

CULN175: Nutrition for Culinary Professionals

This course is a scientific exploration of the fundamentals of nutrition. Course content includes classroom and laboratory experience needed to develop an overall understanding of culinary principles and application of nutritional concepts. This course will also cover how nutrients impact energy metabolism, digestion, absorption and transport.

Credits: 2

Lab Hours: 3

Lecture Hours: 1

Prerequisites:

CULN125 for Baking and Pastry students; CULN145 for Culinary Arts students.

Program: [Culinary Arts](#)