

# NUTRITION SCIENCE

*Program Purpose: Students who complete Nutrition courses will understand their own nutrition and health, and strive to be proactive in shaping their own healthy choices.*

The Nutrition Science program is designed to meet the needs of all health conscious persons. The program particularly addresses itself to those interested in promoting personal wellness as well as those aspiring to careers in health, nutrition, and fitness. For some, this program may lead to entry into the dietetics/nutrition program at a four-year college or university.

## NTS M01 Introduction to Nutrition Science 3 Units

*In-Class Hours:* 52.5 lecture

*C-ID:* NUTR 110

Examines scientific concepts of nutrition related to the function of nutrients within the human body and current health issues. Focuses on the nutrient requirements throughout the life cycle, as well as an emphasis on individual needs.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E1

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

## NTS M07 Cultural Foods 3 Units

*In-Class Hours:* 52.5 lecture

Evaluates the historical and cultural aspects of traditional and contemporary food habits of Native Americans, European Americans, African Americans, Asian Americans, and Hispanic Americans. Examines the influence of industry, technology, politics, the economy, and religion on food patterns. Reviews the role of ethnic families, their therapeutic uses of food, and their nutrition education practices.

*Advisories/Rec Prep:* BIOL M01, BIOL M02A, BIOL M02AH, or PSY M14

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** B2, E1

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** D, E

**IGETC:** 4

## NTS M09 Introduction to Food Science with Lab 3 Units

*In-Class Hours:* 35 lecture, 52.5 laboratory

*C-ID:* NUTR 120

Applies food science principles with emphasis on ingredient function and interaction, and food preparation techniques. Explores sensory evaluation standards, and examines food safety and sanitation.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

## NTS M20 Essentials of Food Safety 3 Units

*In-Class Hours:* 52.5 lecture

*C-ID:* HOSP 110

Explores basic principles of microbiology, sanitation, safety, equipment selection, and facility layout for a food service operation. Examines core principles of food safety for staff, customers, and the entire food operation.

**Catalog Notes:** Prepares student for National Food Handler Certification examination and for Food Protection Manager Certification.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

- Nutrition and Dietetics, Associate in Science for Transfer (<http://catalog.vcccd.edu/moorpark/programs-courses/nutrition-science/nutrition-dietetics-ast/>)

## Dean

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