

# NUTRITION AND FOODS CERTIFICATE

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**Division: Natural Sciences**

**PROGRAM CODE:** 2C39440

The **Nutrition and Foods Certificate** is designed to provide students with fundamental knowledge and skills in nutritional science, food science, food preparation, and food safety and sanitation. The required courses prepare students for entry-level positions in nutrition and foods. Examples of entry-level positions include nutrition assistants for community agencies such as The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Head Start, diet aides or diet clerks in hospitals, and dietary service workers in hospitals or school food service. This certificate requires a total of 16-17 units. A grade of C or better is required in each course taken.

Code	Title	Units
<b>Required Courses (14 units):</b>		
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	
<b>Restricted Electives (2-3 units):</b>		<b>2-3</b>
FOOD 160 F	Foods for Fitness (formerly FOOD 060 F)	2
FOOD 170 F	Vegetarian Cooking and Nutrition (formerly FOOD 070 F)	2
NUTR 220 F	Sports Nutrition	3
NUTR 230 F	Introduction to Medical Nutrition Therapy	3
<b>Total Units</b>		<b>16-17</b>

**Outcome 1:** Students will demonstrate a comprehensive knowledge of food and nutrients including sources, functions, and utilization based on various stages of life, activity levels, and disease states.

**Outcome 2:** Students will differentiate between proper and improper food safety and sanitation techniques.

**Outcome 3:** Students will determine the correct preparation methods and assess the quality of a wide variety of foods.

**Outcome 4:** Students will describe food customs and traditions among diverse groups in the United States and globally.

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