

FNG-659 : Culinary Medicine and Cultural Food Practices

Introduction to dietary interventions focused on the treatment of common diet- and food- related health ailments. Course topics and learning objectives will correspond to applied menu planning complementary to the management of these health conditions. Dietary approaches and interventions based on scientific research will be examined. Exploration of cultural food practices for the purpose of increasing cultural competency and effective communication with clients and community members.

Credits 3

Instructional Method

LEC

Semester Offered

Spring