

CSH 2400: Services Management and Food Production

3 Credit Hours

This course is an introduction to the fundamental principles of food and beverage services management emphasizing how food service professionals create and deliver guest-driven service, enhance value, build guest loyalty, and promote repeat business. Students learn theoretical and practical skills for effective management of food and beverage service operations relating to front and back of the house, leadership, management principles, service skills, service styles (French, Russian, American), and training of personnel.

CSH 2500: Principles of Nutrition for the Professional

3 Credit Hours

This course is designed to introduce students to the basic principles of nutrition as needed for general health and healthy menu design. Topics include macro- and micro-nutrients needs for optimum health, U.S. dietary guidelines (and international equivalents), tools to assist with menu planning and nutrient analysis. Students study food labeling, sustainable food practices, and how to apply these practices to meal and menu development, meal planning, and healthy cuisines.

CSH 3100: Food Science I

3 Credit Hours

Prerequisite: CSH 2500

This course explores engineering, biological, and physical sciences to study the nature of foods, the causes of deterioration, the principles underlying cooking and food processing, and the improvement of food quality for the consuming public. Students acquire a basic theoretical understanding of the chemical and physiochemical principles involved in creating and maintaining desirable food sensory and nutritional properties during food storage, preparation and holding.