

KENDALL COLLEGE B.A. IN CULINARY ARTS WITH A **NUTRITION CONCENTRATION**



NEW CONCENTRATION OPENS CAREER DOORS IN CULINARY NUTRITION

Today, there is a national epidemic of food-related health concerns such as childhood obesity, diabetes, allergies, intolerances and hypertension. Food intolerances are on the rise. The fastest growing is gluten intolerance. Within the last eight years, the incidents of Celiac Disease have gone from 1 in 300 to currently 1 in 133. It is estimated about 2% of the population has Celiac disease with at least 93% still undiagnosed. In addition, the continuing interest in sports, weight loss and spa diets as well as vegetarianism keeps on growing. In a recent poll, 6.7% of respondents say they simply never eat meat and 2.3% report also never eating fish or poultry. <http://www.vrg.org/journal/vj2006issue4/vj2006issue4poll.htm>

These trends fuel the growing need for individuals who are knowledgeable in the science and art of nutrition and healthy eating. Test kitchens, healthcare facilities and restaurants are in search of qualified chefs and other culinary professionals who understand the nutritional and culinary requirements for a diverse population that includes children, teens and the aging as well as vegetarians, sports enthusiasts and those with special allergies or healthcare needs.

Career Field Facts

According to the Bureau of Labor Statistics, employment of chefs, food scientists and nutritionists is expected to grow at a rate of between 9 to 11% through 2016 and the majority of these jobs will require a bachelor's degree. The planning and preparation of meals is one task that cannot be "outsourced" overseas.

As the leading Culinary School in the Midwest with one of the top five B.A. programs in the United States,* Kendall is once again at the forefront of the ever-changing culinary marketplace. Our new Bachelor of Arts in Culinary Arts degree with a concentration in Culinary Nutrition prepares graduates to succeed in this growing field. * www.cookingschoolscompared.com

Nearly 100%* of Kendall College culinary graduates are placed in positions that meet their specific career goals. Kendall graduates work in some of the finest food service establishments in Chicago, across the United States and around the world. To help ensure the success of our future graduates, we foster lifelong relationships with successful alumni as well as continually encourage a strong connection with others in the field.

* 2007-2008 degree program graduates who were seeking employment and found jobs in their fields within six months of graduation.

KENDALL CULINARY B.A. GRADUATES WITH A CONCENTRATION IN CULINARY NUTRITION WILL HAVE EMPLOYMENT OPPORTUNITIES IN A WIDE RANGE OF ORGANIZATIONS SUCH AS:

- Restaurants
- Hotels
- Corporate cafeterias
- Grocery stores
- Healthcare facilities
- Spas
- Catering companies
- Airlines
- Test kitchens
- Colleges and universities
- Health clubs
- Cruise ships

KENDALL CULINARY NUTRITION CONCENTRATION GRADUATES WILL BE PREPARED TO BEGIN CAREERS AS:

- Research Chefs
- Executive Chefs
- Banquet and Special Events Chefs
- Chefs de Cuisines
- Personal Chefs
- Caterers



Introducing the new B.A. in Culinary Arts with a concentration in Culinary Nutrition

Designed to prepare students with classical culinary arts training in addition to concentrated knowledge in the science of nutrition, this program begins with the basics and then extends to provide strong capabilities and superior skill development. In addition to technical and applied learning in culinary arts and food science, students learn how to plan, build, promote and successfully manage a flourishing food-related business while also gaining the necessary language, math, computer and communications skills needed to succeed inside and outside of the kitchen. Kendall's Culinary Arts program focuses on preparing graduates as professionals through an immersive learning process that includes industry internships as well as an integrative senior project.

The NEW Culinary Nutrition concentration courses include:

- HUMAN ANATOMY AND PHYSIOLOGY – stresses form and function of the organs and systems. Includes gross anatomy and physiology. (*Replaces Environmental Science in 5th quarter of Culinary Arts B.A. program.*)
- HUMAN NUTRITION I – introduces the nutritional needs of humans and emphasizes the factors that affect food choices, types of nutrients and functions in the body, the role of nutrition in health and disease, nutrition throughout the lifecycle, healthy food choices, diet and fitness analysis and nutrition controversies.
- HUMAN NUTRITION II – builds on the foundation of Human Nutrition I and discusses the nutrition needs through the lifecycle to determine the changes and requirements that occur during growth, reproduction and aging.
- HUMANS AND OTHER LIVING THINGS – provides a survey of fundamental biological principles based on basic biology, cell biology, metabolism, genetics, taxonomy, evolution, ecology, diversity and an introduction to the scientific method.
- NUTRITIONAL FOOD TECHNOLOGY – introduces students to nutrition and recipe analysis software to analyze menus, make modifications and create food labels for products. Students will also learn to modify or replace protein, fat or carbohydrates through a variety of manufacturing techniques. (*Replaces Foodservice R & D in 12th quarter of Culinary Arts B.A. program.*)
- NUTRITIONAL COOKING – teaches strategies and techniques to address lifecycle and dietary concerns without sacrificing flavor or food quality. Students learn to effectively cook to meet the special needs of children, teens, the aging, vegetarians and sports or spa enthusiasts as well as those with health concerns such as obesity, heart disease, diabetes, hypertension and food allergies.
- VEGETARIAN CUISINE – focuses on the different types of vegetarian diets, the health benefits and potential health risks. Recipes will incorporate culinary techniques and methods, as well as the sundry of spices, herbs and other flavoring ingredients used to heighten the natural flavor and provide substance. Vegetarian cuisine will be applied to international flavors of the Mediterranean, Asia and Latin America. (*Combined with Nutritional Cooking course replaces one ethnic course in Culinary Arts B.A. program: Cuisine of Central/South America, Cuisine of Asia or Cuisine of the Mediterranean.*)

ACCREDITATION.

Kendall College is accredited by The Higher Learning Commission of the North Central Association of Colleges and Schools.
(www.ncahlc.org, 800.621.7440)



Kendall College
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