

CULNC-20: BASIC COOKING SKILLS FOR BEGINNERS

Effective Term

Fall 2025

CC Approval

03/07/2025

AS Approval

03/13/2025

BOT Approval

03/20/2025

COCI Approval

05/15/2025

SECTION A - Course Data Elements

CB04 Credit Status

Noncredit

CB22 Noncredit Category

Home Economics

Discipline

| Minimum Qualifications | And/Or |
|--|--------|
| Culinary Arts/Food Technology (Any Degree and Professional Experience) | |

Subject Code

CULNC - Culinary Noncredit

Course Number

20

Department

Hospitality, Culinary and Tourism Management (HCTM)

Division

Career Education and Workforce Development (CEWD)

Full Course Title

Basic Cooking Skills For Beginners

Short Title

Basic Cooking Skills For Beg.

CB03 TOP Code

1306.00 - *Nutrition, Foods, and Culinary Arts

CB08 Basic Skills Status

BS - Basic Skills

CB21 Prior Transfer Level

A - One level below transfer

CB09 SAM Code

D - Possibly Occupational

Rationale

Updating course number.

SECTION B - Course Description

Catalog Course Description

This class will familiarize students with the most basic cooking skills to empower them to make delicious and nutritious foods themselves. This hands-on class will be conducted in the NVC Culinary Arts Kitchens, helping students to become comfortable using cooking equipment and preparing basic recipes. The class is geared towards those that want to cook for themselves at home or while away, when eating out may not be an option.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

Yes

Repeatability

Unlimited - Noncredit OR Work Experience Education

Grading Options

No Grade-Noncredit

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable hour?

No

Total Instructional Hours

12

Distance Education Approval

Is this course offered through Distance Education?

No

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Learn how to make basic, balanced and nutritious meals at home.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. To prepare basic meals for themselves for any meal period.

Course Content

This stand-alone, noncredit class will teach students the fundamentals of how to cook for themselves, taking into account economy of scale, nutrition and time constraints.

Methods of Instruction

Methods of Instruction

| Types | Examples of learning activities |
|-------|---|
| Lab | <ul style="list-style-type: none"> - Basic knife use - How to boil water and its uses. - Hard-boiled eggs, with recipes examples: Egg salad Sandwiches Deviled Eggs Adding hard-boiled eggs to other preparations. |

Methods of Evaluation

Methods of Evaluation

| Types | Examples of classroom assessments |
|------------------|---|
| Work Assessments | Allowing students to self evaluate the food and meals they have prepared. |

Assignments

Reading Assignments

-Reading a basic recipes.

Writing Assignments

- Calculating portions from recipe as needed

Other Assignments

- Reporting back the use of skills learned from outside class experiences.

SECTION F - Textbooks and Instructional Materials

Material Type

Manual

Author

Irma S. Rombauer et al.

Title

Joy of Cooking

Publisher

Scribner

Year

2019

Course Codes (Admin Only)

ASSIST Update

No

CB00 State ID

CCC000644867

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

J - Workforce Preparation Enhanced Funding

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Not Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No