



Post-Baccalaureate Certificate in Culinary Heath and Healing PLAN OF STUDY - 2 Trimesters

Entering Class Fall 2024

This Plan of Study shows the sequence and schedule of courses in your program which are designed to optimize your learning opportunities and experiences, and to ensure timely completion of your program, and achievement of your professional and personal goals.

Students are expected to follow this Plan of Study. Failure to follow this plan may result in significant delays in completing your program, including limited course availability in some trimesters that could delay your progress and/or impact your financial aid eligibility.

If you are unable to follow this Plan of Study due to extenuating circumstances, it is your responsibility to immediately contact your Academic Advisor, who will guide you through the full impact of deviating from this plan and discuss the extent to which options exist for a modified Plan of Study. In this case, you are also responsible for verifying your remaining requirements, prerequisites and when courses will be offered.

Spring (January)	Summer (April/May)	Fall (September)
		1st Trimester - 2024 MUIH 500 University Orientation for New Students 0 MUIH 550 Academic Research and Scholarship 0 NUTR 601 Redefining Nutrition 1 NUTR 668 Culinary Herbs in the Kitchen and Beyond 1 NUTR 671 Food and Culture 1 NUTR 672 Mindful Eating and Nourishment 2 NUTR 681 Whole Foods Cooking Lab I 0.5 NUTR 682 Whole Foods Cooking Lab II 0.5 Complete ServSafe Food Manager Training 0 Trimester credits 6 Total credits 6
2nd Trimester - 2025 NUTR 678 Culinary Educator 2 NUTR 683 Whole Foods Cooking Lab III 0.5 NUTR 684 Whole Foods Cooking Lab IV 0.5 NUTR 687 Whole Foods Cooking Lab VII 0.5 NUTR 688 Whole Foods Cooking Lab VIII 0.5 NUTR 680 Behavior Change in Selection and Preparation of Meals 2 Trimester credits 6 Total credits 12		

* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.muih.edu/academics/academic-catalog>

Credits Required for Completion: 12

Online



Post-Baccalaureate Certificate in Culinary Heath and Healing PLAN OF STUDY - 4 Trimesters

Entering Class Fall 2024

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Spring (January)	Summer (April/May)	Fall (September)
		1st Trimester - 2024 MUIH 500 University Orientation for New Students 0 MUIH 550 Academic Research and Scholarship 0 NUTR 601 Redefining Nutrition 1 NUTR 668 Culinary Herbs in the Kitchen and Beyond 1 NUTR 681 Whole Foods Cooking Lab I 0.5 NUTR 682 Whole Foods Cooking Lab II 0.5 Trimester credits 3 Total credits 3
2nd Trimester - 2025 NUTR 671 Food and Culture 1 NUTR 680 Behavior Change in Selection and Preparation of Meals 2 Complete ServSafe Food Manager Training 0 Trimester credits 3 Total credits 6	3rd Trimester - 2025 NUTR 678 Culinary Educator 2 NUTR 683 Whole Foods Cooking Lab III 0.5 NUTR 687 Whole Foods Cooking Lab VII 0.5 Trimester credits 3 Total credits 9	4th Trimester - 2025 NUTR 672 Mindful Eating and Nourishment 2 NUTR 684 Whole Foods Cooking Lab IV 0.5 NUTR 688 Whole Foods Cooking Lab VIII 0.5 Trimester credits 3 Total credits 12

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Credits Required for Completion: 12

Online



**Post-Baccalaureate Certificate in Culinary
Health and Healing
CURRICULUM COURSE LIST BY
DEPARTMENT**

Entering Class Fall 2024

Can be completed in two trimesters

Name _____
ID# _____

Core Curriculum				12 cr
Nutrition				12 cr
NUTR 601	Redefining Nutrition	1 cr	_____	
NUTR 668	Culinary Herbs in the Kitchen and Beyond	1 cr	_____	
NUTR 671	Food and Culture	1 cr	_____	
NUTR 672	Mindful Eating and Nourishment	2 cr	_____	
NUTR 678	Culinary Educator	2 cr	_____	
NUTR 680	Behavior Change in Selection and Preparation of Meals	2 cr	_____	
NUTR 681	Whole Foods Cooking Lab I	0.5 cr	_____	
NUTR 682	Whole Foods Cooking Lab II	0.5 cr	_____	
NUTR 683	Whole Foods Cooking Lab III	0.5 cr	_____	
NUTR 684	Whole Foods Cooking Lab IV	0.5 cr	_____	
NUTR 687	Whole Foods Cooking Lab VII	0.5 cr	_____	
NUTR 688	Whole Foods Cooking Lab VIII	0.5 cr	_____	
Non-Academic Requirements				0 cr
MUIH 500	University Orientation for New Students	0 cr	_____	
MUIH 550	Academic Research and Scholarship	0 cr	_____	
ServSafe Manager Training		0 cr	_____	

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Credits Required for Certificate Completion: 12

Online

