

FDNS - CULINARY ARTS

FDNS 1301 Introduction to Foods 3 Credit Hours (3 Lec)

A study of the composition of food and the chemical and biological changes that occur in storage and processing. Includes preparation techniques and selection principles. Corequisite: CHEF 1205.

Course Type: Technical/Vocational Course

Corequisite: CHEF 1205

FDNS 1305 Nutrition 3 Credit Hours (3 Lec)

A study of nutrients including functions, food sources, digestion, absorption and metabolism with application to normal and preventive nutrition needs. Includes nutrient intake analysis, energy expenditure evaluation, and diet planning.

Course Type: Technical/Vocational Course