

# NUTRITION AND FOOD SCIENCE (NUTF)

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## **NUTF 0005. Food Preparation for Nutrition and Life Fitness**

*Units: 3*

Advisory: Eligibility for ENGL 1A

Hours: 90 (36 lecture, 54 laboratory)

Focuses on the application of food science principles. Emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation, food safety and sanitation, and nutrient composition of foods. Modification of recipes to optimize nutrient content. (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. Sports Nutrition**

*Units: 3*

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

Hours: 54 lecture

Presents fundamental nutrition concepts and applies them to individuals interested in physical activity, exercise, and sport. Nutrition topics include short-term and long-term nutrient intake, hydration status, supplement use, and body composition as they relate to physical performance. Basic fitness information regarding the key components of fitness, energy systems, and energy balance will also be explored. (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. One unit of credit is equal to each 60 hours of non-paid work, or each 75 hours of paid work. Students may earn up to a total of 16 units in internship courses (any course numbered 95 and PDEV 94). (CSU-with unit limitation)