

CULINARY NUTRITION (CLNU)

CLNU 100

Introduction to Culinary Nutrition

3 Units (AA/AS; Citrus C2; Citrus E2; CSU)

54 lecture hours

Grade Mode: Pass/No Pass, Standard Letter

Strongly recommended: ENGL 101.

This course will enable the student to apply basic nutrition principles in developing nutritious menu items. The student will focus on proper diet and disease prevention. The student will explore nutrition's role in a healthy diet, from identifying basic nutrition needs to finding alternatives for those with food allergies, food intolerance and food-intake related diseases.