

**WILMINGTON UNIVERSITY
COLLEGE OF EDUCATION AND LIBERAL ARTS
BASIC COURSE INFORMATION**

COURSE NUMBER	CUL 410
COURSE TITLE	Food: Art and Custom
CREDITS	3
PREREQUISITE	
FACULTY MEMBER	
TERM	
METHOD OF CONTACT/ OFFICE HOURS	

COURSE TIME BREAKDOWN

40 Hours of Structured Learning Activities

TEXTBOOKS

*A list of course textbooks are available on the Wilmington University Bookstore website:
<http://bookstore.wilmu.edu/>

COURSE DESCRIPTION

This course is designed to introduce the student to selected historical influences and customs for the art of dining that have evolved over time. Students will experience the enjoyment of dining that is enhanced by an appreciation of the art of food preparation and by experiencing a wider variety of meals. In addition to visiting some area restaurants during the course to participate in learning experiences from guest lecturers, students must complete weekly assignments, which may include reflection essays, book reviews, learning basic cooking techniques, or other assignments. All students must be over 21 years of age, and especially have no food allergies or cultural food prohibitions which would prevent them from fully participating in the food offerings or preparations required, including consumption of alcohol.

COURSE OBJECTIVES

This course will provide students with the knowledge and skills to:

1. Recognize the history of selected food types.
2. Describe how food was prepared and eaten at various times throughout history.
3. Identify rituals, customs and manners impacting dining over time.
4. Write a review about an assigned book on food or the food industry.
5. Know the history of cheese, along with techniques for serving, and storing.
6. Develop the art of creating and presenting simple appetizers and how to entertain with food.
7. Describe the basics of purchasing, handling, storing and tasting wine, and pairing it with cheeses and other foods.
8. Identify the basics of beer types, and how to pair them with different foods.
9. Plan three simple dishes that will be served in a four-course meal.
10. Demonstrate the proper use of some specific cooking tools.

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11. Comprehend the importance of the “Mis en Place” for successful cooking experiences
12. Practice specific techniques to be employed in the kitchen to create specific assigned dishes.
13. Apply flavor profiles to analyze the dishes that they have cooked.

METHODOLOGY

A. Teaching and Learning Strategies

B. Evaluation Methods

ATTENDANCE POLICY:

EVALUATION PROCEDURE AND GRADING POLICY:

LATE ASSIGNMENT POLICY:

COELA CLASSROOM STANDARDS: See Canvas “Syllabus” area

COURSE SCHEDULE (all assignments and due dates):