

NUTRITION & FOOD (NF)

NF 1 Introduction to Nutrition as a Career

2 Units (Degree Applicable, CSU)

Lecture: 36

Prerequisite: NF 10 or NF 25 or NF 25H

Careers in dietetics, nutrition, and the food industry. Includes program requirements for nutrition and dietetics majors, career opportunities, professional organizations, ethics, and future directions. Students should be considering a major in nutrition, dietetics, nutrition science, or food science upon transfer. Field trips may be required.

NF 10 Nutrition for Health and Wellness

3 Units (Degree Applicable, CSU)

Lecture: 54

Prerequisite: Eligibility for ENGL 68

Principles of nutrition and their relationship to optimum health and wellness. Emphasizes nutrient needs, food selection, and weight control during the various life stages from prenatal to adult. Student food intake is evaluated several ways including computer diet analysis. This course is intended for non-health science majors.

NF 12 Sports Nutrition

3 Units (Degree Applicable, CSU, UC)

UC Credit Limitation

Lecture: 54

Prerequisite: Eligibility for ENGL 68

Principles of nutrition are studied and applied to the athlete and active individuals. Includes macro and micro nutrient intakes, hydration, pre and post event food choices, supplements and ergogenic aids, body composition, weight loss/gain. This course also examines the cultural, sociological, and psychological influences related to nutrition, fitness and athletic achievement.

NF 20 Principles of Food with Laboratory

3 Units (Degree Applicable, CSU, C-ID #: NUTR 120)

Lecture: 36 Lab: 54

Prerequisite: Eligibility for ENGL 68 and Eligibility for MATH 50

Application of food science principles with emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food.

NF 25 Introduction to Nutrition Science

3 Units (Degree Applicable, CSU, UC, C-ID #: NUTR 110)

UC Credit Limitation

Lecture: 54

Prerequisite: ENGL 67

Scientific concepts of nutrition related to the function of nutrients and current health issues with emphasis on individual needs. Topics include: functions and sources of nutrients; scientific principles to analyze and evaluate nutrition information; Dietary Guidelines and current nutrition recommendations; digestion, absorption, and metabolism; health, fitness, and disease; and nutrition in the life span. Students will record their diet, analyze its composition, and evaluate its nutrient content.

NF 25H Introduction to Nutrition Science - Honors

3 Units (Degree Applicable, CSU, UC, C-ID #: NUTR 110)

UC Credit Limitation

Lecture: 54

Prerequisite: Acceptance into the Honors Program

Scientific concepts of nutrition related to the function of nutrients and current health issues with emphasis on individual needs. Topics include: functions and sources of nutrients; scientific principles to analyze and evaluate nutrition information; Dietary Guidelines and current nutrition recommendations; digestion, absorption, and metabolism; health, fitness, and disease; and nutrition in the life span. Students will record their diet, analyze its composition, and evaluate its nutrient content. An honors course designed to provide an enriched experience. Students may not receive credit for both NF 25 and NF 25H.

NF 28 Cultural and Ethnic Foods

3 Units (Degree Applicable, CSU, UC)

Lecture: 54

Prerequisite: Eligibility for ENGL 68

Regional, ethnic, cultural, religious, historical, and social influences on food patterns and cuisines. Core components include specialized equipment and utensils related to cultures, traditional foods of selected cultures, geographic factors in food availability, and global food issues. Includes in-depth study of a selected culture group.

NF 30 Introduction to Food Science Technologies

3 Units (Degree Applicable, CSU)

Lecture: 54

Prerequisite: Eligibility for ENGL 1A or AMLA 1A or ENGL 1AM and Eligibility for MATH 51

Food chemistry, food processing, and technology and how these affect the color, flavor, texture, aroma and quality of foods. Core components: government regulation of processing and labeling, sensory evaluation, scientific research methods, function of water in foods, pH and acidity, food processing technologies, nutritional labeling, and packaging; dispersion systems, enzyme reactions, food additives, composition and properties of food.

NF 81 Cooking for Health and Wellness

1 Unit (Degree Applicable)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 9 Lab: 27

Advisory: (NF 10 or NF 12 or NF 25 or NF 25H or knowledge equivalent to an introductory nutrition course) and (NF 20 or CUL 102 or basic food preparation knowledge, skills, and experience)

Principles and techniques of healthful food preparation, investigation of chronic disease prevention through dietary means, and recipe modification. Includes laboratory experience in preparation of healthful foods and meals. Off-campus meetings may be required.

NF 82 Vegetarian Cuisine

1 Unit (Degree Applicable)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 9 Lab: 27

Advisory: (NF 10 or NF 12 or NF 25 or NF 25H or knowledge equivalent to an introductory nutrition course) and (NF 20 or HRM 54 or CUL 102 or basic food preparation knowledge, skills, and experience)

Principles and techniques of vegetarian food preparation and investigation of issues related to vegetarian eating practices. Includes laboratory experience in preparation of vegetarian foods and meals. Off-campus meetings may be required.

NF 83 Cooking for Athletic and Physical Performance

1 Unit (Degree Applicable)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 9 Lab: 27

Advisory: NF 10 or NF 12 or N25 or NF 25H or NF 20

Principles and techniques of meal planning and food preparation to support optimal athletic and physical performance. Content includes development of sport-specific meal plans, analysis of nutrient and fluid requirements for athletes, food preparation skills and techniques, and meal planning for athletic activities with special nutritional challenges during training and competition. Includes laboratory experience in preparation of foods and meals to support athletic and physical performance.

NF 91 Work Experience in Nutrition and Dietetics

1-3 Units (Degree Applicable)

(May be taken for Pass/No Pass only)

Lab: 60-225

Prerequisite: Compliance with Work Experience regulations as designated in the College Catalog.

Provides students with on-the-job experience in an approved worksite which is related to classroom-based learning. A minimum of 75 paid or 60 unpaid clock hours per semester of supervised work in a clinical, community, or long-term nutrition facility is required for each unit of credit. It is recommended that the hours per week be equally distributed throughout the semester. Work experience placement is not guaranteed, but assistance is provided by faculty. Instructor approval required.