

# FOODS & NUTRITION (FN)

## FN C160 3 Units (54 lecture hours)

### Food Safety and Sanitation

Advisory: FN C170.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

The basic principles of bacteriology, safety, equipment selection, and facility layout for food service operations. Includes cause and control of food-borne illnesses, cleaning materials and procedures, general safety regulations, food processing methods, first aid, and fire prevention. National food handler certification exam will be given. Graded or Pass/No Pass option. **C-ID:** HOSP 110.

## FN C170 3 Units (54 lecture hours)

### Nutrition

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Scientific concepts of nutrition relating to the functioning of nutrients in the basic processes of life. Individual needs, food sources of nutrients, current nutrition issues, scientific principles to analyze and evaluate nutritional information, and diet analysis will be emphasized. Graded or Pass/No Pass option. **C-ID:** NUTR 110.

## FN C177 3 Units (54 lecture hours)

### Global Perspectives of Food and Culture

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

This course uses anthropological concepts to examine the social, cultural, and ecological aspects of food, food production, material culture of food, and food resources in a global, historical, and comparative perspective. Examines how food choices affect personal health, lifestyle, environment, and the wider human society. This course is identical to ANTH C175. Graded or Pass/No Pass option.

## FN C180 3 Units (54 lecture hours)

### Nutrition and Disease

**Prerequisite(s):** FN C170.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Fundamentals of nutrition needs for common and uncommon health conditions/diseases including lifecycle variations. Review of the Nutrition Care Process (NCP), scope of practice, screening for nutritional risk, assessment of dietary needs, medical nutrition therapy interventions, modified diets, meal planning, and menu writing. Graded or Pass/No Pass option.

## FN C190 3 Units (54 lecture hours)

### Foodservice Management

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course is the study of personnel, communication, and business operation as they pertain to dietary managers. Course content covers recruiting, staffing, scheduling, educating, and managing personnel as well as managing operation and capital budget, purchasing and implementing cost-effective procedures. This course is identical to MGMT C160. Graded or Pass/No Pass option.

## FN C225 3 Units (54 lecture hours)

### Nutrition through the Lifecycle

Advisory: FN C170.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly FN C175. This course is the study of special nutritional needs, physiology and health concerns throughout the principle stages of the life cycle - pregnancy, lactation, infancy, childhood, adolescence, adulthood, older adulthood. This course is identical to GERO C225. Graded or Pass/No Pass option.

## FN C283 1 Unit (60, 75 other hours)

### Work Based Learning in Business Operations and Personnel Management

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Course is designed to provide students with real-life experience in business operation and personnel management as they pertain to dietary managers. Students will practice and apply topics covered in their instructional courses which include determining personnel needs and job functions, participating in employee hiring process, managing a budget and planning and budgeting for improvement in the department design and layout, assisting in the purchasing process and implementing cost-effective procedures. Note: 75 hours of paid work or 60 hours of non-paid work in a field related to Foodservice Business Operation and Personnel Management. Student must be enrolled in a total of 7 units including Work Based Learning. Graded or Pass/No Pass option.

## FN C284 1.5 Units (90, 112 other hours)

### Work Based Learning in Foodservice, Sanitation and Safety

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This work-based learning course provides field experience for students in the Dietary Management Program. Students will apply the principles of sanitation, food protection, hazard analysis critical control guidelines, manage standardized recipes, prepare and produce food on a large scale. Note: 112 hours of paid work or 90 hours of non-paid work in a field related to Foodservice, Sanitation and Safety. Student must be enrolled in a total of 7 units including Work Based Learning. Graded or Pass/No Pass option.

**FN C285**

**0.5 Units (30-37 other hours)**

**Work Based Learning in Nutrition**

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course is the study and practice of medical nutrition therapy as it pertains to dietary managers. Students will gather and apply nutrition data, interview for nutrition-related information and provide nutrition education to clients under the supervision of a Registered Dietitian in healthcare setting. Note: 38 hours of paid work or 30 hours of non-paid work in a field related to nutrition. Student must be enrolled in a total of 7 units including Work Based Learning. Graded or Pass/No Pass option.