

# NUTRITION (NUTR)

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## **NUTR-100 Family Nutrition** **3 Units (LEC 48-54)**

This course covers basic principles of nutrition. It includes the study of the essential nutrients, food labels, meal planning, dietary considerations for various stages of life, dietary recommendations for disease prevention, and weight control methods.

Transfers to both UC/CSU

**CSU Area(s):** E1

**AA/AS General Education:** AA/AS B2, AA/AS E

## **NUTR-100H Honors Family Nutrition** **3 Units (LEC 48-54)**

This course covers basic principles of nutrition. It includes the study of the essential nutrients, food labels, meal planning, dietary considerations for various stages of life, dietary recommendations for disease prevention, and weight control methods.

**Prerequisite:** Acceptance into the Honors Enrichment Program.

Transfers to both UC/CSU

**CSU Area(s):** E1

**AA/AS General Education:** AA/AS B2, AA/AS E

## **NUTR-101 Introduction to Nutrition Science (formerly Nutrition and Foods)** **3 Units (LEC 48-54)**

This course examines the science of nutrition. The course develops the student's understanding of digestion, absorption, and metabolism of the macro and micro nutrients and the role they play in dietary intervention of various disease states. This course also explores the role of nutrition throughout the life span and the effects of exercise on overall wellness.

**Recommended Preparation:** ENGL-101.

Transfers to CSU only

**C-ID:** NUTR 110

**CSU Area(s):** E1

**AA/AS General Education:** AA/AS A, AA/AS E

## **NUTR-101H Honors Introduction to Nutrition Science (formerly Nutrition and Foods)** **3 Units (LEC 48-54)**

This course examines the science of nutrition. The course develops the student's understanding of digestion, absorption, and metabolism of the macro and micro nutrients and the role they play in dietary intervention of various disease states. This course also explores the role of nutrition throughout the life span and the effects of exercise on overall wellness.

**Prerequisite:** Acceptance into the Honors Enrichment Program.

**Recommended Preparation:** ENGL-101.

Transfers to CSU only

**CSU Area(s):** E1

**AA/AS General Education:** AA/AS A, AA/AS E

## **NUTR-124 Principles of Foods with Lab** **3 Units (LAB 96-108, LEC 16-18)**

This course covers basic knowledge and application of food science principles and food preparation techniques. Topics include ingredient function and interaction, technique and production standards, sensory evaluation standards, food safety and sanitation, and nutrient composition of food.

Transfers to CSU only

## **NUTR-299 Special Projects: Nutrition** **1-3 Unit (IS 16-54)**

Students with previous course work in the program may do special projects that involve research and special study. The actual nature of the project must be determined in consultation with the supervising instructor.

**Prerequisite:** Two Nutrition classes must be completed prior to enrollment; a contract must be completed with the instructor prior to enrollment.

Transfers to CSU only