

# 2023-2024 TTC Catalog

## CUL 118 Nutritional Cooking

Lec: 2.0 Lab: 3.0 Credit: 3.0

This course focuses on the principles of food nutrition (based on ADA standards) and international food pyramids. Students will create menus, prepare and cook meals while adhering to the principles of a balanced diet.

### **Prerequisite**

CUL 112

or

BKP 101

or

BKP 102

### **Course Offered**

Fall

Spring

Summer

### **Grade Type**

Letter Grade

### **Division**

Culinary Institute of Charleston