

NUTRITION AND FOODS ASSOCIATE IN ARTS DEGREE

Division: Natural Sciences

PROGRAM CODE: 2A03865

The **Nutrition and Foods Associate in Arts Degree** includes coursework that is applicable to a transfer program at selected universities and colleges in the field of Dietetics, Food and Nutrition. Within the field of Nutrition and Foods, professionals work in healthcare, education and research, business and industry. Careers are also available in government agencies, food service management, fitness, food companies and in private practice. This degree requires completion of 22-24 units, of which 14 are in required courses. Select 2 courses from the restricted electives below so that a minimum of 22 units are completed.

Code	Title	Units
Required Courses (14 units):		
FOOD 102 F	Introduction to Foods (formerly FOOD 101AF)	3
FOOD 110 F	Food Safety and Sanitation	3
FOOD 130 F	Cultural Aspects of Food	3
NUTR 100 F	Careers in Nutrition and Foods	2
NUTR 210 F	Human Nutrition	3
or NUTR 210HF	Honors Human Nutrition	
Restricted Electives (8-10 units):		8-10
ANAT 231 F	General Human Anatomy	4
ANAT 240 F	Human Physiology	5
CHEM 111AF	General Chemistry I	5
CHEM 111BF	General Chemistry II	5
CIS 100 F	Introduction to Personal Computers	4
or CIS 100HF	Honors Introduction to Personal Computers	
MATH 142 F	Trigonometry	4
MICR 262 F	General Microbiology	5
PHYS 130 F	Elementary Physics	4
Total Units		22-24

Outcome 1: Demonstrate an understanding of how the scientific method is used to evaluate diet and foods.

Outcome 2: Apply nutritional concepts in the planning of meals and the preparation of food.

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