

NUTRITION AND FOODS ASSOCIATE IN ARTS DEGREE

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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 23-28 units, of which 6 units are in required courses, 9-12 units are in Nutrition and Foods electives, and 8-10 units are in restricted electives, in addition to other graduation requirements.

Code	Title	Units
Required Courses (6 units)		
FOOD 102 F	Introduction to Foods (formerly FOOD 101AF)	3
NUTR 210 F	Human Nutrition	3
or NUTR 210HF	Honors Human Nutrition	
Nutrition and Foods Electives (9-12 units)		9-12
FOOD 110 F	Food Safety and Sanitation	3
FOOD 120 F	Food Service Management	3
FOOD 130 F	Cultural Aspects of Food	3
FOOD 160 F	Foods for Fitness (formerly FOOD 060 F)	2
FOOD 170 F	Vegetarian Cooking and Nutrition (formerly FOOD 070 F)	2
NUTR 100 F	Careers in Nutrition and Foods	2
NUTR 220 F	Sports Nutrition	3
NUTR 230 F	Introduction to Medical Nutrition Therapy	3
NUTR 295 F	Nutrition and Foods Internship	2-4
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
MICR 262 F	General Microbiology	5
MATH 120 F	Introductory Probability and Statistics	4-5
or MATH 120HF	Honors Introductory Probability and Statistics	
or MATH 121 F	Introductory Probability and Statistics with Support	
or PSY 161 F	Elementary Statistics for Behavioral Science	
or PSY 161HF	Honors Elementary Statistics for Behavioral Science	
or SOSC 120 F	Introduction to Probability and Statistics	
Total Units		23-28

Outcome 1: Apply critical thinking skills to identify and evaluate evidence-based nutrition and foods information and practices.

Outcome 2: Apply scientific principles and dietary planning strategies to promote optimal health.