

PLANT-BASED NUTRITION AND SUSTAINABLE HORTICULTURE CERTIFICATE

Division: Natural Sciences

PROGRAM CODE: 2C46125

The Plant-Based Nutrition and Sustainable Horticulture Certificate introduces students to the health benefits, preparation principles and practices, and sustainability of plant-based foods. The required courses prepare students to incorporate plant-based nutrition science knowledge and food preparation skills into their career. Examples of careers which benefit from specialized training in plant-based nutrition include registered dietitians, dietary managers, community nutrition workers, sports nutritionists, food technologists, and chefs. This certificate requires a total of 11-14 units. A grade of C or better is required in each course taken.

Code	Title	Units
Required Courses (9 units):		
FOOD 170 F	Plant-Based Cooking and Nutrition (formerly FOOD 070 F)	2
HORT 002 F	Principles of Horticulture II	4
NUTR 210 F or NUTR 210HF	Human Nutrition Honors Human Nutrition	3
Restricted Electives (2-5 units):		2-5
FOOD 102 F	Introduction to Foods (formerly FOOD 101AF)	3
FOOD 110 F	Food Safety and Sanitation	3
FOOD 120 F	Food Service Management	3
FOOD 160 F	Foods for Fitness (formerly FOOD 060 F)	2
HORT 250 F	Permaculture Design	5
HORT 255 F	Hydroponics - Aquaponics	3
NUTR 220 F	Sports Nutrition	3
NUTR 295 F	Nutrition and Foods Internship	2-4
Total Units		11-14

Program Level Student Learning Outcomes

Outcome 1: Apply fundamental food preparation principles and techniques to produce quality plant-based cuisine.

Outcome 2: Apply horticulture principles and techniques to promote sustainability and cultivate plants in an edible garden.

Outcome 3: Identify the components and health benefits of plant-based nutrition and demonstrate the ability to plan a well-balanced plant-based diet.

https://www.curricUNET.com/fullerton/reports/program_report.cfm?programs_id=1507