

FOODS AND NUTRITION

The Food and Nutrition curriculum prepares students for careers in the following areas but is not limited to the Food Service industry, Hospitals, Retirement Homes, Spas, Rehabilitation Centers, and Schools. Students planning to transfer to a four-year institution and major in Hospitality should consult with a counselor regarding the transfer process and lower-division requirements. Please see Culinary Arts for more courses in this major.

Contact Information

Division: Applied Technology, Transportation, and Culinary Arts (T - 108)

Division Phone Number: (909) 384-4451

Faculty Chair: Stacy Meyer (smeyer@sbccd.edu), M.A.

Counselor Liaisons: Debbie Orozco (dorozco@sbccd.edu), M.A. and Patricia Jones (pjones@sbccd.edu), M.A.

- Dietetic Aide Certificate of Achievement
- Dietetic Service Supervisor Certificate of Achievement
- Nutrition and Dietetics Associate in Science for Transfer Degree

FN 060 4 Units

Modified Diets

Lecture: 72 contact hours

Prerequisite: FN 162

This course concentrates on the principles of therapeutic nutrition in order to provide modified diets for individuals with a variety of health conditions. The focus is on the rationale for dietary adequacy and how modifications improve a person's well-being.

Associate Degree Applicable

FN 064 3 Units

Nutrition Management

Lecture: 54 contact hours

The focus of this course is on the food service and nutrition management in a health care facility. It includes the development of policies, protocols and procedures for organizing, staffing and training, as well as the promotion of sound financial planning and a cost control system.

Associate Degree Applicable

FN 066 3 Units

Nutrition Care

Lecture: 54 contact hours

Prerequisite: FN 060

This course integrates the academic content and principles of nutrition, diet and menu development with the application of nutrition care, diet evaluation, diet education and dietetic practice.

Associate Degree Applicable

FN 098 1-4 Units

Food and Nutrition Work Experience

WRKEX: 300 contact hours

This course involves supervised training, in the form of on-the-job employment that will enhance the student's knowledge in the selected field of study. The student's major and job must match. Students work 5-20 hours per week to earn units using the following formula: For paid work, 75 hours = 1 unit; for volunteer work, 60 hours = 1 unit. Students may earn a total of 16 units toward graduation in Work Experience 098 courses. See department for specific guidelines.

Associate Degree Applicable

FN 162 3 Units

Introduction to Food and Nutrition

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H

This course introduces the scientific concepts of nutrition related to the function of nutrients in the basic life processes. Emphasis is on individual nutrition needs for health promotion and disease prevention, food sources of nutrients, current nutritional issues and diet analysis.

Associate Degree Applicable

Transfers to both UC/CSU

C-ID: NUTR 110