
Course Information

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

Instructor: Liz Sauter, MPH, RDN, LDN
esauter@bu.edu
617-353-2721

Grading Policy:

This class will be graded Pass/Fail, based on virtual 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 plan 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 virtual 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 virtual nutrition PDP courses available.

Please contact the instructor if you plan to attend their virtual class as a make-up, 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.

To support an active learning environment, your instructor will expect student cameras (and microphones, when appropriate) to be enabled during class time. If you do not have access to this hardware or anticipate extenuating circumstances that will prevent video and/or audio participation, please contact the instructor prior to class time.

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 result: You will be well on your way to a lifetime of true “value meals.”

Course Content

	Food Additives
Class 1 Introduction to Class Meal Planning 1+2+3 Snacking 1+2+3	
Class 2 Estimation of Energy Needs Meal Planning Ingredients Knife Skills Introduction	Class 7 Vegetarian Proteins*
Class 3 Fall Soups* Sodium	Class 8 Sustainable Seafood* Organic & Sustainable Foods
Class 4 Cooking with Whole Grains* Pantry Essentials	Class 9 Foods & Cooking Techniques that Flavor Herbs & Spices 101
Class 5 Cooking Breakfast* Vitamins & Minerals	Class 10 Animal Meat Proteins*
Class 6 Processed Foods	Class 11 Kitchen Essentials & Gadgets Food Storage
	Class 12 Recipe Modification*
	Class 13 Baking Demonstration

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. Students apply unique needs to daily meal plan to map out the optimal timing of meals/snacks and balance of energy throughout the day. Students will begin to learn about the proper techniques for chopping, dicing, and cutting.

Class 3- Fall Soup

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

Recipe: Black Bean Vegetarian Chili

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 intake

Class 4- The Importance of Whole Grains

All about whole grains – what they are, why they are nutritious, and how to incorporate them. 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: Chopping scallions

Class 5- Cooking Breakfast

It's your first meal of the day - why not make it simple and delicious?

Recipe: Asparagus & Scallion Frittata

Skill: Slicing Apples

Students will also determine whether it is necessary to take a multivitamin. Key nutrients of concern are discussed.

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 Vegetarian Proteins

Cooking demonstration showcasing versatility and ease of preparation of vegetarian proteins;

Recipe: Tofu Tacos

Skill: Slicing & dicing Tomatoes

Discussion topics include:

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

Class 8- Cooking with Sustainable Seafood

Cooking Demonstration of simple cooking techniques for fish and shellfish.

Recipe: Tuna Melt

Skill: Mincing ginger

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

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

Class 9 -Foods that Flavor

Review of cooking techniques, aromatics, herbs and spices that 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)

Class 10- Cooking with Animal Proteins

Cooking demonstration featuring chicken.

Recipe: Baked Chicken Nuggets

Skill: Peeling and chopping carrots

Other topics include:

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

Class 11- Kitchen Essentials

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

Topics include:

- 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.

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

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.

Recipe: Italian Baked Pasta

Class 13 – Baking/Dessert

A sweet end to the semester!

Recipe: Whole Wheat Crepes & Toppings

Skill: Crepe Making