

CULA140N : Nutritional Cuisine

This course will focus on learning sound nutritional principles to food preparation and menu planning, to provide nutritionally balanced but appealing meals for today's health-conscious consumer. The importance of nutritional guidelines, food selection, alternative preparation techniques and presentation is stressed and demonstrated in daily production.

Class Hours 2

Lab Hours 4

Credits 4

Prerequisite Courses

CULA103N

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CULA103N