

NUTRITION AND FOODS

Division: Natural Sciences

Division Dean

Dr. Bridget Salzameda

Faculty

Rita Higgins
Michelle Loy
Kristy Richardson

- Dietary Manager Certificate (<https://catalog.nocccd.edu/fullerton-college/degrees-certificates/foods-nutrition/dietary-manager-certificate/>)
- Nutrition and Dietetics Associate in Science Degree for Transfer (<https://catalog.nocccd.edu/fullerton-college/degrees-certificates/foods-nutrition/nutrition-and-dietetics-associate-in-science-degree-for-transfer/>)
- Nutrition and Foods Associate in Arts Degree (<https://catalog.nocccd.edu/fullerton-college/degrees-certificates/foods-nutrition/nutrition-foods-associate-arts-degree/>)
- Nutrition and Foods Certificate (<https://catalog.nocccd.edu/fullerton-college/degrees-certificates/foods-nutrition/nutrition-and-foods-skills-certificate/>)

FOOD 102 F Introduction to Foods (formerly FOOD 101AF) 3 Units
36 hours lecture and 54 hours lab per term. This course is designed to provide the student with knowledge of the fundamental scientific principles involved in food preparation, as well as practical experience in applying these principles to a wide variety of foods representative of those consumed in the U.S. Emphasis is placed on developing skills in utilizing appropriate basic scientific methodology to study the components of food and food products; and on acquiring a knowledge of, as well as applying, generally-accepted quality standards to such foods and food products. (Degree Credit) (CSU) (C-ID: NUTR 120)

FOOD 110 F Food Safety and Sanitation 3 Units
54 hours lecture per term. In this course, students will examine basic principles of food safety and sanitation applied in the food service industry to comply with state regulations. Emphasis is placed on cause and control of foodborne illnesses, personal hygiene, food processing and storage methods, general safety regulations and accident prevention. National food handler or manager certification exam will be given. (Degree Credit) (CSU) (C-ID: HOSP 110)

FOOD 120 F Food Service Management 3 Units
54 hours lecture per term. This course is designed to provide the student with knowledge on the principles and techniques related to basic management, leadership, and human resource management of food services in health care and other institutional food service settings. Emphasis is placed on developing skills in calculating general food costs, meal equivalents, determining menu prices, estimating staffing needs, and controlling costs in foodservice systems. This course prepares students for the Certified Dietary Managers Credentialing Exam. (Degree Credit) (CSU) (C-ID: HOSP 130)

FOOD 130 F Cultural Aspects of Food 3 Units
36 hours lecture and 54 hours lab per term. This course examines food as an expression of cultural unity and diversity. Students will investigate the many cultural influences on food choices and meal patterns. Preparation techniques and products from a variety of traditions as practiced in the United States will be explored. This course fulfills the Multicultural Graduation Requirement for graduation. (Degree Credit) (CSU)

FOOD 160 F Foods for Fitness (formerly FOOD 060 F) 2 Units
18 hours lecture and 54 hours lab per term. This course presents nutrition information to enhance knowledge about food choices. The principles of nutrition and food preparation are presented in a non-technical format. Students are able to apply new knowledge to their personal fitness, diet, and health goals. Labs include the planning and preparation of foods which are emphasized in the current Dietary Guidelines for Americans. (Degree Credit) (CSU)

FOOD 170 F Vegetarian Cooking and Nutrition (formerly FOOD 070 F) 2 Units
18 hours lecture and 54 hours lab per term. This course is designed to develop a basic understanding of the vegetarian diet with practical applications in food preparation. Emphasis will be on the practical preparation of health-promoting food for the lacto, lacto-ovo vegetarian and vegan. (Degree Credit) (CSU)

NUTR 100 F Careers in Nutrition and Foods 2 Units
36 hours lecture per term. This course will explore careers in nutrition and foods such as dietetics, culinary arts, hospitality, and food science. Trends, future employment projections, and employment opportunities will also be emphasized. (CSU) (Degree Credit)

NUTR 210 F Human Nutrition 3 Units
54 hours lecture per term. This course is an introduction to the science of nutrition. Major principles, functions and sources of nutrients are discussed, as well as their relationship to health and disease. Chemistry and physiology are also discussed as they relate to nutrition. General application as it pertains to today's students is stressed. Students will analyze their food intake. (Degree Credit) (CSU) (UC) AA GE, CSU GE (C-ID: NUTR 110)

NUTR 210HF Honors Human Nutrition 3 Units
54 hours lecture per term. This Honors-enhanced course is an introduction to the science of nutrition. Emphasis will be placed on major principles, functions and sources of nutrients, health and disease, as well as chemistry and physiology as they relate to nutrition. Application and development of the student's ability to critically evaluate current nutrition issues is stressed. Students will analyze their food intake. (Degree Credit) (CSU) (UC) AA GE, CSU GE (C-ID: NUTR 110)

NUTR 220 F Sports Nutrition 3 Units
Advisory: NUTR 210 F or NUTR 210HF.
54 hours lecture per term. In this course, the principles of nutrition are studied and applied to athletes and active individuals. An emphasis is placed on energy and nutrient needs, pre- and post-event food choices, hydration, body composition, disordered eating, and supplements. This course also examines the cultural, sociological, and psychological influences related to nutrition, fitness, and athletic achievement. (Degree Credit) (CSU) AA GE, CSU GE

NUTR 230 F Introduction to Medical Nutrition Therapy 3 Units

Prerequisite(s): NUTR 210 F or NUTR 210HF, with a grade of C or better.

54 hours lecture per term. This course introduces the fundamentals of medical nutrition therapy for use in a variety of healthcare settings. Evidence-based nutrition recommendations for health promotion, disease prevention, and management of health conditions with therapeutic and modified diets will be addressed. The Nutrition Care Process and cultural considerations will be emphasized. (CSU) (Degree Credit)

NUTR 295 F Nutrition and Foods Internship 2-4 Units

Prerequisite(s): NUTR 210 F or NUTR 210HF with a grade of C or better.

18 hours lecture and 60-180 hours of unpaid internship or 75-225 hours of paid internship per term. This course is designed to provide work experience directly related to the students area of study in Nutrition and Foods. This course gives students the opportunity to gain work experience in a professional setting in the nutrition or foods industry. (Degree Credit) (CSU)