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.

Course Schedule

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.

Course Schedule

NF 12  Sports Nutrition
3 Units (Degree Applicable, CSU, UC)
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.

Course Schedule

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.

Course Schedule

NF 25  Introduction to Nutrition Science
3 Units (Degree Applicable, CSU, UC, C-ID #: NUTR 110)
Lecture: 54
Prerequisite: Eligibility for ENGL 68

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.

Course Schedule

NF 25H  Introduction to Nutrition Science - Honors
3 Units (Degree Applicable, CSU, UC, C-ID #: NUTR 110)
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.

Course Schedule

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.

Course Schedule

NF 30  Food Science Technologies
3 Units (Degree Applicable, CSU)
Lecture: 54
Prerequisite: Eligibility for ENGL 68 and Eligibility for MATH 50

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, packaging; dispersion systems, enzyme reactions, food additives, composition and properties of food.

Course Schedule

NF 40  Healthy American Cuisine
3 Units (Degree Applicable, CSU)
Lecture: 54
Prerequisite: Eligibility for ENGL 68


Course Schedule
**NF 81  Cooking for Health and Wellness**  
1 Unit (Not Degree Applicable)  
(May be taken for option of letter grade or Pass/No Pass)  
Lecture: 12 Lab: 20  
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 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.  
Course Schedule

**NF 82  Vegetarian Cuisine**  
1 Unit (Not Degree Applicable)  
(May be taken for option of letter grade or Pass/No Pass)  
Lecture: 12 Lab: 20  
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 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.  
Course Schedule

**NF 91  Work Experience in Nutrition and Dietetics**  
1-3 Units (Not 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.  
Course Schedule