



# Sargent Choice Nutrition Center

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## Course Information

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**Course:** PDP NT 104 C1/D1 - Healthy Cooking on a Budget

**Instructor:** Lauren O'Brien MS, RD, LD  
1 Credit, Fall 2016  
Lafrarob@bu.edu  
617-358-5263, SAR 625 // Ryan Center 150

**Location:** Fitness & Recreation Center, classroom 221

**Grading:** **Pass /Fail: Attendance required for 10 of 13 classes**

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

### **Attendance Policy & Make-Up Classes:**

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed **3 unexcused absences**. Excused absences (such as illness or injury with a doctor's note or death of a family member) will not count against your attendance record. If you have more than **3 unexcused absences**, you will need to arrange to make up the classes you have missed. You can do this by attending one of the other nutrition classes.

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## Course Description

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If healthy eating was simple, affordable and delicious, everyone would do it! How do you plan balanced meals and snacks without breaking the bank? **Step 1:** Understand your unique nutrition needs and the health-promoting foods that will help you meet them. **Step 2:** Perfect the skills and strategies for stocking a healthy kitchen, modifying favorite recipes,

and basic cooking by participating in a series of interactive sessions. The end result: You will be well on your way to a lifetime of true “value meals.”

<b>Course Content</b>		
<b>Week 1</b> Introduction to Class Foundations of Nutrition Meal Planning/Snacking 1+2+3	<b>Week 5</b> Smart Shopping/Smart Phone Apps Food Storage	<b>Week 9</b> Cooking Demonstration* Lean Meat Proteins
<b>Week 2</b> Estimation of Energy Needs Meal Planning Ingredients Knife Skills Introduction	<b>Week 6</b> Processed Foods Food Additives	<b>Week 10</b> Cooking Breakfast* Vitamin & Minerals
<b>Week 3</b> Cooking with Whole Grains* Pantry Essentials	<b>Week 7</b> Cooking Demonstration* Organic & Sustainable Foods	<b>Week 11</b> Cooking Demonstration* Vegetarian Proteins
<b>Week 4</b> Spring Salad Demonstration* Sodium	<b>Week 8</b> Foods that Flavor Cooking Techniques Kitchen Essentials & Gadgets Herbs & Spices 101	<b>Week 12</b> Recipe Modification Online Resources
		<b>Week 13</b> Baking Demonstration* End of Class Survey

### **Class Descriptions**

#### ***Class 1 – The Foundations of Nutrition***

Students will understand what foods are made of and what we can expect from them. Concepts of food quality, quantity and timing of meals/snacks are introduced in addition to basic meal planning.

#### ***Class 2 – Estimating Unique Nutrition Needs and Knife Skills***

Students estimate their daily nutrition needs. Meal planning guidelines and examples are discussed and snacking is introduced. Students apply unique needs to daily meal plan to map out the optimal timing of meals/snacks and balance of calories throughout the day. Students will begin to learn about the proper techniques for chopping, dicing, and cutting.

#### ***Class 3 – The Importance of Whole Grains\****

All about whole grains – what are they, why we should eat more, how to identify them and how to incorporate more into the diet. Pantry and refrigerator essentials introduced, what items to buy fresh, frozen or canned; discussion continued throughout other classes. Cooking demonstration using a whole grain; price, cooking techniques and flavors discussed.

**Recipe: Quinoa Tabbouleh**

**Skill: Mincing garlic and chopping scallions**

Previous Recipe: Roasted Seasonal Vegetable Quinoa – Demonstration and exposure to a unique whole grain.

- Vegetable chopping and roasting technique
- Discussion of local, seasonal produce related to budget.
- Brainstorm of multiple vegetable/recipe uses; storage and or other recipe modifications.

#### ***Class 4 – Seasonal Cooking, Soups\****

One bowl creations that are easy to make and can be eaten as a meal or side dish – almost no cooking required;

**Recipe:**

**Skill: Dicing onion and bell pepper**

Previous seasonal cooking: Soups - Sweet Potato & Black Bean Chili, Lentil Chili

A closer look at the sodium content of processed foods – canned soups, sauces, and frozen meals.

- Health implications

- Current recommendations and average intakes

### ***Class 5 – Smart Shopping / Smart Phone Apps***

Shopping guidelines and helpful hints from the moment you enter the store until the time you check out.

Topics include:

- Convenience vs. Cost
- Coupons, Savers Cards, weekly specials, apps
- Fresh vs. Frozen
- How to buy produce
- Stocking up or just buying what you need

Food Storage principles are also discussed to help maximize your budget and minimize waste.

### ***Class 6 – Nutrition ‘Labels’***

An in-depth look at the nutrition label and the ‘labels’ that are assigned to foods by FDA and/or marketing experts. Topics discussed include:

- Processed Foods
- Food Additives and Sweeteners
- Organic vs. Conventionally grown foods
- Natural? Hormone-Free? Grown in USA? Cage-Free? Free-Range? Fat-Free? Lean?

### ***Class 7 – Cooking with Sustainable Seafood\****

Cooking Demonstration of simple cooking techniques for fish and shellfish

**Recipe: Spanish Sofrito**

**Skill: Filleting a Fish**

Previous recipes have included: Simple Pan-Seared Salmon, Citrus Tilapia, Fish Tostadas

- Buying recommendations based on location and seafood sustainability; fresh vs. frozen; farmed vs. wild.
- Discussion of sustainable seafood resources

Discussion of the importance of heart-healthy omega-3 fats in the diet and concerns about mercury and PCB exposure with seafood consumption.

### ***Class 8– Flavor***

Butter and salt aren’t the only things that can add flavor to foods; cooking techniques, aromatics, herbs and spices all add depth and complexity to dishes.

- Foods that flavor – aromatics
- Herbs & Spices 101
- Cooking techniques that provide more flavor

Traditional flavor combinations (ie. lemon, garlic, olive oil, rosemary)

Kitchen cooking essentials and gadgets – price considerations, performance, multitasking, and durability

### ***Class 9 – Cooking with Lean Proteins\****

Cooking demonstration featuring chicken/turkey

Previous Recipes included: Garlic Rosemary Chicken, Chicken 5 Ways, Broccoli Chicken Stir-fry

**Recipe: Baked Chicken Nuggets**

**Skill: Stemming greens, home-made dressing, & breaking down a whole chicken**

Other topics include:

- Buying and storing lean animal proteins
- Defrosting frozen items
- Food safety in preparation
- Easy ways to flavor

### ***Class 10– The Most Important Meal of the Day\****

Since breakfast is, truly, the most important meal of the day; why not make it simple and delicious?

**Recipe: Asparagus & Scallion Frittata**

**Skill: Cutting Mushrooms & Slicing Fruit**

Students will also determine whether or not it is necessary to take a multivitamin. Key nutrients of concern are discussed.

***Class 11 – Cooking with Vegetarian Proteins\****

Cooking demonstration showcasing versatility and ease of preparation of vegetarian proteins

Previous recipes have included: Sweet and Sour Tofu, Black Bean Burgers

**Recipe: Tofu Tacos**

**Skill: Slicing & Dicing Tomatoes**

Discussion topics include:

- Types, variety, and usability – nuts, beans, seeds, soy, dairy
- Comparison of protein density

***Class 12 – Recipe Modification***

How to modify (almost) any recipe to increase the nutritive value. This class pulls all of the pieces together, what are the health promoting ingredients and how to incorporate them into any meal. Example modifications are given, class discussions of modifications of recipes throughout the semester.

***Class 13 (4/21/16) – Baking/Dessert\****

A true test in recipe modification!

Cooking demonstration featuring something sweet

Recipe: Crepes