

# Culinary Medical Nutrition Certificate (CMNC)

**This program is not currently accepting new students.**

## Culinary Medical Nutrition Certificate (CMNC)

The Culinary Medical Nutrition Certificate provides knowledge and skills competencies in the field of Culinary Medicine, which is the theory and practice of viewing "food as medicine" to improve personal health and wellness. Culinary medicine uses evidence-based connections between food and medicine to empower informed decisions.

The certificate is designed for health care and/or foodservice professionals who are interested in learning about the holistic field of culinary medicine, and is specifically of interest to Certified Culinarians (Chefs), Certified Dietary Managers, Dietitians, Nurses, Physicians, Pharmacists, and Certified Diabetes Education Care and Education Specialists (CDCES).

Some continuing education units/credits (CEUs) can be obtained by completing this certificate and used to maintain current credentials and/or to pursue the Certified Culinary Medicine Specialist credential.

For more information, please contact the Business Technologies Division at (513) 569-1620.

To apply for this program at Cincinnati State, visit the Admissions (<http://www.cincinnati.state.edu/academics/admission/>) section of the College website.

## Culinary Medical Nutrition Certificate (CMNC)

| Semester 1            |                                 | Lec      | Lab       | Credits  |
|-----------------------|---------------------------------|----------|-----------|----------|
| DT 115                | Cooking for a Healthy Lifestyle | 1        | 3         | 2        |
| DT 205                | Cultural Food Production        | 1        | 4         | 3        |
| DT 220                | Culinary Nutrition Therapy      | 1        | 4         | 3        |
| <b>Total Credits:</b> |                                 | <b>3</b> | <b>11</b> | <b>8</b> |

## Courses

### DT 110 Community Nutrition

**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A study of public health nutrition programs in the U.S. Topics include: food availability; laws, regulations, and policies; and the influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior. Students participate in supervised practice.

Prerequisites: FYE 120 or placement into ENG 101 MAT 093 or MAT 105A or MAT 131A or appropriate Math placement, and instructor consent

Corequisites: DT 190: Dietetic Professional Practices

Instructor Consent Required

### DT 115 Cooking for a Healthy Lifestyle

**2 Credits. 1 Lecture Hour. 3 Lab Hours.**

A course on food preparation techniques and healthy food choices for individuals. Topics include: preparing and evaluating healthy foods, modifying recipes, food safety, alternative food choices, and special diet considerations.

Prerequisites: FYE 120 or placement into ENG 101

Instructor Consent Required

### DT 120 Nutrition for a Healthy Lifestyle

**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

An introduction to nutrition concepts and diets for healthy living. Topics include: health risks; socioeconomic, cultural, psychological, and environmental influences; health promotion; disease prevention; complementary, alternative, and herbal therapies; dietary supplements; and lifecycle nutrition.

Prerequisites: FYE 120 or placement into ENG 101 MAT 093 or MAT 105A or MAT 131A or appropriate Math placement

Ohio Transfer Assurance Guide Approved

### DT 125 Nutrition Through the Lifecycle

**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on nutritional needs from preconception through maturity. Topics include: influence of age, growth, and normal development on nutritional requirements; diet planning principles for diverse age groups; and promoting healthy eating to reduce age-related nutrition problems.

Prerequisites: DT 120 (minimum grade C)

### DT 130 Nutrition Assessment

**2 Credits. 1 Lecture Hour. 2 Lab Hours.**

A course on principles of assessment for normal nutrition. Topics include: the nutrition care process, anthropometrics, drug/nutrient interactions, collecting and interpreting lab values, computerized analysis, and interviewing and counseling skills.

Prerequisites: DT 120 (minimum grade C) and instructor consent

Corequisites: DT 180

Instructor Consent Required

### DT 135 Sports Nutrition

**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on the nutrition needs of active people and athletes. Topics include: nutrient requirements for optimal health, fitness, and sports; weight control; popular nutrition supplements; and ergogenic aids.

Prerequisites: DT 120 (minimum grade C)

### DT 180 Dietetic Directed Practice: Health Care 1

**1 Credit. 0 Lecture Hour. 5 Lab Hours.**

Students participate in supervised practice in health care and acute care settings. Topics include: nutrition care process, assessment techniques, lifecycle nutrition, interviewing skills, screening, monitoring food and nutrient intake, and menu modification.

Prerequisites: DT 120 (minimum grade C) and instructor consent

Corequisites: DT 130

Instructor Consent Required

**DT 190 Dietetic Professional Practices****1 Credit. 1 Lecture Hour. 0 Lab Hour.**

A course that prepares Dietetic Technology students for clinical and management practices and practicums. Topics include: dietetic professional practice requirements, review of student handbook, dietetic licensure, Code of Ethics, HIPAA, universal precautions, and blood-borne pathogen safety training.

Prerequisites: FYE 120 or placement into ENG 101, and instructor consent

Corequisites: DT 110: Community Nutrition

Instructor Consent Required

**DT 200 Introduction to Food Science****3 Credits. 2 Lecture Hours. 2 Lab Hours.**

Introduction to the science of foods in relation to chemical composition, nutritional value, processing methods, quality, safety, and standards of identity through the use of experimentation and research.

Prerequisites: DT 120 and instructor consent

Instructor Consent Required

**DT 205 Cultural Food Production****3 Credits. 1 Lecture Hour. 4 Lab Hours.**

A course on food production practices while considering cultural food preferences of specific populations. Topics include: cultural food choice; identification, care, and use of institutional food service equipment; standardized recipes; quality assurance; work efficiency; costing; and food evaluation.

Prerequisites: CUL 115

**DT 211 Food Service Management 1****3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on fundamental concepts of food service management. Topics include: the foodservice business, food preparation, menu planning and development, meal service and delivery systems, evaluation of meal production, recipe standardization, and food safety and sanitation. This course is offered through online delivery only.

Prerequisites: DT 120 (minimum grade C) and instructor consent

Instructor Consent Required

**DT 212 Food Service Management 2****3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A continuation of DT 211. Topics include: management responsibilities including food, beverage, supply chain, and general management; human resource management; leadership management; internal control; operational analyses; marketing; and customer service. This course is offered through online delivery only.

Prerequisites: DT 211 (minimum grade C) and instructor consent

Instructor Consent Required

**DT 215 Nutrition for Dietary Managers****2 Credits. 2 Lecture Hours. 0 Lab Hour.**

A course on nutrition concepts related to the Dietary Manager's scope of practice. Topics include: medical nutrition therapy, documentation, care planning, nutrition education, and healthcare regulations.

Prerequisites: DT 125 (minimum grade C) and instructor consent

Instructor Consent Required

**DT 220 Culinary Nutrition Therapy****3 Credits. 1 Lecture Hour. 4 Lab Hours.**

A course on fundamental skills and concepts of culinary nutrition therapy, also known as "culinary medicine," which combines evidence-based nutrition and medical knowledge with culinary food preparation skills and food science principles. Topics include: modifying recipes for optimal health and to provide snacks and meals that are appropriate for individuals with chronic health conditions such as food allergies, Celiac disease, gastrointestinal disorders, renal disease, heart disease, diabetes, hypertension, and cancer.

Prerequisites: DT 120 and DT 200 and instructor consent

Instructor Consent Required

**DT 221 Medical Nutrition Therapy 1****3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A course on nutrition care processes and diet modification for various disease states. Topics include: weight management, upper and lower gastrointestinal tract, diabetes, parenteral and enteral nutrition, swallowing, and feeding disorders.

Prerequisites: DT 130 (minimum grade C) and instructor consent

Corequisites: DT 285

Instructor Consent Required

**DT 222 Medical Nutrition Therapy 2****3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A continuation of DT 221. Topics include: nutrition in severe stress; renal disease; liver disease; cancer; HIV and AIDS; heart, lung, and blood vessel diseases; and pressure ulcers and burns.

Prerequisites: DT 221 (minimum grade C) and instructor consent

Corequisites: DT 289

Instructor Consent Required

**DT 225 Dietary Manager Exam Review****1 Credit. 1 Lecture Hour. 0 Lab Hour.**

A course that prepares students to take the Certified Dietary Manager exam, covering topics on foodservice, sanitation, management, and human resources. Students complete several pretests and must pass a final competency exam with a score of 80% or better to receive verification of eligibility to sit for the Certified Dietary Manager exam.

Prerequisites: DT 211 and DT 215 and DT 280 (minimum grade C for all), and instructor consent

Instructor Consent Required

**DT 280 Dietetic Directed Practice: Food Service****1 Credit. 0 Lecture Hour. 6 Lab Hours.**

Students participate in supervised practice in a noncommercial food service setting. Topics include: food service management, human resources, sanitation, procurement, distribution and food cost, menu cost, recipe development, and equipment specifications.

Prerequisites: DT 110 and instructor consent

Instructor Consent Required

**DT 283 Dietetic Directed Practice: Health Care 2****1 Credit. 0 Lecture Hour. 5 Lab Hours.**

Students participate in supervised practice in a health care setting. Topics include: pediatrics, applying the Nutrition Care Process (NCP), care plans, enteral and parenteral nutrition, transitional feeding, stress, and medical nutrition therapy (MNT) for various medical conditions.

Prerequisites: DT 180 (minimum grade C) and instructor consent

Corequisites: DT 221:Medical Nutrition Therapy 1

Instructor Consent Required

**DT 285 Dietetic Directed Practice: Health Care 3****1 Credit. 0 Lecture Hour. 5 Lab Hours.**

Students participate in supervised practice in a health care setting while building on previous directed practice experience. Topics include: quality improvement, health care regulations, and pediatric nutrition assessment.

Prerequisites: DT 180 and instructor consent

Corequisites: DT 221

Instructor Consent Required

**DT 287 Dietetic Practicum: Food Service****2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students participate in unpaid work experience in a noncommercial food service management setting and complete an individualized final project agreed upon by the student and instructor.

Prerequisites: DT 280 (minimum grade C) and instructor consent

Instructor Consent Required

**DT 289 Dietetic Practicum: Clinical****2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students participate in unpaid work experience in a health care setting, complete individual curriculum goals, and review Academy of Nutrition and Dietetics competencies.

Prerequisites: DT 283 and DT 285 and instructor consent

Corequisites: DT 222: Medical Nutrition Therapy 2

Instructor Consent Required

**DT 290 Dietetic Competencies****2 Credits. 2 Lecture Hours. 0 Lab Hour.**

A course that prepares students for the Dietetic Technician Registration Exam and entry into the dietetic profession. Topics include: exam review, clinical and food service review, and professional portfolio development. Students must pass a final competency exam with a score of 80% or better to receive a verification statement indicating eligibility to sit for the Dietetic Technician Registration exam.

Prerequisites: Complete all required DT courses (minimum grade C for all), and instructor consent

Instructor Consent Required