

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
Required Core		
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
Total Units		9

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.