



Culinary Nutrition Certificate

The Culinary Nutrition Certificate provides hands-on culinary knowledge and experience that can be used to help patients and clients make healthy changes through food choices and cooking techniques.

This certificate pairs well with: Nutrition, Exercise Science, Health Coaching, Nursing, Hospitality Leadership, Integrative Health Care, and Lifestyle Medicine majors!

A total of 20 credit hours is required for this certificate, 17 hours of required courses and 3 hours of elective courses. All courses must be completed with a with a grade of "C" or better.



Required - 17 Credits

RST 1200 Basic Cooking	NUT 2040 Intro to Nutrition	NUT + RST 3110 Food Science + Lab	NUT 3820 Plant-Based Nutrition	RST 3920 Plant-Based Cooking	RST 3950 Healthy Lifestyle Cooking
3 CREDITS	3 CREDITS	3 + 1 CREDITS	1 CREDIT	3 CREDITS	3 CREDITS

Elective - 3 Credits

BVG 1910 Intro to Homebrew & Fermentation	NUT 3200 Nutrition & Sports Performance	NUT 3400 Nutrition & Weight Management	NUT 3850 Nutrition & Chronic Disease	RST 2500 Basic Baking	RST 3350 International Cooking	RST 3905 Farm to Table Sustainability
3 CREDITS	3 CREDITS	3 CREDITS	3 CREDITS	3 CREDITS	3 CREDITS	3 CREDITS

Total: 20 Credits