

2025-2026 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