

SPECIAL DIETS

\$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 \$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.