

# BACHELOR OF SCIENCE: CULINARY NUTRITION

DO YOU LIKE **FOOD**? DO YOU LOVE TO **COOK**?

DO YOU BELIEVE THAT YOU CAN **CONTROL YOUR HEALTH**?

The Culinary Nutrition Bachelor of Science degree at Life University prepares students to respect food and the food system as an integral part of health and healing. Culinary nutrition is an exciting interdisciplinary research-based field with biochemical underpinnings that form a framework on which creative culinary professionals hang their artfully designed recipes. Graduates will be able to merge culinary nutrition skills with traditional business skills such as entrepreneurship and technical writing to lead the growing field of using food restoratively and therapeutically to promote vibrant health and flavorful food. Coursework focuses on culinary arts, functional nutrition, culinary nutrition, food science, sustainability, entrepreneurship and food service management.

**POTENTIAL CAREER PATHS FOR GRADUATES INCLUDE** Food Industry Entrepreneur • Food Industry Product Development • Professional chef/sous chef/line cook • Culinary Nutrition consultant (menu development private industry) • Therapeutic or Spa Chef • Private Caterer • Personal chef/celebrity chef • Food writing (blog, internet, cookbook, ghost writer, technical writing partner) • Health promotion consultant

*Pending approval from the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC), the B.S. in Culinary Nutrition is slated to begin enrolling Fall 2016.*

**LIFE**<sup>®</sup>  
University  
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# LIFE<sup>®</sup> VINAIGRETTE MIXING University TIPS & CHART



Oils 60%	Acids 30%	Flavorings 10%	Balancers to taste
Olive oil	Red wine vinegar	Mustard	Sweet: honey, jam
Grape seed	White wine vinegar	Salt/pepper	Salty: Salt, soy, aminos
Sesame	Apple cider vinegar	Jams/preserves	Sour: Lemon
Almond	Rice wine vinegar	Herbs (dried or fresh)	Bitter: Bitters
Avocado	Balsamic vinegar	Garlic (fresh or powder)	
Hazelnut	Flavored vinegars	Ginger	
Walnut	Champagne vinegar	Soy sauce	
Coconut	Lemon juice	Tahini	
		Orange juice	

Vinaigrette is one of the easiest ways to include herbs, spices and functional ingredients while reducing the number of prepared foods brought into the home. Simply place the vinegar and flavorings into a jar, carafe or bowl. Shake if there is a lid, or mix well with a whisk. Whisk in the oil or add the oil and shake. Taste and adjust if necessary.

### ACHIEVE THESE FLAVORS:

**Asian:** garlic clove minced, chopped cilantro, soy sauce, rice vinegar, sesame and olive oil, pepper

**French:** garlic clove minced, Dijon mustard, tarragon, champagne vinegar, olive and hazelnut oils, salt and pepper

**Fruity:** strawberry jam, balsamic vinegar, olive oil, salt and pepper

**Mid-Eastern:** tahini, garlic clove minced, cumin, lemon juice, olive oil, salt and pepper

**Mediterranean:** garlic clove minced, rosemary chopped, balsamic vinegar, olive oil, salt and pepper

Using high-quality olive oil, herbs, spices and flavoring can add a variety of healthful benefits depending upon the ingredients chosen.

**Interested in learning more about Life University's B.S. in Culinary Nutrition?**

Contact Admissions at [Admissions@LIFE.edu](mailto:Admissions@LIFE.edu) or (770) 426-2600.