

# Global Learning Semesters

## Course Syllabus

Course: CATR-216 Dietary Cuisine

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-216	Dietary Cuisine	1
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	Sophomore Standing
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Lower Division	English

### Course Description

Basic physiology and special diets - two very important things for health which are very closely connected. Different special diets and healthy cooking for different types of diseases.

### Prerequisites

Sophomore Standing

### Topic Areas

1. Introduction to cooking for special diets.
2. Basic physiology.
3. Special dietary menu.
4. Preparation, cooking and presentation different meals: Hors d' oeuvres, Soups and Sauces, Meat and Poultry, Fish dishes, Vegetables and Farinaceous and Egg dishes. Desserts.
5. Special diet menu

### Readings and Resources

#### Required Textbook

- Lecturer's notes

#### Recommended Reading

- The Whole Food Cookbook Natural Recipes for Health, Pamela Westland ISBN 1-85057-216-1.