

## CULN225: Plant-Based Diets

This course is offered as a 6-day class designed to develop a full understanding of vegetarian, vegan and macrobiotic diets. Discover the culinary, nutritional and environmental advantages of common and exotic vegetables and fruits, a world of noodles, rice and soy products and how best to handle, prepare and present them.

**Credits:** 1

**Lab Hours:** 1

**Lecture Hours:** 1

**Prerequisites:**

CULN175

**Program:** [Culinary Arts](#)