



Sargent Choice Nutrition Center

Course Information

Course: PDP NT 104 A1/B1 - Healthy Cooking on a Budget

Instructor: Liz Sauter RD, LD
1 Credit
esauter@bu.edu
617-353-2721, SAR 631

Grading Policy:

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 PDP courses available.

Please contact the instructor, if you plan on attending their class so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Course Description

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.”

Course Content

Week 1

Introduction to Class
Foundations of Nutrition
Meal Planning 1+2+3
Snacking 1+2+3

Week 2

Estimation of Energy Needs
Meal Planning Ingredients
Knife Skills Introduction

Week 3

Sustainable Seafood
Organic & Sustainable Foods
Cooking Demonstration*

Week 4

Cooking with Whole Grains*
Pantry Essentials

Week 5

Cooking Breakfast*
Vitamins & Minerals

Week 6

Fall Soups* or Spring Salads
Sodium

Week 7

Processed Foods
Food Additives

Week 8

Lean Meat Proteins
Cooking Demonstration*

Week 9

Vegetarian Proteins
Cooking Demonstration*

Week 10

Foods that Flavor
Cooking Techniques
Kitchen Essentials & Gadgets
Herbs & Spices 101

Week 11

Smart Shopping/Smart Phone Apps
Food Storage

Week 12

Recipe Modification
Convenience Foods*

Week 13

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– 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 4– 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

Class 5- 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: Washing and 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 6–Fall Soups or Spring Salads*

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

Recipe: Spring Salad or Fall Soup

Skill: Dicing onion

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

- Health implications
- Current recommendations and average intakes

Class 7– 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 8– Cooking with Lean Proteins*

Cooking demonstration featuring chicken.

Recipe: Baked Chicken Nuggets

Skill: Stemming greens, making salad dressings & breaking down a whole chicken

Other topics include:

- Buying and storing lean animal proteins
- Defrosting frozen items
- Food safety in preparation

Class 9– 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 10– 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 11– 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 12– Recipe Modification & Convenience Foods*

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. Students will also learn how to apply these concepts to convenience foods.

Class 13– Baking/Dessert*

A true test in recipe modification!

Recipe: Whole Wheat Crepes & Toppings

Skill: Crepe Making