

# Culinary Nutrition (CULN) Courses

## **CULN1010 An Introduction to the Fields of Food, Food Service and Nutrition**

This survey course is intended to introduce students to an array of post-baccalaureate professional opportunities. Students are exposed to university alumni who have chosen both traditional and unique career paths after leaving Johnson & Wales University. Alumni provide examples of their experiences and offer insight for students interested in pursuing similar or adjacent professions. The ways in which students might better prepare for occupational, academic and credentialing opportunities, which they might be eligible for, after graduation are explored.

Offered at Charlotte, Providence  
1 Semester Credit

## **CULN2020 Applied Culinary Nutrition**

This course builds upon the student's foundational culinary skills and knowledge, while introducing the principles of applied culinary nutrition. Students are introduced to the practice of translating current nutritional recommendations into meals that excite the palate, while adhering to evidence-based nutritional parameters and the policies that some healthcare institutions must observe. The course focuses on the essentials of ingredient selection and preparation, food portioning, recipe modification and the fundamentals of specialized dietary requirements.

Prerequisite(s): Completion of all freshman culinary labs or BPA2720, CULN1010 (or concurrent), SCI1050.

Offered at Charlotte, Providence  
3 Semester Credits

## **CULN2230 Designing Healthy Desserts**

This course introduces how baking works through an understanding of the ingredients used in baking and pastry. Students run experiments in order to learn about ingredients and understand how ingredients change during production and interaction with other ingredients. In addition, this course presents methods to develop baked goods and desserts by creating new products that are healthier or by substituting ingredients in traditional desserts to make them conform to specific dietary specifications. The production focuses on modifying ingredients in desserts while retaining quality and visual appeal. Students are encouraged to utilize their knowledge of sound nutrition principles to develop original creations. The production covers all aspects of the pastry shop from basic baked items to more elaborate desserts.

Prerequisite(s): ((CUL1100, CUL1210, CUL1320, CUL1410) or BPA2720), SCI1050.

Offered at Charlotte, Providence  
3 Semester Credits

## **CULN2414 Cooking for Health and Wellness**

This course introduces the impact that diet has on health and wellness and addresses the socioeconomic and cultural barriers that often prevent the seamless integration of current and evidence-based nutrition into menu development. Students explore ways to apply theory to practice through experience-based culinary instruction. This course takes an interdisciplinary and collaborative approach to bridge knowledge-deficiencies that exist in traditional healthcare, dietetics and culinary education. The course attempts to directly impact both the nutritional and sensory appeal of the foods prepared for patients and clients while also addressing the fundamental culinary skills required to improve the future personal health of the students in the course. Both instructive and vocational components are incorporated, which are intended to improve communication and understanding around how nutrition and culinary fundamentals may impact public health, as well as improving the assimilation of appropriate nutrition in the food produced and menus developed by prospective healthcare team members.

Prerequisite(s): SCI1050.

Offered at Charlotte, Online, Providence  
3 Semester Credits

## **CULN3155 Vegetarian Cuisine**

This course focuses on the types and preparation of nutritionally balanced vegetarian diets. Students explore the importance of understanding why people choose vegetarian diets, including cultural and global perspectives, economics and health. Daily production focuses on the preparation of vegetarian dishes and meals that fit into three classifications: vegan, lacto and lacto-ovo vegetarian diets.

Prerequisite(s): CULN2020, CULN2230 or BPA2720.

Offered at Charlotte, Providence  
3 Semester Credits

## **CULN4155 Athletic Performance Cuisine**

This laboratory course emphasizes the importance of how food can enhance athletic performance and exercise recovery. The focus is on creating menus specifically geared for individual athletes, as well as the team training tables of various sports, to elevate and enhance overall sport and athletic performance. Students utilize their knowledge of applied nutrition and culinary arts to develop meals, snacks, sports beverages, and nutritional supplements for a variety of athlete types pursuing various sports under different exercise intensities, environments, and athletic performance goals.

Prerequisite(s): CULN3155, FSM2210.

Offered at Charlotte, Providence  
3 Semester Credits

## **CULN4165 Therapeutic Cuisine**

This capstone course requires students to apply their proficiency in culinary nutrition, critical-thinking skills and management theories to address the challenges faced by contemporary healthcare food service facilities. Focus is on the patient's dining experience while adhering to specific dietary requirements. Students create and execute therapeutic menus in addition to rotating through management positions found in today's institutional food service facilities.

Prerequisite(s): CULN3155, FSM2210, senior status.

Offered at Charlotte, Providence  
3 Semester Credits