

Healthy Lifestyle Culinary Arts Course



Course Content

CLASS ONE

Introduction to Healthy Living

- i. Healthy Foods
- ii. Ideal Carbs intake for different body weights
- iii. Basic Meal Plans
- iv. Different ways to cook eggs:
 - A. Frittata
 - B. Poached Eggs
 - C. Scrambled Eggs
 - D. Spanish Omelette
 - E. Hard boiled and Soft boiled Eggs

CLASS TWO

Salad tour of the World

- i. Healthy Salad Dressing
- ii. Various cooking methods for Veggies
- iii. Healthy cooking methods for Proteins
- iv. Six different Salads

CLASS THREE

Poultry and Seafood

- i. Health & Safety Guidelines
- ii. Storage & Safety Guidelines
- iii. Poultry & Seafood Cooking Methods
 - A. Poaching
 - B. Pan Searing
 - C. Oven Baking
 - D. Grilling
 - E. Steaming

CLASS FOUR

Rice dishes the healthy way

- i. Brown Rice
- ii. Black Rice
- iii. Basmati Rice
- iv. Red Rice
- v. Jasmine Rice

CLASS FIVE

The Healthy African

- i. Oven Baked Moi Moi
- ii. Porridge Variety
 - A. Plantain Porridge
 - B. Sweet Potato Porridge
 - C. Irish Potato Porridge

CLASS SIX

Healthy Hearty Soups

- i. Mushroom Soup
- ii. Cream of Chicken Soup
- iii. Peking Soup
- iv. Leek Potato Soup
- v. Butternut Squash Soup