

# FOODS & NUTRITION (FN)

**FN A100** 1 Unit (18 lecture hours; 9 lab hours)

## Careers in Dietetics and Food Science

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

Exploration of the fields of Dietetics and Food Science/Culinology, including trends, future projections and employment opportunities. Guest speakers and field trips to nutrition services in health care and community agencies and food manufacturing plants are included. Same as Nutrition Care A100. Students completing Food and Nutrition A100 may not receive credit for Nutrition Care A100.

**FN A125** 1 Unit (9 lecture hours; 18 lab hours)

## Vegetarian Nutrition

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

**Transfer Credit:** CSU.

Vegetarian diets are explored including information on healthy food choices, nutritional implications, and cooking techniques. Each class includes demonstrations and preparation of a wide variety of vegetarian foods. Vegetarian foods from different cultures are also included. May be taken for grades or on a pass-no pass basis.

**FN A136** 3 Units (54 lecture hours)

## Nutrition, Fitness and Performance

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

**Transfer Credit:** CSU.

An applied nutrition course for individuals interested in health, fitness, and athletics. Principles of nutrition are studied and applied to the athlete and active individuals. Includes pre and post event food and fluid selection, nutrient requirements, supplements, muscle mass and body fat related to performance. Same as Health Education A136 and Kinesiology A283. Students completing Food and Nutrition A136 or Kinesiology A283. May be taken for grades or on a pass-no pass basis.

**FN A140** 2 Units (27 lecture hours; 27 lab hours)

## Introduction to Nutrition Concepts

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU

Practical approach to nutrition: includes basic nutrition, food product evaluation, menu modification, food and health issues, nutrition controversies, and food safety. Recommended for Culinary Arts and students wanting an overview of applied nutrition. This course may also be offered online.

**FN A144** 3 Units (54 lecture hours)

## Life Cycle Nutrition

**Advisory:** FN A140 OR FN A170.

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

An overview of nutrition for the mother during pregnancy and lactation (breast feeding). Nutritional recommendations for infants, including breast and/or bottle feeding and solid foods through the first year of life. Government assistance programs such as WIC will be explored.

**FN A145** 1 Unit (18 lecture hours)

## Life Cycle Nutrition: Children

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

An overview of nutritional needs of children (ages 2 – 18), including age appropriate practices and foods to promote optimum growth and development as well as common problems of weight (over/under), food allergies and intolerances.

**FN A170** 3 Units (54 lecture hours)

## Nutrition

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU; UC.

Scientific concepts of nutrition relating to the functioning of nutrients in the basic life processes. Emphasis on individual needs, food sources of nutrients, current nutrition issues, and diet analysis. Recommended for nutrition majors and transfer students. This course may also be offered online. **C-ID:** NUTR 110.

**FN A171** 2 Units (18 lecture hours; 36 lab hours)

## Applied Nutrition

**Prerequisite(s):** FN A136 or FN A140 or FN A170 or HLED A136 or concurrent enrollment.

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

Current issues in nutrition are explored along with weekly meal preparation and analysis emphasizing maximum nutrient intake. Topics covered include energy needs, current research, eating disorders, supplements, functional foods, and food safety.

**FN A180** 3 Units (36 lecture hours; 54 lab hours)

## Principles of Foods

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

Basic knowledge of food science principles and food preparation techniques. Emphasis on ingredient interaction, technique and production standards, food safety, sanitation, nutrient values, and food representations. Recommended for students transferring to the CSU in Nutrition. **C-ID:** NUTR 120.

**FN A185** 2 Units (27 lecture hours; 27 lab hours)

## Cultural Foods

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

**Transfer Credit:** CSU.

Exploration of America's diverse micro-cultures through food including origins, customs, psychological acceptance and nutrition information. Emphasis is placed on food preparation techniques, utensils, food service, and creation of an authentic atmosphere. Meets AA Cultural Diversity Requirement. May be taken for grades or on a pass-no pass basis.

**FN A195 4 Units (54 lecture hours; 72 lab hours)**

**Food Science**

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

Food science is the scientific study of raw food materials and their behavior during formulation, processing, packaging, storage, and includes evaluation as consumer food products. Meets the AS Laboratory Science requirement. Lecture/Lab.

**FN A196 4 Units (54 lecture hours; 72 lab hours)**

**Food Science Quality Control**

**Prerequisite(s):** FN A195.

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

The purpose of this class is to prepare students to work in a Food Manufacturing Quality Control lab. Multiple Food Manufacturing Quality Control Principles will be examined. Each examined principle will have multiple lecture and lab components. Students will use real world Quality Control lab techniques to analyze products found in the market place and correlate that product to a homemade one.

**FN A199 0.5 Units (9 lecture hours)**

**Current Issues in Food, Nutrition, and Food Science**

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

**Transfer Credit:** CSU.

Study and review of current issues in the field of food, nutrition, food science, and dietetics, including a variety of topics, such as general nutrition, food research and technology, cook/chill, and nutrition related to health and disease, wellness, the life cycle, and fraud. May be taken for grades or on a pass-no pass basis.

**FN A286 2 Units (6 lecture hours; 120-150 other hours)**

**Directed Practice for Culionology@/Food Science**

**Prerequisite(s):** FN A195 and FSM A160.

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

On-the-job training at approved institutional or commercial facilities working with a food scientist or culinologist in the development of new products or quality assurance. Students will be required to follow dress standards and company policies of conduct, set by the facility in which they are working. Ten hours paid, eight hours unpaid, plus six hours seminar.