

Montgomery County Community College
LLGI 3667
Vegan & Vegetarian Meals
0-0.5-2.5

Course Description:

Did you know you could create amazing meals without using any meat or poultry? Join us in our 3-hour hands-on vegan and vegetarian cooking class to understand the basics of plant-based diets and vegan cooking. You will have a great time in our professional kitchen while learning from experienced chef instructors how to properly marinate and cook tofu, develop flavor profiles for vegan diets and create colorful and flavorful vegan and vegetarian meals for yourself and your family.

Requisites:

Previous Course Requirements
None

Previous or Concurrent Course Requirements
None

Course Comment(s)

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Acquire ability to decipher high quality plant-based ingredients	Open discussion, guided learning	Formative assessment
2. Learn the proper execution of vegetable cookery for the production of vegan and vegetarian meals	Demonstration and practice	Formative assessment
3. Understand how to develop flavor profiles specific to vegan and vegetarian cuisines	Preparation, tasting and evaluation of the menu items	Formative assessment
4. Learn the importance of proper scaling, measuring and following recipe guidelines	Hands on preparation of food items, personal and instructor evaluation of final product.	Formative assessment

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated

results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

Sequence of Topics:

1. Course Introduction
2. Lecture & Presentation of menu items
3. Preparation of menu items
4. Instructor's evaluation
5. Wrap up and turn out
6. Final discussions

Learning Materials:

Learning materials such as copies of recipes will be provided by the instructor.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

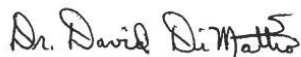
Course Approval:

Prepared by: Can Uslu

Date: 10/29/18

Dr. David DiMattio, Vice President, Workforce Development

Compliance Verification:



Date: 10/29/18

Revised by:

Date: 10/29/18

Dr. David DiMattio, Vice President, Workforce Development

Compliance Verification:

Date: 10/29/18

This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.