

CULN 185 : Culinary Nutrition

Credits: 3

Class Hours: 3 lecture

Prerequisites: Qualified for ENG 106 and MATH 82X.

Description: This course provides a practical and systematic approach in developing a philosophy about healthful eating. It also provides the necessary guidelines for recipe adaptation and menu planning.

Semester Offered: Fall

Course Student Learning Outcomes (CSLOs):

1. Describe the characteristics, functions, and food sources of the major nutrients and how to maximize nutrient retention in food preparation and storage.
2. Apply the principles of nutrient needs throughout the human life cycle towards menu planning and food preparation.
3. Apply the principles of nutrition and adapt menu items to reflect lower sodium, cholesterol, saturated fat, sugar, and calories.