLLEGE

BUSINESS AND COMPUTER SYSTEMS

COURSE SYLLABUS

Course Information

Course Number: CHEF 1302

Course Title: Principles of Healthy Cuisine

Course Description: Introduction to the principles of planning, preparation, and presentation of nutritionally balanced meals. Alternative methods and ingredients will be used to achieve a healthier cooking style. Lab required *Note: Culinary lab classes require extended periods of time standing in place, lifting heavy weights (up to 60 pounds), reaching, bending, and working around open flames and with cleaning chemicals.*

Course Credit Hours: 3
Lecture Hours: 2
Lab Hours: 2

Prerequisites: CHEF 2331 with a grade of "C" or better and IFWA 1310

Student Learning Outcomes: Upon successful completion of this course, students should be able to do the following:

- Modify recipes and substitute ingredients to reduce calories, sugar, fat, and sodium.
  (SCANS: C1, C5, C11, C12, C13, C14, C18, C19, F1, F2, F3, F7, F11, F12)
- 'Create recipes using healthy techniques.
  (SCANS: C1, C7, C11, C12, C13, F1, F2, F4, F7, F8, F11)
- Identify common food allergies and special dietary needs.
  (SCANS: C1, C7, C11, C12, C13, F1, F2, F4, F7, F8, F11)
- Relate nutritional guidelines to diets and recipe production.
  (SCANS: C1, C5, C6, C11, C12, C18, C19, F1, F2, F6, F7, F8, F15)

Secretary's Commission on the Acquisition of Necessary Skills (SCANS)- SCANS skills are a group of foundational skills and workplace competencies that the Secretary's Commission on the Acquisition of Necessary Skills established as vitally important for workplace success in the 21st century. In Collin's workforce programs, the SCANS skills are developed and reinforced throughout the curriculum to provide students with an opportunity to hone these skills/competencies in the context of their education. Over the course of an entire degree program, the successful student is expected to demonstrate all of the SCANS skills and competencies as part of their education. The SCANS Foundation Skills and Workplace Competencies are described at: http://www.collin.edu/academics/programs/Workforce_SCANS_Skills_Syllabi_Code_Key.pdf

Withdrawal Policy: See the current *Collin Registration Guide* for last day to withdraw.

Collin College Academic Policies: See the current *Collin Student Handbook*

Americans with Disabilities Act Statement: Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.