

CULINARY AND NUTRITION



The Culinary Department explores food preparation and presentation, as well as the responsibilities and skills necessary for introductory positions in restaurant, institutional, and other food service operations.

The skills developed in this discipline include food preparation and food related techniques, safety and sanitation, customer service, food inventory and ordering. Career options include positions in food preparation and presentation at many food service operations.

The Nutrition Department provides students with the opportunity to gain broad, introductory knowledge of nutritional science that may be applied to the job market or a more advanced degree.

Contact Information

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Associate Degrees

- Associate of Science in Culinary Arts (<https://catalog.cos.edu/areas-study/culinary-nutrition/associate-science-culinary-arts/>)
- Associate of Science in Nutrition and Dietetics for Transfer (AS-T) (<https://catalog.cos.edu/areas-study/culinary-nutrition/associate-science-nutrition-dietetics/>)

Certificates

- Certificate of Achievement in Beginning Culinary Skills (<https://catalog.cos.edu/areas-study/culinary-nutrition/certificate-achievement-beginning-culinary-skills/>)
- Certificate of Achievement in Culinary Arts Fundamentals (<https://catalog.cos.edu/areas-study/culinary-nutrition/certificate-achievement-culinary-arts-fundamentals/>)

For a complete list of courses and descriptions visit: COURSES (<https://catalog.cos.edu/course-descriptions/>)

CULN 221 Culinary Development 1

4unit(s)

Hours: 3 Lecture/Discussion Hours:
3 Lab

Introduction to the professional world of culinary art. Students will gain a beginning understanding of culinary skills, such as: kitchen safety, knife skills, quality food preparation, and cooking techniques.

CULN 222 Culinary Development 2

4unit(s)

Hours: 3 Lecture/Discussion Hours:
3 Lab

This hands-on course covers the essential principles for launching a career in Culinary Arts. It will focus on key skills and concepts such as "mise en place," knife techniques, proper tool usage, and other foundational practices crucial to the culinary field. The course will also highlight the professional standards of behavior and best practices expected in the industry. By the end of the course, students will have a solid understanding of the core skills and knowledge needed to succeed in the Culinary Arts.

Prerequisites: CULN 221 and NUTR 107 (may be taken concurrently) or equivalent college course with a minimum grade of C.

CULN 223 Advanced Culinary

4unit(s)

Hours: 3 Lecture/Discussion Hours:
3 Lab

This Advanced Culinary course prepares students for contemporary employment opportunities in the culinary workforce with an emphasis on advanced knife skills, hot hors d'oeuvres, cooking principles, plate presentation, and buffet presenting and maintenance. Students will be held to culinary professionalism vital to success in the field of culinary arts.

Prerequisites: CULN 221 and CULN 222 and NUTR 107 or equivalent college course with a minimum grade of C.

CULN 224 Baking and Desserts

3unit(s)

Hours: 2 Lecture/Discussion Hours:
3 Lab

This course provides a fundamental foundation on baking and pastry skills. Production of yeast breads, quick breads, cakes, cookies, pies, tarts, icings, custards, creams, and desserts are explored. Students with an interest in baking will gain further knowledge into this area of culinary arts.

Prerequisites: CULN 221 or equivalent college course with a minimum grade of C.

CULN 225 Garde Manger 2unit(s)

Hours: 1 Lecture/Discussion Hours:

3 Lab

Essential to culinary knowledge, Garde Manger, or "keeper of the cold kitchen" emphasizes techniques used to make sausage, cured meats and cheeses, tea sandwiches, and cold hors d'oeuvres. This hands-on course provides students with the ability to produce and present such items.

Prerequisites: NUTR 107 and CULN 221 or equivalent college course with a minimum grade of C.

CULN 226 Industry Management 3unit(s)

Hours: 3 Lecture/Discussion

This course provides an introduction to the management principles and practices within the restaurant and hospitality industry. Emphasizing leadership, effective planning, communication, and organizational skills, students will explore the essential qualities needed to succeed in culinary management.

NUTR 018 Nutrition 3unit(s)

Hours: 3 Lecture/Discussion

Scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues with emphasis on individual needs. (C-ID: NUTR110)

NUTR 020 Cultural Foods 3unit(s)

Hours: 2 Lecture/Discussion Hours:

3 Lab

Equivalent Course: CULN 020

Examination of the cultural and social meanings of food, food behaviors and food systems. Emphasis on the regional, ethnic and religious influences on food habits.

Advisory on Recommended Preparation: ENGL 261 or equivalent college course with a minimum grade of C or eligibility for ENGL 001 as determined by COS Placement Procedures (<https://catalog.cos.edu/placement-procedures/>).

NUTR 107 Sanitation and Safety 2unit(s)

Hours: 2 Lecture/Discussion

Equivalent Course: CULN 107

This course provides accurate, up-to-date information for all levels of employees in all aspects of food handling. It includes laws and regulations for food safety within the rapidly growing restaurant and food service industry. Students may elect to take the National Food Safety certificate exam at the end of the course.

NUTR 119 Nutrition for Fitness 3unit(s)

Hours: 3 Lecture/Discussion

Equivalent Course: HW 119

This course is designed to acquaint students with the nutritional needs of athletes and the relationship between nutrition and fitness. Students are required to use the computer, Internet and basic math skills to calculate nutritional needs. Topics include human energy, nutrient groups, body composition, and supplement use.

Culinary and Nutrition

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