

# IFWA - CULINARY ARTS

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**IFWA 1051 Food Handler Certification 0.7-4 Credit Hours (7 to 40 Lec)**

**IFWA 1310 Nutrition and Menu Planning 3 Credit Hours (2 Lec, 2 Lab)**

Application of principles of nutrition in planning menus for the food service industry.

Course Type: Technical/Vocational Course

Prerequisite: CHEF 1205, CHEF 1301, FDNS 1301, and FDNS 1305

**IFWA 1318 Nutrition for the Food Service Professional 3 Credit Hours (3 Lec)**

An introduction to nutrition including nutrients, digestion and metabolism, menu planning, recipe modification, dietary guidelines and restrictions, diet and disease, and healthy cooking techniques.