

# SPECIAL DIETS

US \$249

Our Special Diets course has been designed to give you the tools to become an expert in adapting a recipe to a specific diet whether it is based on health reasons or religious beliefs.



## Course Outline

- The impacts of nutrition and guidelines
- Adjusting recipes
- Healthy related diets
- Understanding safe ingredients and cross contamination
- Food sensitivity and allergies
- Recommendations for healthy eating for diabetics
- Texture modification
- Health and legal consequences
- Diets for coeliac, gluten free, restricting sodium, diabetics, cholesterol, weight loss
- Religion-based and cultural diets – preparation and cooking for religion
- Healthy diets and menus

## Duration

This self-paced programme could be completed in an average of 40 hours. A maximum of 3 months is allowed to complete this course.

## Fees

On completion of this course, you will be awarded with an International Culinary Studio Certificate of Achievement\* and a Digital Badge.

**The course fee is US \$249 Once Off**

The investment includes:

- Personal online login to our Learner Management System, all study material and videos.
- Online e-portfolio
- Certification

\*This is a non-accredited programme



## Your Student Experience

Your studies will be completed via our Learner Management System. Once registered, your student experience is accessible on any PC, most portable or mobile smart devices – meaning you can literally study anywhere, anytime to fit into your lifestyle! Our chef instructors are there to guide you throughout your programme, keeping you motivated until successful course completion.

## Course Features

- Join a global community of online culinary students just like you
- Receive one on one tuition, mentoring and feedback with your Chef Instructor
- Fit your study programme into your own schedule
- Have access to all the course material required to complete the modules and assessments
- Complete your course with real skills that will help you succeed in today's competitive workplace
- Have a completed e-portfolio (online CV) and be ready to apply for the job you have always dreamed of
- Personal login to our Learner Management System
- No need to take time off to attend classes
- Access to our Hi-Contact teaching model designed to ensure successful course completion for all students

## Additional Costs

You need to prepare for the following additional costs, depending on your programme:

- Costs to purchase any technology and/or kitchen equipment that you may not have, but need to use in the programme
- Cost of your internet access
- Any printing you choose to do from the study guides

**Please note this course does not require any actual cooking but does require you to be able to create menu items using the knowledge you have learnt during the course.**