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| EAGL 0210  **Transition to Independent Living: Meal Prep & Grocery Shopping**  ***Fall 2025***  **Department of Special Education,**  **Rehabilitation and Counseling**  **College of Education**  Instructor Information  **Sarah Goodwin**  Office: EDUC 1403  crowsar@auburn.edu |  |

Course Information

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| **Course Title** | **Transition to Independent Living: Meal Prep & Grocery Shopping** |
| **Course Number** | **EAGL 0210** |
| **Credit Hours** | 0 |
| **Meetings Days** | T/R |
| **Meeting Time** | 8:00 – 9:15 am |
| **Meeting Location** | **EDUC 1403G** |
| **Instructor** | Sarah Goodwin |
| **Office Location** | EDUC 1403 |
| **E-mail** | crowsar@auburn.edu |
| **Office Hours** | By appointment |

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| Fall 2025 Course Schedule | | | | |
| WEEK | **DATE** | **CLASS** | **INDICATOR** | **ASSIGNMENT DUE** |
| Week 1 | 08/19 | EAGL 0210 Syllabus  Pre-Test  **Lecture:** Kitchen Safety PPT   * Kitchen Safety * Food Hygiene vs. Food Safety | IL. 6  IL. 7 | Cooking Comfort Pre-Test due at the end of class |
| Week 1 | 08/21 | **Lecture:** Food Storage   * Refrigerator vs. Pantry * Storing Foods Appropriately * Expiration Dates | IL. 8  IL. 9  IL. 10 |  |
| Week 2 | 08/26 | PCP Meetings |  |  |
| Week 2 | 08/28 | PCP Meetings  ***Safety Assessment*** |  | Safety Assessment due at the end of class |
| Week 3 | 09/02 | **Lecture:** Cooking Skills - Knife, Cutting, and Grating Skills  **Application-Based Activity:** Cutting/Grating Apples | IL. 6 | Submit a picture due at the end of class on Canvas |
| Week 3 | 09/04 | **Lecture:** Cooking Skills – Mixing and Measuring Skills, Preparing Foods using the Microwave  **Application-Based Activity:** Cooking Skill – Microwave French Toast | IL. 4  IL. 6 | Submit a picture due at the end of class on Canvas |
| Week 4 | 09/09 | **Lecture:** Healthy Eating Habits   * Lifestyle & MyPlate * Healthy Swaps | IL. 2  IL. 3 |  |
| Week 4 | 09/11 | **Application-Based Activity:** Breakfast at the Edge | IL. 2  IL. 3 | MyPlate Breakfast at the Edge Quiz due at the end of class |
| Week 5 | 09/16 | **Lecture:** Cooking Skills – Preparing Foods using the Stove Top  **Application-Based Activity:** Make a Quesadilla | IL. 4  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 5 | 09/18 | **Lecture:** Cooking Skills – Preparing Foods using the Oven  **Application-Based Activity:** Pepperoni Pizza Crescent Rolls | IL. 4  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 6 | 09/23 | **Lecture:** Grocery Shopping   * Purpose/Benefits * Time Management * Budgeting | IL. 1 | Grocery Game |
| Week 6 | 09/25 | **Application-Based Activity:** Grocery Store Visit | IL. 1 | Make a Grocery List – 1 Frozen Item & 1 Can Item  Go and purchase items for next week’s class |
| Week 7 | 09/30 | **Application-Based Activity:** Cooking Skill - Preparing Frozen Food | IL. 5  IL. 6 | Submit a picture due at the end of class on Canvas |
| Week 7 | 10/02 | **Application-Based Activity:** Cooking Skill - Preparing Canned Food | IL. 5  IL. 6 | Submit a picture due at the end of class on Canvas |
| Week 8 | 10/07 | PCP Meetings |  |  |
| Week 8 | 10/09 | FALL BREAK – NO CLASS |  |  |
| Week 9 | 10/14 | Housing Renewals |  |  |
| Week 9 | 10/16 | Healthier Pizza | IL. 4  IL. 5  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 10 | 10/21 | **Application-Based Activity:** Cooking Skill (Stove) - Easy Basic Pancakes | IL. 4  IL. 5  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 10 | 10/23 | **Application-Based Activity** Cooking Skill (Air Fryer) – Taquitos | IL. 4  IL. 5  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 11 | 10/28 | Halloween Recipe | IL. 4  IL. 5  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 11 | 10/30 | Halloween Recipe | IL. 4  IL. 5  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 12 | 11/04 | **Application-Based Activity:** Cooking Skill (Air Fryer) – Pizza Bagels | IL. 4  IL. 5  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 12 | 11/06 | **Application-Based Activity:** Cooking Skill (Stove) – Grilled Cheese | IL. 4  IL. 5  IL. 6  IL. 7 | Submit a picture due at the end of class on Canvas |
| Week 13 | 11/11 | Advanced Program Preview Day |  |  |
| Week 13 | 11/13 | Cooking Project: Introduction |  |  |
| Week 14 | 11/18 | EAGLES Interviews – NO CLASS |  | Cooking Project with a WING |
| Week 14 | 11/20 | EAGLES Interviews – NO CLASS |  | Cooking Project with a WING |
| Week 15 | 11/25 | THANKSGIVING BREAK – NO CLASS |  | Extra Credit: Cook a recipe at home. Submit a Picture. |
| Week 15 | 11/27 | THANKSGIVING BREAK – NO CLASS |  |  |
| Week 16 | 12/02 | PCP Meetings  ***Post-Test*** |  | Cooking Project Due |
| Week 16 | 12/04 | PCP Meetings |  | Cooking Comfort Post-Test due at the end of class |

1. **Date Syllabus Prepared:** Updated June 2025
2. **Textbooks or Major Resources-** There are no required textbooks for this course. All students will have internet access to libraries, learning centers, and/or laboratories to facilitate their successful course completion.
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. **Outcomes and Objectives:**

* 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. **Think College Accreditation Standards Covered in this course:**
2. CS 2
3. CS 7
4. SSS 2
5. **Assignments, Grading, and Class Materials:**

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| Activity | Points | Grading Scale |
| Application Activities | 235 | A  90% - 100% |
| Final Project | 65 | B  80% - 89% |
| C  70% - 79% |
| Total Possible: | 300 | D  60% - 69% |
| F  59% and below |

1. **Class Policy Statements:**
   * 1. **Email & Canvas:** Students are responsible for checking emails and Canvas daily.
     2. **Accommodations:** If you need extra time or special help with assignments, you need to ask for it ahead of time. It is best to ask at least one week before the assignment is due. You can't get extra time after the assignment is already late.
     3. **Participation**: Students are supposed to join in and do all the activities in class. Assignments have set due dates, and if you do not have an approved excuse, you may not turn them in late. If you miss a deadline, it's your job to talk to the teacher about making up the work. Being involved in class activities is important for doing well in class.
     4. **Attendance**: Students, you must go to all your classes unless you have an approved excuse (like a doctor’s note).
2. If you miss class three times without an approved excuse, a 3% meeting will be put in place, and your parent or guardian will be told about it. Going to class is important if you want to do good in school.
   * 1. **Tardies**: Students, you must come to class on time.
   * If you're more than 5 minutes late, it's called being tardy.
   * If you're more than 10 minutes late, you will be marked absent from class.
   * After being late three times without an approved excuse, you will have a 3% meeting.
   * Being on time for class is important if you want to do well in school.
     1. **Assignments:** Students, your written assignments should be typed and should be of good quality. You need to turn them in on the day and time they are due. We will not accept late assignments unless the university gives you an excuse.
     2. **Excused** **Absences**: Students, if you need to miss class for a good reason, such as, being sick or someone in your family is really sick, if there's a family emergency like a death, if you're going on a trip for a school-related activity, like a field trip or a sports event, if you have to go to court, or if it's a religious holiday, then it is okay to miss class. But if you need to miss for any other reason, you must ask the teacher first. They'll decide if it's okay or not. It's best to tell the teacher before you miss class, but if you cannot, make sure you tell them within a week after you're absent. And if you miss for a good reason, you will need to show proof, like a doctor's note or something similar.  Please see the [*Student Policy eHandbook*](http://www.auburn.edu/student_info/student_policies/) for more information on excused absences (<http://www.auburn.edu/student_info/student_policies/>).
     3. **Make-Up Policy**: Students, if you miss a big exam because you had a good reason and the teacher said it was okay, you need to talk to the teacher about making it up within a week after you're back in class. Usually, you'll take the make-up test within two weeks after you arrange it with the teacher, unless there's something unusual happening, like holidays or if you're still not back at school. But remember, you cannot take the make-up test in the last three days before the final exam. The make-up test will be online through Canvas.
     4. **Written Assignments**: Students, you need to be ready for your assignments using word processing software, like Microsoft Word, or other software that's right for the assignment, like PowerPoint for a poster project. Your work should be written correctly with good grammar, and without any spelling or typing mistakes. when you're writing, make sure you follow the rules in the latest edition of the American Psychological Association (APA) Publication Manual.
     5. **Disability Accommodations:** Students who need accommodations are asked to submit their approved accommodations through AU Access electronically 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 accommodation through the Office of Accessibility but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).
     6. **Honesty Code:** Students, you must follow all the rules about honesty set by Auburn University, which you can find in the Student Policy eHandbook. If anyone breaks those rules, we must report it to the Office of the Provost. The Office of the Provost will have the final decision on what the next steps will be if you break the rules, which could include referring your case to the Academic Honesty Committee.
     7. **Course Contingency:** If something unexpected like illness, an emergency, or a crisis messes up normal class or lab plans, we might need to change things around so we can still finish the class. If that happens, you will be given a new plan and new assignments instead of the ones you had before.
     8. **Professionalism:** When teachers, staff, and students work together in school and the classroom, they should all act like professionals. That means they should:
   * Do their job in a responsible and fair way.
   * Work well with others and help others learn.
   * Respect and include people from all different backgrounds.
   * Show that they are curious and excited about learning and encourage others to be the same.
     1. **Notice of Non-Discrimination:** At Auburn University, we believe in diversity, fairness, and treating everyone with respect. We don't allow harassment or discrimination based on things like race, color, sexual orientation, gender identity, age, religion, national origin, disability, or veteran status. This means we treat everyone equally and do not judge them based on these things. If someone feels like they've been treated unfairly because of who they are, they can report it. We have a team called the Bias Education and Response Team (BERT) that helps students report these kinds of incidents and get support. They're here to make sure everyone feels safe and respected on campus A bias incident can be reported via the BERT website at: <https://cm.maxient.com/reportingform.php?AuburnUniv&layout_id=7>
3. **AI Policy:** In this course, it is expected that all submitted work is produced by the students themselves, whether individually or collaboratively. Students must not seek the assistance of Generative AI Tools like ChatGPT or Copilot. Use of a Generative AI Tool to complete an assignment constitutes academic dishonesty.
4. **Mental Health:** If you or someone you know needs help, reach out to Auburn Cares at 334-844-1305 or visit auburn.edu/auburncares. They can help you find the right support. Student Counseling & Psychological Services offers free, confidential mental health counseling and psychiatric services. You can talk to a counselor anytime by calling 334-844-5123. Learn more about mental health at auburn.edu/scps.
5. **Basic Needs:** Any student experiencing food insecurity or an unexpected financial crisis is encouraged to contact Auburn Cares at 334-844-1305 or www.auburn.edu/auburncares for resources and support.
6. **Sexual Misconduct Resources Statement**: Auburn University faculty are dedicated to helping our students and following gender fairness laws under Title IX. If you share with a faculty member about a problem like sexual misconduct, dating violence, or stalking, we must tell the Title IX Office. They can help you with filing a formal complaint, getting No-Contact Directives, and arranging supportive measures. Get more details at auburn.edu/titleix. If you need to talk in confidence, you can contact Safe Harbor (334-844-7233) or Student Counseling & Psychological Services (334-844-5123). Safe Harbor supports students who have faced sexual or relationship violence by linking them with academic, medical, mental health, and safety help. Learn more at auburn.edu/safeharbor.
7. **Plain Language**: This syllabus was converted to plain language by EAGLES Program staff. This allows for EAGLES Program students to better understand information being conveyed to them.