

# LEARNING PATHS

## FOOD AND WINE APPRECIATION



Perfect your palate, refine your recipe repertoire, and widen your wine wisdom with a series of courses that explore our remarkable food culture and greatly broaden your own enjoyment of fine food.

### CORE COURSES

Build your confidence and acquire the skills and knowledge you need to enhance your appreciation of food and wine with three insightful, foundational courses.

- [Food: A Cultural Culinary History](#)
- [The Everyday Gourmet: Rediscovering the Lost Art of Cooking](#)
- [The Everyday Guide to Wine](#)

### ELECTIVES: Cooking Techniques (Choose 4)

Gain tips, tricks, and secrets from master chefs when you select four courses that will give you everything you need to elevate any dish you make from good to great.

- [The Everyday Gourmet: Cooking with Vegetables](#)
- [The Everyday Gourmet: Making Healthy Food Taste Great](#)
- [The Everyday Gourmet: How to Master Outdoor Cooking](#)
- [The Everyday Gourmet: The Joy of Mediterranean Cooking](#)
- [The Everyday Gourmet: Essential Secrets of Spices in Cooking](#)
- [The Everyday Gourmet: Baking Pastries and Desserts](#)
- [The Everyday Gourmet: Making Great Meals in Less Time](#)
- [Delicious Dishes for Every Taste](#)
- [The Everyday Guide to Wines of California](#)

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## ELECTIVES: Food Science and Nutrition (Choose 3)

Uncover scientifically-based approaches to health, diet, exercise, and nutrition by choosing three courses that will have you eating—and feeling—better.

- [The Mayo Clinic Diet: The Healthy Approach to Weight Loss](#)
- [Changing Body Composition through Diet and Exercise](#)
- [Nutrition Made Clear](#)
- [Scientific Secrets for Self-Control](#)
- [Food, Science, and the Human Body](#)