

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. Students are familiarized with different university departments, resources and systems, which might improve the student's acclimation to the Johnson & Wales community. (HY)
Offered at Charlotte, Denver, North Miami, Providence
1.5 Quarter Credit Hours

CULN2010 Operational Food Service Delivery

This culinary lab course introduces students to the unique way in which food is prepared and delivered at various institutional facilities, such as schools and healthcare operations. The course challenges students to develop their skills in menu preparation for each of these food service systems while adhering to the rules and regulations which govern them. Students are also exposed to the principles of ethical leadership practices and fiscal management.
Prerequisite(s): CUL1015, CUL1035, CUL1055, CUL1075, CUL1095, CUL1115, CUL1345, and DIET1010 or NUTR2001 or SCI1050.
Offered at Charlotte, Denver, North Miami, Providence
3 Quarter Credit Hours

CULN2020 Applied Culinary Nutrition

This course builds upon the student's foundational culinary skills and knowledge, while introducing the principles of applied culinary nutrition and the facilities where these skills are utilized. Students are introduced to the practice of translating current nutritional recommendations into meals that excite the palate, while adhering to evidence-based nutritional parameters. Focus is on the essentials of ingredient selection and preparation, food portioning and recipe modification.
Prerequisite(s): CUL1015, CUL1035, CUL1055, CUL1075, CUL1095, CUL1115, CUL1345, CULN1010(or concurrent), and DIET1010 or NUTR2001 or SCI1050.
Offered at Charlotte, Denver, North Miami, Providence
3 Quarter Credit Hours

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): SCI1050, Completion of all freshman culinary labs, sophomore status.
Offered at Charlotte, Denver, North Miami, Providence
4.5 Quarter Credit Hours

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. (OL)
Offered at Denver, Online, Providence
3 Quarter Credit Hours

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): CULN2010 or CUL2215, CULN2020 or CUL2245.
Offered at Charlotte, Denver, North Miami, Providence
4.5 Quarter Credit Hours

CULN4155 Athletic Performance Cuisine

This laboratory course emphasizes the importance of how food can enhance athletic performance. Focus is on creating menus specifically geared for the training tables of various sports. Students utilize and apply their knowledge of nutrition, biochemistry, anatomy and physiology to develop individual assessments and menus for specific disciplines.
Prerequisite(s): CULN3155 or CUL3155, FSM2210 or FSM3040 or NUTR3030 and SCI3040 or CHM3040.
Offered at Charlotte, Denver, North Miami, Providence
4.5 Quarter Credit Hours

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): CUL3155 or CULN3155, FSM2210 or FSM3040.
Offered at Charlotte, Denver, North Miami, Providence
4.5 Quarter Credit Hours

CULN4175 Spa Cuisine

This course focuses on advanced techniques of nutritionally sound food preparation and menu development, as reflected in current research. Students explore the unique flavor systems of the world as they impact ethnic cuisine. Emphasis is on redesigning recipes which maintain the integrity of unique cultural flavors while adapting current nutritional research to health and well-being. Applications focus on recipe and menu development as they apply to current spa cuisine models.
Prerequisite(s): CULN3155 or CUL3155, CUL3175 or FSM2210 or FSM3040.
Offered at Charlotte, Denver, North Miami, Providence
4.5 Quarter Credit Hours