

# NUTRITION AND FOOD, CERTIFICATE OF ACHIEVEMENT

The Nutrition and Food Certificate of Achievement provides a study of basic nutrition, food science principles, and nutrition issues with emphasis on the subject of obtaining and maintaining a good state of nutrition. The Nutrition and Food certificate provides relevant training and improved professional marketability for allied health professionals, personal trainers, and other interested individuals from a wide range of careers. It also introduces the student to the multi-faceted field of nutrition and explores different career options in Nutrition with further study.

## Learning Outcomes

Upon successful completion of the program, students will be able to:

- Identify specific nutrition issues and how to work with them.
- Use knowledge of scientific nutrition principles to improve diet and wellness.
- Apply basic scientific principles in the preparation and storage of safe, high-quality food products.

## Certificate of Achievement Requirements

Code	Title	Units
<b>Required Core</b>		
NUTF 1	Nutrition	3
NUTF 2	Introduction to Careers in Nutrition, Dietetics, and Food	1
NUTF 3	Nutrition Issues and Controversies	2
NUTF 10 & NUTF 10L	Food Science and Food Science and Safety Laboratory	3
<b>Total Units</b>		<b>9</b>

Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.

The model sequence of coursework below is one pathway for students to complete the program. The information below is not an official educational plan. An MPC Counselor can assist you with creating a personalized education plan based on your academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling and up-to-date program requirements.

## Suggested Course Sequence

Year 1		
Fall		Units
NUTF 1	Nutrition	3
NUTF 2	Introduction to Careers in Nutrition, Dietetics, and Food	1
NUTF 3	Nutrition Issues and Controversies	2

NUTF 10 & NUTF 10L	Food Science and Food Science and Safety Laboratory	3
<b>Units</b>		<b>9</b>
<b>Total Units</b>		<b>9</b>

MPC "Ready to Work" Career Education programs offer students the opportunity to gain knowledge and skills needed for employment and job advancement.

All students should consult with a Counselor to discuss career pathways, for support with career exploration and planning, and to create a personalized education plan to help them meet their academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling services provided by MPC and to connect with a Counselor.

Additional resources are available through MPC's Career & Transfer Resource Center (CTRC). The CTRC offers career resources, workshops, guidance and referrals. Visit the CTRC for support finding online career information and other resources to explore majors, occupations, and employment information.