

## OVERVIEW

Prepare yourself for a culinary career focused on nutrition, wellness, and dietary management. Work alongside Chef Instructors and Nutrition Professionals as you develop culinary skills through a modern, healthful approach.

In less than 15 months, you can earn an Associate of Applied Science degree in Culinary Nutrition.

## PROGRAM OUTCOMES

Merge classic culinary technique with nutrition science to develop specialized knowledge necessary to serve health-conscious consumers. A “real-world” externship allows students to apply learned skills and gain valuable experience.

### CULINARY SKILLS AND TECHNIQUES:

These foundational courses cover basic skills and techniques used by professional chefs in any food service environment.

- Mise en Place and Kitchen Organization
- Cooking Methods and Principles
- Baking and Pastry Fundamentals
- Fabrication of Meat, Seafood, and Poultry
- Plating and Presentation Techniques

### NUTRITION AND DIETARY MANAGEMENT:

Human nutrition is explored from the perspective of culinary arts. These courses focus on preservation of taste, flavor, and presentation when preparing healthful food.

- Dietary Conditions and Therapies
- Nutrition Analysis and Recipe Modification
- Alternative Cooking and Baking Techniques
- Menu Planning and Development
- Ingredient Integrity and Sourcing

### CULINARY OPERATIONS MANAGEMENT:

Throughout the program, students study management’s role in creating a safe, compliant, and efficient operation. Emphasis is placed on quality control measures that are crucial when serving specialized diets and/or high risk populations.

- Kitchen Sanitation and Safety
- Management of Patient Service and Etiquette
- Purchasing and Storeroom Management



COLLEGE OF  
CULINARY ARTS

## POSSIBLE CAREER TRACK

- HEALTHCARE OPERATIONS
- PERSONAL CHEF SERVICES
- RESORTS AND SPAS
- HOTELS AND RESTAURANTS
- CATERING AND EVENT SERVICES
- SCHOOLS AND UNIVERSITIES



College of Culinary Arts  
of ECPI University

# CULINARY NUTRITION