

## Cooking Matters Syllabus

**Tuesday, 9:00am to 10:30am, Spring 2026**

**UNLV-OLLI 4350 S. Maryland Pkwy Las Vegas NV 89119**

**Victoria Gardner**

**E-Mail: [victoriagardner@unr.edu](mailto:victoriagardner@unr.edu) Phone: 702-940-5420**

### Course Description

Each week we will learn and discuss various cooking fundamentals regarding MyPlate. Power Point Presentation along with class handouts and a food sample.

<b>Week</b>	<b>Topic</b>	<b>Notes</b>
Week 1 - 2/3/2026	Week 1 - Introduction Class/ Kitchen Basics	
Week 2 - 2/10/2026	Week 2-Kitchen Safety	
Week 3 - 2/17/2026	Week 3 -Fruits and Vegetables	
Week 4 - 2/24/2026	Week 4-Guest Speaker -Ellen Grossman	Shopping and Food
Week 5 -3/3/2026	Week 5- Snacks	
Week 6 - 3/10/2026	Week 6-Reading Labels	
Week 7- 3/17/2026	NO Class-Spring Break	
Week 8 - 3/24/2026	Week 8-Shopping Lists (Preparing)	
Week 9 - 3/31/2026	Week 9-Stretching food budgets (Planning)	
4/7/2026	NO Class	
Week 10- 4/14/2026	Week 10 – Finalize Class and Questions	

**\*Content/order/classes/speakers subject to change if necessary.**

