NUTRITION (NUTR)

NUTR-155
Introduction to Nutrition **3 UNITS**
3.0 hours lecture
This course is an introduction of the fundamentals of nutrition as it relates to personal health and wellbeing. Current nutrition information (and misinformation) will be discussed to determine optimal dietary choices. Students will analyze their personal diets using evidence-based dietary goals and guidelines. Other topics include weight maintenance techniques, eating disorders, food labeling, food safety and special needs at various stages in the life cycle. The information covered will be practical and relevant to assist students in achieving a healthy, balanced relationship with food. (CSU/UC) (AA/AS-D, CSU-E)

NUTR-158
Nutrition for Fitness and Sports **3 UNITS**
3.0 hours lecture
Students will investigate the effects of nutrition and various dietary regimens on athletic performance, physical fitness, and general health. Students will compare the physiological effects of optimal nutrition vs. inadequate nutrition for the general population as well as athletes. Cultural, sociological, and psychological influences on diet, nutrition and athletic performance will be examined thoroughly. Current "fad" and supposed performance-enhancing diets and supplements will be discussed. (CSU) (AA/AS-D, CSU-E)

NUTR-159
Cultural Aspects of Food and Nutrition **3 UNITS**
3.0 hours lecture
This course explores the regional, ethnic, cultural, religious, historical, geographical, and social influences on food patterns, cuisines, and health, as well as how food is viewed as an expression of cultural identity and diversity. An overview of nutrition-related health disparities and inequities within racial and ethnic groups is discussed and assessed. Also examined are traditional foods, food availability, and global food issues. Connections are drawn between major historical events and how and why these events affected and defined the culinary traditions of different societies. Issues of diversity, equity and inclusion within the nutrition and dietetics profession are also discussed. (CSU/UC) (AA/AS-D, CSU-E)

NUTR-200
Foods and Nutrition: Overview and Opportunities **1 UNITS**
1.0 hours lecture
This course will provide students with an overview of career opportunities in the foods, nutrition, and dietetics. Students will be guided through the professional and academic pathways that will prepare them to join the field as registered dietitian nutritionists (RDNs), nutrition and dietetic technicians, registered (NDTRs), certified dietary manager (CDM), as well as other opportunities in the field. Students will also learn about trends in the nutrition and dietetics field, ethics for nutrition professionals, and issues related professional practice.

NUTR-205
The Scientific Principles of Food Preparation **4 UNITS**
Corequisite: Concurrent enrollment in CHEM 116 or a "C" grade or higher or "Pass" in CHEM 116 or equivalent.
3.0 hours lecture, 3.0 hours laboratory
This course explores the science of food with an emphasis on the chemical compounds, chemical reactions and physical changes that occur during food preparation. The course will examine the function and interaction of ingredients, food safety and sanitation standards, and the effects of preparation methods on the nutrient composition and palatability of foods. The course includes hands-on experience in sensory evaluation techniques and standards, as well as a variety of food preparation techniques. (CSU)

NUTR-255
Science of Nutrition **3 UNITS**
Prerequisite: "C" grade or higher or "Pass" in BIO 120 and CHEM 115 or CHEM 120 or equivalent.
3.0 hours lecture
This course will establish the relationship between foods and science through the study and integration of chemistry, biology and nutrition science. Understanding of the metabolism, functions and sources of nutrients will be covered in detail to correlate the role they have in promotion of health and disease prevention. Discussion of the challenges that occur during the human lifecycle and how nutrient needs change will be covered. This course includes evaluation from a scientific perspective of current concepts, controversies, and dietary recommendations. Nutritional issues as they relate to weight maintenance, eating disorders, food labeling, food safety and special needs at various stages in the lifestyle will be thoroughly examined. (CSU/UC) (CSU-E)