

# CNH-CULINARY/NUTRITION/HOSPIT (CNH)

## CNH 1XX. Cul/Nutrition/Hosp Elective. (1-3 Credits)

### CNH 102. Introduction to the Hospitality Industry. (3 Credits)

Introduces students to the organization and structure of the various segments of hospitality operations such as types of lodging and foodservice establishments; the gaming, cruise line, club management, event and meetings businesses; and customer & guest services. It explores the concepts of franchising and management contracts, ethical challenges, and career opportunities in the hospitality industry. (Offered on sufficient demand)

### CNH 112. Food Safety and Sanitation. (2 Credits)

This course prepares students for successful completion of the National Restaurant Association's ServSafe® Food Protection Manager Certification examination. Focus is placed on key food safety principles and practices including physical, chemical, and biological contaminants, risk factors, and unsafe practices that can cause foodborne illnesses and how to prevent them. The course also explains active managerial control and Hazard Analysis Critical Control Point (HACCP). This course is a pre/co-requisite for the culinary food production classes.

### CNH 200. Tourism and Planning. (3 Credits)

Provides an informational foundation in tourism. Examines historical perspectives, tourism organization, supply and demand, scope, structure, and function of tourism as an industry and a sociocultural phenomenon.

### CNH 202. Lodging Systems. (3 Credits)

Emphasizes the interrelationship between the Rooms Division and other departments in lodging operations, such as food and beverage, human resources, finance, marketing and sales. Examines the basic skills needed in a lodging facility, and specific roles, functions, and policies pertaining to the Rooms Division, in both front and back of the house.

### CNH 203. Introduction to Ecotourism. (3 Credits)

Course will introduce students to the history, concepts, practices, principles, marketing, planning and management of ecotourism activities and development which promote cultural and environmental awareness, responsible travel, and local economic and quality of life benefits to a community.

### CNH 221. Basic Baking. (3 Credits)

Fundamental principles and practice of baking and working with a variety of dough and batters. Instruction in basic ingredients and techniques, weights and measures, baking terminology, mixing methods, and formula calculation used in making breads, cookies, pies, and tarts Two class periods; one 2-hour laboratory period per week. Course fee: \$30.00 (Spring)

Course Fees: \$30

### CNH 222. Hospitality Facilities Management. (3 Credits)

Discuss the principles of management in the areas of planning, organizing, and staffing in hospitality industry. Field trips and special projects will also be explored.

Course Fees: \$30

### CNH 230. Culinary Math. (3 Credits)

Introduction to principles of culinary computations. Foundational knowledge of principles and techniques for calculating the cost of producing and serving food items; and pricing, to be profitable.

### CNH 242. Food Science. (3 Credits)

A study of the relationship between food composition and structure; and the preparation and service of food. Two class periods; one 2-hour laboratory period per week.

Course Fees: \$30

### CNH 250. Introduction to Culinary Arts. (1 Credit)

This course provides an overview of the history of the culinary profession and explores the entire spectrum of careers in the food industry, both in and out of the kitchen. This course will explore personal and educational resources needed to become a professional chef.

### CNH 251. Menu Planning. (3 Credits)

Menu Planning. Review of the menu as the key component in the success of any food service operation. Understanding of who your customer is, what your restaurant is, menu content and nutrition, as well as basic principles and functions of purchasing, along with analysis of pricing strategy are discussed in this class. Course fee: \$30.00. (Spring)

### CNH 290. Cake Decorating and Design. (3 Credits)

This course focuses on preparing a variety of popular and contemporary cakes, piping skills using different mediums such as buttercream and royal icing, and assembling cakes using basic finishing and decorating techniques. It also emphasizes the importance of the implementing sanitation and safety practices necessary when working in a kitchen.

Course Fees: \$30

### CNH 302. Security and Risk Management. (3 Credits)

Explains the issues surrounding the need for individualized security programs, examines a wide variety of security and safety equipment and procedures, discusses guest protection and internal security for asset protection, explores risk management and loss prevention issues, and outlines OSHA regulations that apply to lodging properties. Utilizes case studies developed with industry professionals and includes information on working with an in-house safety committee, crisis communications, and the importance of safety equipment to loss-prevention management.

### CNH 326. Advanced Baking. (3 Credits)

This course builds on the basic knowledge and skills acquired in CNH 221 Basic Baking. It provides students the opportunity to improve their skills and perfect their techniques through additional hands-on experience in the production of breads, quick breads, cookies, pies, and tarts. It will also emphasize the importance of implementation of the principles of safety and sanitation and mise en place. Prerequisites: CNH 112 and CNH 221. (Offered on sufficient demand)

Course Fees: \$30

### CNH 330. Food Preparation I. (3 Credits)

Introduction to principles of food production. Foundational knowledge of principles and techniques used in a professional kitchen, including stimulating blend of interactive and laboratory demonstrations of kitchen sanitation, knife handling, pantry maintenance, and basic cooking skills. Two class periods; one 2-hour laboratory period per week. Prerequisites: CNH 112 and CNH 242. Course Fee: \$30.00. (Spring)

Course Fees: \$30

### CNH 331. Food Preparation II. (3 Credits)

Advanced principles of food production. Advanced knowledge of principles and techniques used in a professional kitchen, including stimulating blend of interactive and laboratory demonstrations of kitchen sanitation, knife handling, advanced cooking skills, techniques and procedures. Supervisory skills of training, planning, delegating and maintaining records. Two class periods; one 2-hour laboratory period per week. Prerequisite: CNH 330.

Course Fees: \$30

**CNH 332. Pastries and Desserts. (3 Credits)**

This course introduces students to the techniques required to prepare a variety of hot and cold pastries and desserts, such as flans, custards, creams, sauces, mousses, and ice creams/frozen dessert. It emphasizes production of high quality, classical dessert, while maintaining safe and sanitary handling of equipment and supplies. Two class periods; one 2-hour laboratory period per week. Prerequisites: CNH 112 and CNH 221. Course fee: \$30.00 (Fall)  
Course Fees: \$30

**CNH 337. Nutrition Assessment. (3 Credits)**

This course introduces the student to nutrition assessment, the first step in the nutrition care process. The 5 domains of nutrition assessment: 1) Food/Nutrition Related History, 2) Anthropometric Measurements, 3) Biochemical Data, Medical Tests, and Procedures, 4) Nutrition-Focused Physical Findings, and 5) Client History are discussed in this course. Case studies and labs are incorporated into the course. Prerequisite: CNH 342 and HPE 235. Medical Terminology. (Fall, odd number years)

**CNH 342. Nutrition. (3 Credits)**

Food requirements for different individuals, nutritive values of food, diet planning, and the relation of food to positive health.

**CNH 352. Pediatric Nutrition. (3 Credits)**

This course will explore the nutritional needs of the pediatric population. The primary focus will be growth and development, pediatric nutrition assessment, and the effect of the environment on the nutritional intake of the pediatric population. The importance of health promotion and disease prevention in the pediatric populations will be established, focusing on the prevention and management of malnutrition and overweight and obesity. Cultural diversity in food selection will be explored. Select pediatric diseases and chronic illnesses requiring medical nutrition therapy for will be identified and course participants will comprehend the special dietary needs of these individuals. Participants will demonstrate the ability to plan an age specific menu which complies with federal and state nutritional guidelines. Prerequisite: CNH 342.

**CNH 353. Cultural Foods. (3 Credits)**

Planning of meals and food preparation demonstrations with emphasis on cultural foods, aesthetic values, and management of time and the food budget on various economic levels. Two class periods; one 2-hour laboratory period per week.  
Course Fees: \$30

**CNH 355. Food Service Planning. (3 Credits)**

The class will cover space allocation, flow of work layout, environmental planning, and understanding the principles for equipment selection.  
Course Fees: \$30

**CNH 359. Special Course. (1-6 Credits)**

Course number reserved for special courses offered from time to time in response to special circumstances. The courses are discipline specific with variable credit and when offered, they are identified by department content and credit.

**CNH 369. Special Course. (1-6 Credits)**

Course number reserved for special courses offered from time to time in response to special circumstances. The courses are discipline specific with variable credit and when offered, they are identified by department content and credit.

**CNH 389. On-Campus Internship. (3 Credits)**

**CNH 402. Lodging Management. (3 Credits)**

This course will give students a basic understanding of the revenue management process. It addresses the proper use and importance of revenue management in hospitality operations and describes the wide range of elements that must be considered in order to use revenue management effectively. Investigation of management roles in lodging, in both front and back of the house, with an emphasis on the importance of financial statements and their interpretation, managing inventories, and controlling expenses, human resources and productivity, and providing quality hospitality services within tall types of lodging facilities. Prerequisite: CNH 202.

**CNH 403. Hospitality Law. (3 Credits)**

Provides and awareness of the rights and responsibilities that the law grants to or imposes upon a hotelkeeper, and illustrates the possible consequences of failure to satisfy legal obligations.

**CNH 404. Hospitality Organizational Management. (3 Credits)**

Management principles for hotels and restaurants, supervisory development and training, labor relations, managerial interpretation and evaluation of current systems and procedures.

**CNH 426. Advanced Pastries and Desserts. (3 Credits)**

This course builds on the knowledge and skills acquired in CNH 332 Pastries and Desserts. It offers students the opportunity to gain valuable hands-on experience in the advanced techniques required to prepare a variety of hot and cold pastry and dessert components, such as custards, creams, sauces, mousses, ice creams/frozen desserts, petit fours, chocolates and chocolate decorations, and various dessert garnishes. It emphasizes improving skills in each area, and producing high quality, handcrafted desserts, while maintaining safe and sanitary handling of equipment and supplies. Prerequisite: CNH 332. (Offered on sufficient demand)

Course Fees: \$30

**CNH 430. Food and Beverage, Cost Control. (3 Credits)**

Exploring the financial areas of hospitality operations in the area of budgeting, forecasting, profit and loss reporting, food, labor, and beverage cost control. Two class periods; one 2-hour laboratory period per week.  
Course Fees: \$30

**CNH 431. Dining Room Services. (3 Credits)**

Topics covered include basic principles and types of table and banquet services, dining and banquet room organization and table settings, staffing, responsibilities of dining room personnel, customer sales and service. Emphasizes effective serving procedures and techniques, including cordial and prompt attention to customers, proper dress and grooming practices, and in-depth knowledge of menu items. Two class periods; one 2-hour laboratory period per week. Course fee: \$30.00. (Fall)  
Course Fees: \$30

**CNH 442. Medical Nutrition Therapy I. (3 Credits)**

This is the first of a sequence of two courses applying the nutrition principles to the pathophysiology and medical nutrition therapy for specific disease conditions including: nutritional status assessment, malnutrition, gastrointestinal tract diseases, endocrine disorders, and cardiovascular diseases. Prerequisites: CNH 342 and HPE 235. (Fall, even numbered years)

**CNH 452. Medical Nutrition Therapy II. (3 Credits)**

This is the second of a sequence of two courses applying the nutrition principles to the pathophysiology and medical nutrition therapy for specific disease conditions including: pulmonary disease, renal disease, cancer, immune disorders and trauma. Prerequisite: CNH 442. (Spring, odd-numbered years)

**CNH 453. Lifecycle Nutrition. (3 Credits)**

This course analyzes the changing nutritional requirements and relative dietary issues from conception through the aging process; examining nutritional concerns, requirements, metabolism, methods for assuring adequate nutrition and assessment of nutritional status through dietary selection and evaluation. Cultural, environmental, psychological, physiological, and economic factors affecting nutritional status through the life span will be analyzed. Prerequisites: CNH 342 or HPE 175, HPE 213, and HPE 225. (Spring, odd-numbered years)

**CNH 454. Community Nutrition. (3 Credits)**

This course analyzes the practice of nutrition services in the community settings. Exposing the student to program planning, policies, resources, and nutrition issues specific to the community nutrition. Providing an understanding of the assessment of need, and the creation and implementation of nutrition programs for various constituencies. National nutrition policy and federal initiatives in nutrition will be examined. Prerequisite: CNH. 342 (Spring, odd-numbered years)

**CNH 455. Quantity Food Production. (3 Credits)**

Principles and methods of procuring, producing, and serving food in quantity, including organization, management, sanitation, safety, analysis, and design of jobs. Two class periods; one 2-hour laboratory period per week. Prerequisite: CNH 112. Course fee: \$30.00. (Spring).  
Course Fees: \$30

**CNH 479. Continued Enrollment. (1-3 Credits)**