NUTRITION (CERTIFICATE N0453)

Business Division
Certificate N0453
This certificate is designed to give students basic knowledge and skills in nutrition science, food science, food preparation, and food safety and sanitation. The courses prepare students for entry-level employment as nutrition assistants, community nutrition workers, and dietary service workers in clinical, community, long-term care, and institutional foodservice worksites.

Required Courses

Course Prefix	Course Name	Units
HRM 52	Food Safety and Sanitation	2
NF 1	Introduction to Nutrition as a Career	2
NF 20	Principles of Food with Laboratory	3
NF 25	Introduction to Nutrition Science	3
or NF 25H	Introduction to Nutrition Science - Honors	
NF 28	Cultural and Ethnic Foods	3
Choose three units from the following:		3
NF 12	Sports Nutrition	
NF 30	Introduction to Food Science Technologies	
NF 81	Cooking for Health and Wellness	
NF 82	Vegetarian Cuisine	
NF 83	Cooking for Athletic and Physical Performance	
NF 91	Work Experience in Nutrition and Dietetics	
Total Units		**16**

Nutrition and Foods Website (http://www.mtsac.edu/nutrition/)

Program Learning Outcomes

Upon successful completion of this program, a student will:

- Demonstrate proficiency in practical skills, such as using kitchen equipment and appropriate technology properly.
- Be able to use acquired knowledge and skills to evaluate potential transfer and internship sites.

Review Student Learning Outcomes (SLOs) for this program.