

OVERVIEW

A wide range of career opportunities exist in the field of culinary nutrition. The ability to design and prepare appealing menus that may have to meet the strictest of dietary guidelines requires a combination of nutritional knowledge, culinary skills, and creativity. Work alongside Chef Instructors and Nutrition Professionals as you develop culinary skills through a modern, healthful approach.

In less than 15 months, you could earn an Associate of Applied Science Degree in Culinary Arts and Applied Nutrition.

PROGRAM OUTCOMES

Merge classic culinary technique with nutrition science to develop specialized knowledge necessary to serve health-conscious consumers. A “real-world” externship allows students to apply learned skills and gain valuable experience.

CULINARY SKILLS AND TECHNIQUES:

These foundational courses cover basic skills and techniques used by professional chefs in any food service environment.

- Mise en Place and Kitchen Organization
- Cooking Methods and Principles
- Baking and Pastry Fundamentals
- Fabrication of Meat, Seafood, and Poultry
- Plating and Presentation Techniques

NUTRITION AND DIETARY MANAGEMENT:

Human nutrition is explored from the perspective of culinary arts. These courses focus on preservation of taste, flavor, and presentation when preparing healthful food.

- Dietary Conditions and Therapies
- Nutrition Analysis and Recipe Modification
- Alternative Cooking and Baking Techniques
- Menu Planning and Development
- Ingredient Integrity and Sourcing

CULINARY OPERATIONS MANAGEMENT:

Throughout the program, students study management’s role in creating a safe, compliant, and efficient operation. Emphasis is placed on quality control measures that are crucial when serving specialized diets and/or high-risk populations.

- Kitchen Sanitation and Safety
- Management of Patient Service and Etiquette
- Purchasing and Storeroom Management



**COLLEGE OF
CULINARY ARTS**

POSSIBLE CAREER TRACK

- HEALTH CARE OPERATIONS
- PERSONAL CHEF SERVICES
- RESORTS AND SPAS
- HOTELS AND RESTAURANTS
- CATERING AND EVENT SERVICES
- SCHOOLS AND UNIVERSITIES



CULINARY ARTS & APPLIED NUTRITION