

## VUSC 0020: Cooking&Nutrition II

VUSC 0020 Cooking and Nutrition Part 2: Cooking with Purpose This class will teach more advanced cooking preparation. Students will be taught how to make complete meals and how to prepare meals for the week. Students will also get to explore other cuisines from around the world. . Plant?based cooking and allergy free meals will also be covered during the course. . This class will help you figure out how to incorporate nutritious and quick meals in a busy lifestyle and to continue for your entire life. Topics will include, but are not limited to: improving dietary habits, plant?based diets, sports nutrition, dietary intolerances and food allergies, as well as the importance of weight maintenance, health, wellness and fitness.