



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

Entering Class of Spring 2025

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 - 2025</u>			<u>2nd Trimester - 2025</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 Meals	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	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.muih.edu/academics/academic-catalog>



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

Entering Class of Spring 2025

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Spring (January)	Summer (April/May)	Fall (September)
1st Trimester - 2025 MUIH 500 University Orientation for New Students 0 MUIH 550 Academic Research and Scholarship 0 NUTR 601 Redefining Nutrition 1 NUTR 671 Food and Culture 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 678 Culinary Educator 2 NUTR 683 Whole Foods Cooking Lab III 0.5 NUTR 688 Whole Foods Cooking Lab VIII 0.5 Complete ServSafe Food Manager Training 0 Trimester credits 3 Total credits 6	3rd Trimester - 2025 NUTR 668 Culinary Herbs in the Kitchen and Beyond 1 NUTR 672 Mindful Eating and Nourishment 2 Trimester credits 3 Total credits 9
4th Trimester - 2026 NUTR 680 Behavior Change in Selection and Preparation of Meals 2 NUTR 684 Whole Foods Cooking Lab IV 0.5 NUTR 687 Whole Foods Cooking Lab VII 0.5 Trimester credits 3 Total credits 12		

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

Entering Class of Spring 2025

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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