

# NUTRITION & DIETETICS (NUTR)

## **NUTR 253 Nutrition, Health, and Disease (Units: 3)**

Prerequisite: One semester of chemistry or physiology or permission of the instructor.

Introduction to the basic principles of nutrition and the relationship of the human diet to health. Overview of the nutrition profession, the biological uses of nutrients and tools for dietary planning. Examination of the importance of food choice on health of the human and global systems. Evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods. [Formerly DFM 253]

## **NUTR 353GW Foodservice Systems Management - GVAR (Units: 3)**

Prerequisites: Restricted to upper-division Nutrition & Dietetics majors; GE Area A2; NUTR 253 with a grade of C- or higher.

Organization and management of foodservice systems. Areas within foodservice systems: production and service management, sanitation and safety, cost control, and human resources. Daily business operation procedures. (ABC/NC grading only) [Formerly DFM 353GW]

### **Course Attributes:**

- Graduation Writing Assessment

## **NUTR 356 Foods and World Culture (Units: 3)**

Prerequisite: Upper-division standing.

Art and science of foods and their consumption in relation to historical, national, geographical, racial, and religious customs. Distinctive cuisines of various cultures. Evaluation of dietary habits in relation to the nutritional needs of individuals. [Formerly CFS 356]

## **NUTR 357 Principles of Food Preparation (Units: 3)**

Prerequisites: Restricted to upper-division standing; GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better; or permission of the instructor.

Blending the science of nutrition with skills in fundamental cooking. Explore nutrition and food science principles, techniques of food preparation, food safety, sensory evaluation of food, ingredient function and interaction, and nutrient composition of food. Integrated lecture-lab activities provide hands-on opportunities to put scientific principles to the test in the kitchen and learn some cooking skills. Focus on cultural foods such as Japanese milk bread, Brazilian Pao, queso blanco, and mushroom etouffee, as well as plant-based foods. Lecture, 2 units; laboratory, 1 unit. Extra fee required. [Formerly CFS 352]

### **Course Attributes:**

- UD-B: Physical Life Science

## **NUTR 450 Advanced Nutrition I (Units: 3)**

Prerequisites: Restricted to Nutrition and Dietetics majors; BIOL 212, BIOL 213, CHEM 349, and MATH 124 with grades of C- or better.

Research in human nutrient requirements and metabolic interrelationships of proteins, carbohydrates, and lipids found in foods. Includes nutritional genomics. (Plus-minus letter grade only) [Formerly DFM 350]

## **NUTR 453 Nutrition in the Life Cycle (Units: 3)**

Prerequisites: Restricted to upper-division and second baccalaureate Nutrition & Dietetics majors; NUTR 253\* with a grade of C- or better.

Focus on modification of nutritional requirements throughout the life cycle. Impact and importance of nutrition for growth and development from conception through adolescence. Role of nutrition in health maintenance, prevention, and treatment of chronic diseases throughout adulthood and aging. [Formerly CFS 453]

## **NUTR 457 Management of Quantity Food Purchasing and Production (Units: 3)**

Prerequisites: Restricted to Nutrition & Dietetics majors; NUTR 357 with a grade of C- or better.

Implementation of purchasing, specifications, and procedures related to quantity food production, management, menu planning, standardized recipes, merchandising, cost, and quality control. [Formerly DFM 458]

## **NUTR 484 Medical Nutrition Therapy I (Units: 3)**

Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; BIOL 212, BIOL 213, CHEM 349, and NUTR 253 with grades of C- or better.

The healthcare team and roles in the nutritional care of clients in various settings. Assessment strategies and record keeping for clinical dietetics. Quality assurance. Nutrition education for outpatient clients. [Formerly DFM 484]

## **NUTR 550 Advanced Nutrition II (Units: 3)**

Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; BIOL 212, BIOL 213, CHEM 349, MATH 124, and NUTR 450 with grades of C- or better.

Research in human nutrient requirements and metabolic interrelationships of vitamins, minerals, water, and non-nutritive substances found in foods. [Formerly DFM 450]

## **NUTR 551 Nutrition Education and Communication (Units: 3)**

Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; NUTR 353GW.

Objectives, methods, resources, and evaluation techniques for educational programs in commercial and community settings in dietetics. Knowledge, attitudes, and skills as a nutrition and dietetics educator. Lecture, 2 units; activity, 1 unit. (Plus-minus letter grade only) [Formerly DFM 655]

## **NUTR 557 Experimental Food Study (Units: 3)**

Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; CHEM 115, MATH 124, and NUTR 357\* with grades of C- or better.

Food components and their interactions. Chemical and physical principles applied to foods. Recipe testing and formulation. Developments of experimental attitudes and techniques applicable to food science. Lecture, 2 units; laboratory, 1 unit. Extra fee required. [Formerly DFM 357]

**NUTR 584 Medical Nutrition Therapy II (Units: 3)**

Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; BIOL 212, BIOL 213, CHEM 349, NUTR 253, NUTR 484, NUTR 550 (may be taken concurrently) with grades of C- or better.

Analyzing and integrating research in nutritional diet therapy. Application to health care in clinical and community environments. Designing dietary components of patient care plans. Diet counseling techniques. [Formerly DFM 485]

**NUTR 651 Community Nutrition and Assessment (Units: 3)**

Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; NUTR 551 with a grade of C- or better.

Nutritional assessment applied to community and clinical settings. Assessment protocols and practice. Nutrition counseling strategies, program planning and evaluation, legislation, and public policy. Lecture, 2 units; laboratory, 1 unit. [Formerly DFM 451]

**NUTR 751 Seminar in Nutritional Assessment Across the Lifespan (Units: 3)**

Prerequisites: Dietetics certificate students.

Nutritional assessment of patients and clients in the community. Assessment of children, adults, and the older adult. (Plus-minus letter grade, RP) [Formerly DFM 751]

**NUTR 755 Seminar in Human Nutrition and Metabolism (Units: 3)**

Prerequisite: Dietetics certificate students.

Nutrition and the metabolism of nutrients in varying stages of wellness. Recent research related to energy nutrients, vitamins, minerals, and non-nutritive substances. (Plus-minus letter grade only.) [Formerly DFM 755]

**NUTR 758 Seminar in Foodservice and Nutrition Program Management (Units: 3)**

Prerequisite: Dietetics certificate students.

Management of quantity foodservice operations and nutrition programs in the community. Financial management, management principles, operations, marketing, menu development, program development and evaluation, and quality improvement. (Plus-minus letter grade, RP) [Formerly DFM 758]

**NUTR 785 Seminar in Medical Nutrition Therapy (Units: 3)**

Prerequisite: Dietetics certificate students.

Medical nutrition therapy for patients and clients in acute care settings. Practical aspects of nutritional assessment and care planning. (Plus-minus letter grade, RP) [Formerly DFM 785]

**NUTR 881 Internship in Dietetics (Units: 6)**

Prerequisite: Dietetics certificate students.

Field experience in dietetics in private or public for-profit or non-profit organizations which enable acquisition of knowledge and performance competencies required by The American Dietetic Association. May be repeated for a total of 12 units. (CR/NC grading only) [Formerly DFM 881]