

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number: CUL 122 Credits: 1**

**Course Title: Applied Nutrition for Food Service Laboratory**

**Course Description:**

Includes application of skill sets for understanding, reviewing, revising, scaling, and preparing existing recipes and the creation of new recipes with a focus on healthy cooking techniques, alternative products, and critical thinking. Prerequisite: CUL 106 or equivalent. Laboratory 5 hours per week. Total 5 hours per week. 1 credit

**General Course Purpose:**

This laboratory course consists of a focused application of practical skill sets and assessment for preparing health conscious and dietary restricted foods for customers and includes best practices in the kitchen for prevention of cross contact. The course will apply knowledge and skill sets taught in the lecture course (CUL 119) and the Prerequisite: CUL 106 or equivalent

**Course Objectives:**

- Preparation of healthy recipes

**Effective Date/Updated:** August 1, 2024