

**CAU SUMMER 2024 WEEK 1, JULY 7-13**

**COURSE:** Culinary Arts: Preparing Healthful Cuisine without Sacrificing Flavor & Flair

**FACULTY:** Emily Wilcox Gier, Associate Professor of Practice and Dietetic Internship Director

**LOCATION:** Discovery Kitchen, Toni Morrison Dining Hall

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Morning Refresh, RBG Lounge (optional)	Morning Refresh, RBG Lounge (optional)	Morning Refresh, RBG Lounge (optional)	Morning Refresh, RBG Lounge (optional)		
7:30-8:30am	Safe travels to campus!	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)	Breakfast, Toni Morrison Dining (optional, pay as you go)
9:00am-12:15pm	You're getting closer!	Intro to Class Topic; brief lecture w/ Q&A; coffee break; prep & cook	Intro to Class Topic; brief lecture w/ Q&A; coffee break; prep & cook	Intro to Class Topic; brief lecture w/ Q&A; coffee break; cooking demo + taste testing	Intro to Class Topic; brief lecture w/ Q&A; coffee break; prep & cook	Intro to Class Topic; brief lecture w/ Q&A; coffee break; prep & cook	Check out 10am
12:15 – 1:30	Eat! As a class enjoy and discuss recipes from today's topic.	Eat! As a class enjoy and discuss recipes from today's topic.	Eat! As a class enjoy and discuss recipes from today's topic.	Eat! As a class enjoy and discuss recipes from today's topic.	Eat! As a class enjoy and discuss recipes from today's topic.	Eat! As a class enjoy and discuss recipes from today's topic.	
1:30-2:00pm	Welcome! Resident check-in at RBG Hall, 2pm-4pm	Clean-up	Clean-up	"Spring Break"	Clean-up	Clean-up	
4:00-5:00pm	Welcome! Commuter check-in at RBG Hall	Happy Hour, RBG Lounge	Happy Hour, RBG Lounge	Happy Hour, RBG Lounge	Happy Hour, RBG Lounge	Happy Hour, RBG Lounge	
5:00-7:00pm	Opening Reception & Welcome Dinner, Toni Morrison, Toni Morrison Residence Hall	Dinner on your own	6:00: Community Dinner, RBG Lawn	Free Time	Dinner on your own	Farewell Reception, Moakley House	
7:00-8:00pm	Keynote Address, Toni Morrison Residence Hall	Evening Lecture, RBG Lounge	7:30: Evening Lecture, RBG	Free Time	Evening Lecture, RBG Lounge	Farewell Banquet, Moakley House	
8:00-10:00pm	Ice Cream Social, RBG Lounge	Trivia Night, RBG Lounge	Free Time	Bingo, RBG Lounge	Stargazing at Fuertes Observatory	Free Time	

