

NUTRITION AND FOOD SCIENCE (NUTF)

NUTF 0005. Food Preparation for Nutrition and Life Fitness

Units: 3

Advisory: Eligibility for ENGL 1A

Hours: 90 (36 lecture, 54 laboratory)

Course focuses on the application of food science principles. Ingredient function and interaction, food preparation techniques, sensory evaluation, food safety and sanitation, and nutrient composition of foods emphasized. Modification of some recipes to adhere to current dietary guidelines. (C-ID NUTR 120) (CSU)

NUTF 0010. Principles of Nutrition

Units: 3

Advisory: Eligibility for ENGL 1A

Hours: 54 lecture

Scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues with emphasis on individual needs. The specific nutrient needs throughout the lifespan will also be examined. (C-ID NUTR 110) (CSU, UC)

NUTF 0013. Nutrition throughout the Life Cycle

Units: 3

Also known as HDEV 61

Advisory: Completion of NUTF 10 with grade of "C" or better

Hours: 54 lecture

Examination of nutritional requirements, concerns, and interventions during several stages of the life cycle, from preconception to old age. Analysis of cultural, environmental, physical, and economic factors affecting nutritional status. Practical application of adequate nutrition through dietary selection and promotion of health throughout each life cycle stage. (CSU)

NUTF 0014. Nutrition for Physical Performance

Units: 3

Prerequisite: Completion of NUTF 10 with grade of "C" or better

Hours: 54 lecture

A comprehensive study of essential nutrients in food and supplements, their function and utilization during activities involving muscle strength, muscle endurance, cardiopulmonary fitness, and flexibility. (CSU)

NUTF 0028. Independent Study

Units: 1-3

Designed for students interested in furthering their knowledge at an independent study level in an area where no specific curriculum offering is currently available. Independent study might include, but is not limited to, research papers, special subject area projects, and research projects. See Independent Study page in catalog. (CSU)

NUTF 0095. Internship in Nutrition and Food Science

Units: 0.5-4

Designed for advanced students to work in an area related to their educational or occupational goal. Provides new on-the-job technical training under the direction of a worksite supervisor, allowing students to expand knowledge and skills in the chosen field. Mandatory orientation session and faculty approval to determine eligibility. Students may earn up to a total of 16 units in internship courses (any course numbered 95 and PDEV 94). (CSU-with unit limitation)