

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