NUTRITION

Nutrition (NUTF)

NUTF 1 - Nutrition (3 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture
This course covers scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues with emphasis on individual needs. A study is made of carbohydrates, proteins, fats, minerals and vitamins--their nutritive values and sources. Nutrition theory is practically applied to provide the student with the skills needed to choose food for optimal health. A computer diet analysis is included. May be offered fully online. [C-ID NUTR 110]

Advisory: Completion of or concurrent enrollment in ENGL 1A
Credit transferable: Transfers to CSU & UC
GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness

NUTF 2 - Introduction to Careers in Nutrition, Dietetics, and Food (1 unit)
Letter Grade (LG) Only • Total hours: 17 hours lecture
This course covers professional roles, responsibilities, and opportunities in the fields of nutrition, dietetics, and food service management. It includes an introduction to the history of the profession, related government agencies, scientific literature and resources, and professional code of ethics. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE
Credit transferable: Transfers to CSU
GE Credit: MPC E2 Career Exploration

NUTF 3 - Nutrition Issues and Controversies (2 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lecture
Current concepts and controversies are presented and evaluated, with an emphasis on the changing American diet and its relation to longevity and quality of life. U.S. dietary goals, health foods, herbs, supplements, and food advertising are evaluated. Safety and nutrition of processed foods and government agencies responsible for food safety are presented. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE
Credit transferable: Transfers to CSU
GE Credit: MPC E1 Wellness

NUTF 10 - Food Science (2 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lecture
This course covers food science principles with emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food. Portions of instruction may be offered online; may also be offered fully online. [C-ID NUTR 120 with NUTF 10L]

Corequisite(s): NUTF 10L
Advisory: Completion of or concurrent enrollment in ENGL 1A
Credit transferable: Transfers to CSU
GE Credit: MPC B Natural Sciences (must include lab)

NUTF 10L - Food Science and Safety Laboratory (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course covers the application of food science principles with an emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food in the laboratory. Portions of instruction may be offered online; may also be offered fully online. [C-ID NUTR 120 with NUTF 10]

Corequisite(s): NUTF 10
Credit transferable: Transfers to CSU
GE Credit: MPC B Natural Sciences (must include lab)
Materials fee: $30

NUTF 25 - Basic Medical Nutrition Therapy and Modified Diets (3 units)
Letter Grade (LG) Only • Total hours: 51 hours lecture
This course covers nutrition principles, diet therapies for different disease conditions, and how those diets are translated into menu planning and meal service. Topics include normal nutrition, basic medical nutrition therapy, modified diets, and cultural/religious foods. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE
Credit transferable: Transfers to CSU
GE Credit: MPC E2 Career Exploration

NUTF 35 - Food Service I: Production, Sanitation, and Food Safety (3 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture
This course is an introduction to Foodservice principles and practices for the Dietary Manager. Recipe standardization, food production and distribution, food safety, and quality control are covered. This course is part I of the foodservice series for the Dietary Manager Training Program. Portions of instruction may be offered online; may also be offered fully online.

Credit transferable: Transfers to CSU

NUTF 45 - Food Service II: Facility and Human Resource Management (3 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture
This course incorporates the skills and knowledge necessary for Certified Dietary Managers to manage both facilities and personnel with an emphasis on personnel, communications, and business operations. This is part II of the foodservice series for the Certified Dietary Manager Program. Portions of instruction may be offered online; may also be offered fully online.

Credit transferable: Transfers to CSU

NUTF 58 - Sanitation, Safety, Equipment (3 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture
This course studies basic concepts of personal and institutional sanitation, safety procedures and programs, and concepts of safety and sanitation related to the selection, layout, and use of equipment. Offered as HOSP 58 and NUTF 58; credit may be earned only once. Portions of instruction may be offered online; may also be offered fully online. [C-ID HOSP 110]

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE
Credit transferable: Transfers to CSU

NUTF 215 - Certified Dietary Manager/Food Protection Professional Prep (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 17 hours lecture
This course offers exam preparation and review for those taking the Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) exam. Portions of instruction may be offered online; may also be offered fully online.

Credit transferable: Non-transferable

NUTF 400 - Plant-Based Whole-Food Cooking (0 units)
Non Credit • Total hours: 4 hours lecture; 14 hours lab
This course covers the benefits of a plant-based whole-food diet from a health and sustainability perspective, and provides students the basic cooking skills to prepare a variety of different plant-based whole-food meals and snacks. Portions of instruction may be offered online; may also be offered fully online.

Repeatable: Noncredit

NUTF 405 - Nutrition for Healthy Aging (0 units)
Non Credit • Total hours: 17 hours lecture
This course provides participants with strategies to eat healthfully to prevent or delay chronic conditions and live healthier, more active lives. It is focused on nutrition issues affecting older adults, including nutrition recommendations for seniors, nutrients of concern, fluids, regular physical activity, eating on a budget, grocery shopping, food safety, and community programs to foster health and connection. Portions of instruction may be offered online; may also be offered fully online.

Repeatable: Noncredit