

# CUA 163: Foundation of Healthy Cooking Techniques

This course is designed to provide students with a foundation in preparing foods based on healthy cooking techniques. Topics covered include: healthy eating patterns, healthy ingredients, healthy cooking techniques and developing healthy menus. The course will focus primarily on applications of healthy cooking techniques in lab "hands-on" format. Upon completion, students will be able to apply the learned techniques.

**Credits:** 2

**Transfer Code:** Code C

**Lab Hours:** 2

**Lecture Hours:** 1

**Prerequisites:**

CUA 101

CUA 111

CUA 112

**Program:** Culinary Arts

**Semester Offered:**

Fall

Spring

Summer