



Sargent Choice Nutrition Center

Course Information

Course: PDP NT 104 A1 ,B1, C1, D1 - Healthy Cooking on a Budget
1.0 Credit, Spring and Fall Semesters

Instructors:

Tuesday Sections: Leslie Caiola MS, RDN, LDN, lesliec@bu.edu

Thursday Sections: India Wilkerson MS, RDN, LDN, iw2019@bu.edu

Time:

Tuesdays: A1: 2:00 – 3:15 pm; B1: 3:30 – 4:45 pm

Thursdays: C1: 11:00 – 12:15 pm; D1 12:30 – 1:45 pm

Grade: Pass /Fail: You must not miss more than 3 classes.

Location: Fitness & Recreation Center, Classroom 221

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) 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 are allowed 3 absences, for any reason. If you have more than 3 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 or arranging make-up work with your instructor.

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 nutrition foundation concepts and the health-promoting foods that will help you meet your needs.

Step 2: Develop skills and strategies for stocking a healthy kitchen, modifying favorite recipes, and basic cooking. Students can expect to observe cooking demonstrations, learn a variety of knife skills, and apply those skills in preparing a series of recipes. The result: You will be well on your way to a lifetime of true “value meals.”

Class Descriptions

Class 1– The Foundations of Nutrition, MP/S 1+2+3

Review of syllabus and semester topics. The basic concepts of food quality, quantity and timing of meals/snacks are introduced, in addition to basic meal planning.

Class 2– Meal Planning Concepts & Knife Skills

Further exploration of Macro & Micronutrients. Students will learn and an introduction to the proper techniques for chopping, dicing, and cutting.

Class 3– Soups* and Sodium; Food Storage

Learn how to make a delicious & warming bowl of soup to elevate your next meal or snack. Food Storage principles discussed to help maximize your budget and minimize waste.

Class 4– Whole Grains*

All about whole grains – what they are, how much do we need, how to identify them and how to incorporate a beneficial amount.

Class 5– Animal Proteins*

Discussion topics include buying and storing animal proteins, defrosting frozen items, and food safety in preparation.

Class 6– Plant Proteins*

Cooking demonstration showcasing the versatility, cost benefits and ease of preparation of plant proteins. Discussion including types, variety, and usability.

Class 7– Kitchen Essentials & Gadgets

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

Class 8 - Seafood*

Discussion of sustainable seafood resources, buying recommendations, heart-healthy omega-3 fats and considerations with seafood consumption.

Class 9 - Foods & Cooking Techniques that Flavor, Herbs & Spices 101*

Butter and salt aren't the only things that can add flavor to foods. We'll explore the cooking fundamentals of salt, fat, acid & heat, as well as various other health-promoting techniques; including aromatics, herbs and spices to help you add depth and complexity to dishes.



Class Descriptions Continued

Class 10– Breakfast*, Caffeine

Since breakfast is, truly, the most important meal of the day, why not make it simple and delicious... and ahead of time to add ease to your mornings. Discussion about the role of breakfast, the variety of “breakfast” foods and the impact of eating after waking.

Class 11 – Label Reading: Micronutrients & Supplements

We will identify food sources of essential vitamins and minerals, and recommended intakes. Students will determine whether it is necessary to take a multivitamin and learn about responsible supplement use. Key nutrients of concern are discussed. We will also take an in-depth look at the nutrition label and the ‘labels’ that are assigned to foods by FDA and/or marketing experts.

Class 12– Strategic Shopping and Skillful Kitchen Stocking

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.

Class 13 – Desserts; Thoughtful Eating*

Our class would not be complete without something sweet! Discussion on the importance of incorporating foods that provide pleasure, thoughtful eating principles, and recipe modifications for desserts.

**Indicates class with cooking demonstration and knife skill practice*

Please note: Our kitchen space is shared, and participants should assume the possibility of cross contact with all allergens. If you have questions or concerns, please follow-up 1:1 with instructor.