|  |  |
| --- | --- |
| EAGL 0210  **Transition to Independent Living – Meal Preparation & Grocery Shopping**  **Fall 2023**  **- - - - - - - - - -**  **Department of Special Education, Rehabilitation, and Counseling**  **College of Education**  Instructor Information  **Mrs. Stephanie Willis, M.S. CCC-SLP**  Office: Foy 136-D  smw0123@auburn.edu | A logo for a college of education  Description automatically generated with low confidence |

**AUBURN UNIVERSITY**

**DEPARTMENT OF SPECIAL EDUCATION, REHABILITATION, AND COUNSELING**

**Course Syllabus**

**Course Number EAGL 0210**

|  |  |
| --- | --- |
| **Course Title** | Transition to Independent Living – Meal Prep & Cooking |
| **Credit Hours** | 3 Credit Hours |
| **Course Meetings** | Tuesdays/Thursdays 8:00 – 9:15 am in Foy 136Q |
| **Prerequisites** | E2 EAGLES Student |
| **Corequisites** | N/A |
| **Instructor** | Stephanie Willis, M.S. CCC-SLP |
| **Office Location** | Foy 136-D |
| **Phone/E-mail** | Smw0123@auburn.edu |
| **Office Hours** | By Email Request |

1. **Date Syllabus Prepared.** Updated May 2023
2. **Textbooks or Major Resources**. There are no required textbooks for this course. Students will have weekly opportunities to engage with the instructor as well as other students during face-to-face meetings. The use of Canvas to support student learning is used for this class. All students will have internet access to libraries, learning centers, and/or laboratories that will facilitate their successful completion of the course.
3. **Course Description-** The purpose of this course is to provide the EAGLES students with independent skills involving meal preparation and grocery shopping. These skills help the students transition to an independent lifestyle by learning how to prepare, shop, and cook meals while developing healthy eating habits.
4. **Student Learning Outcomes:**

* Students will be introduced to the purpose and benefits of meal preparation and the equipment required for meal prep and how to purchase, use and maintain such equipment (containers, pots, pans, etc.). This will be assessed by an application activity.
* Students will learn about basic nutrition facts that are necessary to know when creating a diet plan/healthy eating habits (protein, carbs, fats, calories, etc.). This will be assessed by an application activity.
* Students will learn effective grocery shopping strategies as they relate to their grocery list. This can include aisle/food location, using applications or other resources to complete shopping (Amazon, Walmart Pickup), and what to look for on items while shopping (health facts, expiration date, etc.) This will be assessed by an application activity.
* Students will learn cooking safety through a lecture, and then through hands-on safety training in a kitchen setting. Training will include safety using stovetops, ovens, microwaves, toasters, and more. All students will be assessed through a safety test that they are required to pass.
* Students will learn how to follow the steps of a meal-prep recipe, including measurements, preparation time, cooking time, and clean-up time. This will be assessed by application activities throughout the semester.
* Students will learn how to research meal-prep recipes independently and prepare these recipes independently for the class to taste. This will be assessed by a final project where the students will research a recipe and prepare a meal for their classmates.

1. **Course Requirements/Evaluation:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Date | Class | Indicator | Assignment Due |
| Week 1 | 08/17 | EAGL 0210 Syllabus  Pre-Test  Kitchen Safety PPT   * Kitchen Safety * Food Hygiene vs. Food Safety | IL. 6  IL. 7 | Pre Test due in class on Canvas  Weekly Guided Notes |
| Week 2 | 08/22 | Mixing and Measuring Skills |  | Weekly Guided Notes |
| Week 2 | 08/24 | Safety Assessment |  | Safety Assessment |
| Week 3 | 08/29 | Lecture: Cooking Skills - Knife, Cutting, and Grating Skills  Application-Based Activity: Cutting/Grating Apples | IL. 6 | Submit a picture on Canvas |
| Week 3 | 08/31 | Lecture: Cooking Skills – Preparing Foods using the Microwave  Application-Based Activity: Prepare Microwave Snack | IL. 5  IL. 6 | Submit a picture on Canvas |
| Week 4 | 09/05 | Lecture: Cooking Skills – Preparing Foods using the Stove  Application-Based Activity: Make a Quesadilla | IL. 4  IL. 6  IL. 7 | Submit a picture on Canvas |
| Week 4 | 09/07 | Food Storage   * Refrigerator vs. Pantry * Storing Foods Appropriately * Expiration Dates | IL. 8  IL. 9  IL. 10 | Weekly Guided Notes |
| Week 5 | 09/12 | Healthy Eating Habits   * Lifestyle & MyPlate * Healthy Swaps | IL. 2  IL. 3 | Weekly Guided Notes |
| Week 5 | 09/14 | Application-Based Activity: Breakfast at the Edge | IL. 2  IL. 3 | Healthy swap Activity |
| Week 6 | 09/19 | Grocery Shopping   * Purpose/Benefits * Time Management * Budgeting | IL. 1 | Weekly Guided Notes  Time Management Activity  Weekend Grocery List |
| Week 6 | 09/21 | Application-Based Activity: Grocery Store Visit | IL. 1 | Make a list of 2 frozen Items to prepare during our next class – Go and purchase items  Grocery Shopping This or That Activity |
| Week 7 | 09/26 | Application-Based Activity: Cooking skill - Preparing Frozen Food | IL. 5  IL. 6 | Submit a picture on Canvas |
| Week 7 | 09/28 | Application-Based Activity: Cooking skill - Preparing Canned Food | IL. 5  IL. 6 | Submit a picture on Canvas |
| Week 8 | 10/03 | Application-Based Activity: Cooking skill – Dorm Ready Meal | IL. 4  IL. 6 | Submit a picture on Canvas |
| Week 8 | 10/05 | Application-Based Activity: Cooking skill – Stove Top Meal | IL. 4  IL. 6  IL. 7 | Submit a picture on Canvas |
| Week 9 | 10/10 | Application-Based Activity: Cooking skill - Preparing Frozen Food | IL. 5  IL. 6 | Submit a picture on Canvas |
| Week 9 | 10/12 | Application-Based Activity: Cooking skill - Preparing Canned Food | IL. 5  IL. 6 | Submit a picture on Canvas |
| Week 10 | 10/17 | Application-Based Activity: Cooking skill – Dorm Ready Meal | IL. 4  IL. 6 | Submit a picture on Canvas |
| Week 10 | 10/19 | Application-Based Activity: Cooking skill – Stove Top Meal | IL. 4  IL. 6  IL. 7 | Submit a picture on Canvas |
| Week 11 | 10/24 | Application-Based Activity: Cooking skill – Dorm Ready Meal | IL. 4  IL. 6 | Submit a picture on Canvas |
| Week 11 | 10/26 | Application-Based Activity: Cooking skill – Stove Top Meal | IL. 4  IL. 6  IL. 7 | Submit a picture on Canvas |
| Week 12 | 10/31 | Cookbook Project Introduction |  | Research |
| Week 12 | 11/02 | Cookbook Project |  | Research |
| Week 13 | 11/07 | Cookbook Project |  | Research |
| Week 13 | 11/09 | Cookbook Project |  | Research |
| Week 14 | 11/14 | Cookbook Project |  | Submit Cookbook Project |
| Week 14 | 11/16 | No Class – EAGLES Interviews | | |
| Week 15 | 11/22 | THANKSGIVING BREAK – NO CLASS | | |
| Week 15 | 11/24 | THANKSGIVING BREAK – NO CLASS | | |
| Week 16 | 11/28 | Post-Test and Cookbook Handout |  |  |
| Week 16 | 11/30 | Last Class! Breakfast Party |  |  |

|  |  |  |
| --- | --- | --- |
| **Activity** | **Points** | **Grading Scale** |
| Pre Test | 10 | A  90% - 100% |
| Application Activities | 150 | B  80% - 89% |
| Kitchen Safety Test | 100 | C  70% - 79% |
| Final Project | 30 | D  60% - 69% |
| Post Test | 10 | F  59% and below |
| **Total Possible:** | 300 |  |

**Application Activity.** Each week students will complete an application activity. These activities will include research, shopping, cooking, cleaning, and meal preparation. WINGS Peer Mentors will assist with application activities. The instructor will also be on standby if needed. Application activities will provide an assessment for the students’ newly learned skills.

**Kitchen Safety Test.** Each student will complete a kitchen safety course before they complete any assigned cooking. This assessment will cover a broad range of kitchen appliances and how to safely use them.

1. **Class Policy Statements**

**Excused Absences.** Students are granted excused absences from class for the following reasons: Illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for University classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from this class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the Student Policy eHandbook for more information on excused absences, <http://www.auburn.edu/student_info/student_policies/>.

**Make-up Policy.** Arrangement to make up missed assignments (e.g., site visits) due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. Except in unusual circumstances, such as continued absence of the student or the advent of University holidays, make-up assignments will take place within two weeks from the time that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up assignment(s) will be arranged during the last three days before the final exam period begins.

**Auburn University Policy on Classroom Behavior.** “. . . Behavior in the classroom that impedes teaching and learning and creates obstacles to this goal [learning] is considered disruptive and therefore subject to sanctions. . .Students have the responsibility of complying with behavioral standards. . .Examples of improper behavior in the classroom (including the virtual classroom of e-mail, chat rooms, telephony, and web activities associated with courses) may include, but are not limited to the following: arriving after a class has begun, eating or drinking, use of tobacco products, monopolizing discussion, persistent speaking out of turn, distractive talking, including cell phone usage, audio or video recording of classroom activities or the use of electronic devices without the permission of the instructor, refusal to comply with reasonable instructor directions, employing insulting language or gestures, verbal, psychological, or physical threats, harassment, and physical violence.”

See Student Policy eHandbook, <https://sites.auburn.edu/admin/universitypolicies/Policies/PolicyonClassroomBehavior.pdf>.

**Academic Honesty Code:** All portions of the Auburn University student academic honesty code (Title XII <https://sites.auburn.edu/admin/universitypolicies/Policies/AcademicHonestyCode.pdf>) found in the *Student Policy eHandbook* will apply to university courses All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee. Students are to read the honesty code carefully, making sure they understand the policy, its implications for their work (e.g., tests, reports, papers, projects), and the consequences of code violation. Non-compliance with this policy will result in formal action with the university academic honesty procedures. Among other things, are responsible for understanding the definition of plagiarism. Individuals are to (a) reference materials they use, and (b) reference only material they access directly. Individuals who copy or use ideas from the works of others without properly acknowledging the author, risk grave consequences.

**Assignments.** All written assignments are expected to conform to the current style manual of the American Psychological Association (APA) Publication Manual. Written assignments are expected to be typewritten, grammatically accurate, and free of spelling and typographical errors. Assignments are to be of a quality that would be expected of a professional. Assignments must be turned in the day the assignment is due by the time listed on Canvas. All assignments should be posted on Canvas under there corresponding Assignment link. Please do not email assignments. Also, assignments must be turned in by the student completing the assignment. No late assignments will be accepted unless accompanied by an excuse approved by the university.

**Course Contingency.** If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.

**Accommodations for Students with Disabilities.** Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. To set up the meeting, please contact the instructor by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

**Student Academic Grievance Policy.** The purpose of this university policy is to “resolve academic grievances of students, which results from actions of faculty or administration. This resolution should be achieved at the lowest level and in the most equitable way. The burden of proof rests with the complainants.” Refer to the ***Student Academic Grievance Process Summary*** of the [*Student Policy eHandbook*](file:///F:\05-SPRING%2018\auburn.edu\studentpolicies) *(*[*auburn.edu/studentpolicies*](http://www.auburn.edu/studentpolicies)*)* for more information.

**Liability Coverage.** Student’s officially registered and enrolled at Auburn University are covered by professional liability insurance in the amount of $1,000,000. Students who may need to document this coverage may request such from the College of Education’s Educational Services Office. The phone number for this office is 334-844-4448.

**Professionalism.** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework, <http://education.auburn.edu/aboutus/conceptfmwrk.html>. These professional commitments or dispositions are listed below:

* + Engage in responsible and ethical professional practices;
  + Contribute to collaborative learning communities;
  + Demonstrate a commitment to diversity; and
  + Model and nurture intellectual vitality.

**Face Coverings:**

Given the recent surge in COVID-19 cases across our state and nation, Auburn University will require **all individuals to wear face coverings inside all Auburn University buildings and on university transportation (including Tiger Transit), beginning Tuesday, Aug. 3.**

The revised face coverings policy aligns with the latest [guidance from the CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html) as well as recommendations from university medical staff, local health officials and the Alabama Department of Public Health. Beyond this temporary measure, Auburn does not intend to adjust operational or instructional plans.