



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

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

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

Credits Required for Completion: 12

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Online

Date last revised: 09/06/2023



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

Entering Class of Spring 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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