



Culinary Arts and Hospitality Administration Division

UNIVERSITY of ALASKA ANCHORAGE

Spring 2020 Course Offerings



Popular Diets (CRN 37007 or 37008)

This is a lecture course that examines the nutritional aspects of popular diets that include the Ketogenic, Atkins, Paleo, South Beach, DASH, Mediterranean, Flexitarian, Weight Watchers, Vegetarian, Vegan, and Raw food diets.

1/14 - 2/11 Tuesdays 2 pm - 4:30 pm

3/31- 4/28 Tuesdays 2 pm - 4:30 pm

Food is Medicine (CRN 37009)

This is an excellent opportunity for the health practitioner looking for continued education in nutrition or anyone looking to expand their nutritional knowledge. Learn about the current topics in nutrition and how food choices impact human health.

2/1- 3/24 Tuesdays 2 pm - 4:30 pm

**These courses are available to students, staff, faculty and the community. If you are not currently a student you will need to apply as a non-degree-seeking student. The application is free!*

Direct questions about course registration to Whitney Flores at 786-1409 or wdlowell@alaska.edu.