

COURSE OUTLINE

Culinary Arts 150
Healthy Cuisine for Kids

I. Catalog Statement

Culinary Arts 150 is designed for school nutrition professionals who prepare and serve food to children in schools and child care centers. The course provides an understanding of the basic nutrition principles for preparing healthy foods, and the culinary skills needed to apply nutrition principles in preparing healthy meals for children.

Units – 1

Lecture Hours – 0.75

Laboratory Hours – 0.75

(Faculty Laboratory Hours 0.75 + Student Laboratory Hours 0.0 = 0.75 Total
Laboratory Hours)

Prerequisite: None

II. Course Entry Expectations

Skill Level Ranges: Reading 5; Writing 5; Listening/Speaking 5; Math 3.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

1. describe the importance of preparing and serving nutritious, high quality meals;
2. discuss the nutrition principles related to preparing fruits and vegetables, meats and meat alternatives, and grains and breads;
3. identify quality standards for fruits and vegetables, meats and meat alternatives, and grains and breads;
4. identify basic culinary skills required to prepare and serve nutritious, high quality meals that appeal to children;
5. apply the culinary basics presented in the course;
6. explain how meals support the *Dietary Guidelines for Americans*;
7. describe United States Department of Agriculture's different options for menu planning as used in Child Nutrition Programs.

IV. Course Content

A.	Introduction to Healthy Cuisine for Kids	2 hours
B.	Culinary Basics	4 hours
C.	Fruits and Vegetables	6 hours
D.	Meat and Meat Alternates	6 hours
E.	Breads and Grains	6 hours

V. Methods of Presentation

The following instructional methodologies may be used in the course:

1. lecture/discussion;
2. demonstrations;
3. guided practice;
4. hands-on experience;
5. multimedia presentations.

VI. Assignments and Methods of Evaluation

1. Classroom and Laboratory quizzes.
2. Final Examination.

VII. Textbook

National Food Service Management Institute. Healthy Cuisine for Kids, Participant's Manual.

Oxford, MS: University of Mississippi Press. Current Edition

10th Grade Textbook Reading Level. ISBN: NONE