Nutrition and Foods

Overview

CRC’s Department of Nutrition and Foods offers an Associate’s Degree Program that is challenging, accessible, and rewarding. The program provides opportunities to master the knowledge and skills required for transfer to a didactic program in dietetics or a four-year degree in nutrition and foods.

Program Maps

Nutrition and Dietetics, A.S.-T Degree (/crc/main/doc/programs/program-maps/nutri-diet-as-t-degree-ho.pdf)
Nutrition and Dietetics, A.S.-T Degree, IGETC (/crc/main/doc/programs/program-maps/nutri-diet-as-t-igetc-degree-ho.pdf)
Nutrition, Plant-Based Nutrition and Sustainable Agriculture, Certificate of Proficiency (/crc/main/doc/programs/program-maps/nutri-pbn-sa-cert-ho.pdf)

Dean
Nancy Reitz (about-us/contact-us/faculty-and-staff-directory/nancy-reitz)

Department Chair
Dana Wassmer (about-us/contact-us/faculty-and-staff-directory/dana-wassmer)

Career and Academic Community
Health and Human Services (/academics/career-and-academic-communities/health-and-human-services)

Phone
(916) 691-7390

Email
reitzn@crc.losrios.edu (mailto:reitzn@crc.losrios.edu)

Associate Degrees for Transfer

A.S.-T. in Nutrition and Dietetics

The Associate in Science in Nutrition and Dietetics for Transfer degree provides students with a major that fulfills the general requirements of the California State University for transfer to baccalaureate degree programs in nutrition and dietetics. Students with this degree will receive priority admission with junior status to the California State University System. The Associate in Science in Nutrition and Dietetics for Transfer is comprised of lower division coursework typically required by CSU institutions. Students must complete the following Associate Degree for Transfer requirements (Pursuant to SB1440, §66746):

• 60 semester or 90 quarter CSU-transferable units
• the California State University-General Education-Breadth pattern (CSU GE-Breadth); OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern
• a minimum of 18 semester or 27 quarter units in the major or area of emphasis as determined by the community college district
• obtain a minimum grade point average (GPA) of 2.0
• earn a grade of C or better in all courses required for the major or area of emphasis

Upon successful completion of the Associate in Science in Nutrition and Dietetics for Transfer degree requirements, students will be guaranteed admission to the CSU system with junior status and will not have to repeat lower division coursework.

Each California State University may have slightly different requirements for transfer so it is critical for students to work with their counselors to develop individual academic plans.

Catalog Date: June 1, 2020

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTR 300</td>
<td>Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 440</td>
<td>General Microbiology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 400</td>
<td>General Chemistry I</td>
<td>5</td>
</tr>
<tr>
<td>PSYC 300</td>
<td>General Principles (3)</td>
<td>3</td>
</tr>
</tbody>
</table>

List A:

A minimum of 8 units from the following:

<table>
<thead>
<tr>
<th>COURSE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 420</td>
<td>Organic Chemistry I (5)</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 431</td>
<td>Anatomy and Physiology (5)</td>
<td>5</td>
</tr>
<tr>
<td>and BIOL 430</td>
<td>Anatomy and Physiology (5)</td>
<td>5</td>
</tr>
<tr>
<td>STAT 300</td>
<td>Introduction to Probability and Statistics (4)</td>
<td>4</td>
</tr>
<tr>
<td>or PSYC 330</td>
<td>Introductory Statistics for the Behavioral Sciences (3)</td>
<td>3</td>
</tr>
<tr>
<td>or ECON 310</td>
<td>Statistics for Business and Economics (3)</td>
<td>3</td>
</tr>
</tbody>
</table>

List B:

<table>
<thead>
<tr>
<th>COURSE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 401</td>
<td>General Chemistry II</td>
<td>5</td>
</tr>
</tbody>
</table>
Total Units: 28

If BIOL 430 is selected, BIOL 431 must also be selected as the second course taken.

The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

- Have access to the Internet
- Be familiar with word processing, PowerPoint, retrieving and attaching electronic documents and using the world wide web
- Have self-discipline, motivation, and the ability to complete required assignments on schedule.

Enrollment Process

Eligible students are selected for the program according to the following steps:

- Admission to the college
- Contact CRC Nutrition and Foods Program Counselor regarding the specific transferrable requirements for the individual universities.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- PSLO 1: Explain the principles of nutrition and its effect on health
- PSLO 2: Demonstrate a fundamental understanding of health behaviors on nutritional and health status

Career Information

Upon successful completion of a baccalaureate degree in nutrition or dietetics include positions as dieticians, nutritionists and dietetic technicians in hospitals/nursing homes, school food services, other health related facilities, college food service, industry food service, restaurants, public health agencies, nutrition programs, WIC programs, Meals on Wheels, health clubs, weight management clinics, community wellness centers, food companies, contract food management companies, and food distribution companies.

Associate Degrees

A.S. in Nutrition and Foods

CRC's Department of Nutrition and Foods offers an Associate's Degree Program that is challenging, accessible, and rewarding. The program provides opportunities to master the knowledge and skills required for transfer to a didactic program in dietetics or a four-year degree in nutrition and foods.

Highlights include:

* Online nutrition courses

Note to Transfer Students:
If you are interested in transferring to a four-year college or university to pursue a Bachelor's degree in this major, it is critical that you meet with a CRC counselor to select and plan the courses for your major. Schools vary widely in terms of the required preparation. The courses that CRC requires for an Associate's degree in this major may be different from the requirements needed for the Bachelor's degree.

Catalog Date: June 1, 2020

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 305</td>
<td>Introduction to Chemistry (5)</td>
<td>5</td>
</tr>
<tr>
<td>or CHEM 400</td>
<td>General Chemistry I (5)</td>
<td></td>
</tr>
<tr>
<td>NUTRI 300</td>
<td>Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CAM 301</td>
<td>Food Theory and Preparation (4)</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 102</td>
<td>Essentials of Human Anatomy and Physiology (4)</td>
<td>4 - 5</td>
</tr>
<tr>
<td>or BIOL 430</td>
<td>Anatomy and Physiology (5)</td>
<td></td>
</tr>
<tr>
<td>NUTRI 310</td>
<td>Cultural Foods of the World (3)</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 310</td>
<td>General Biology</td>
<td>4</td>
</tr>
</tbody>
</table>

First Year (Fall):

Second Year (Fall):
### Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

- Have access to the Internet
- Have an e-mail account
- Be familiar with word processing, PowerPoint, retrieving and attaching electronic documents and using the world wide web
- Have self-discipline, motivation, and the ability to complete required assignments on schedule.

### Enrollment Process

Eligible students are selected for the program according to the following steps:

- Admission to the college
- Contact CRC Nutrition and Foods Program Counselor regarding transferable courses.

### Student Learning Outcomes

Upon completion of this program, the student will be able to:

- PSLO 1: Demonstrate independent learning and effective communication skills
- PSLO 2: Explain the principles of nutrition and its effect on health
- PSLO 3: Demonstrate a fundamental understanding of health behaviors on nutritional and health status
- PSLO 4: Demonstrate a fundamental understanding of food service management function
- PSLO 5: Compare the effectiveness of various management styles
- PSLO 6: Interpret current nutrition research

### Career Information

Hospitals/nursing homes, school food services, other health related facilities, college food service, industry, restaurant, public health agencies, nutrition program, WIC programs, Meals on Wheels, health clubs, weight management clinic, community wellness centers, food companies, contract food management companies, food distribution companies. Some career options may require more than two years of college study. Classes beyond the associate degree may be required to fulfill some career options or for preparation for transfer to a university program.

### Certificates of Achievement

#### Nutrition and Foods, Community Nutrition Certificate

This certificate advances student's understanding of the interaction between nutrition and health. The focus is on community wellness through dietary choices, as they relate to nutrition needs of individuals throughout the lifecycle, cultural influences, community programs targeted at addressing nutrition-related issues and basic food preparation techniques. After completing the classes for this certificate, students may apply credits toward CRC's Nutrition and Foods associate's degree program. Students earning this certificate are not qualified to practice medical nutrition therapy.

The Nutrition department offers courses both on-campus and online to accommodate varying students’ needs.

**Catalog Date:** June 1, 2020

### Certificate Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTRI 300</td>
<td>Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CAM 301</td>
<td>Food Theory and Preparation</td>
<td>4</td>
</tr>
<tr>
<td>COURSE CODE</td>
<td>COURSE TITLE</td>
<td>UNITS</td>
</tr>
<tr>
<td>-------------</td>
<td>-------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>NUTRI 310</td>
<td>Cultural Foods of the World (3)</td>
<td>3</td>
</tr>
<tr>
<td>NUTRI 350</td>
<td>Community Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NUTRI 322</td>
<td>Nutrition Issues Throughout Life</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total Units:</strong></td>
<td><strong>16</strong></td>
</tr>
</tbody>
</table>

Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

- Have access to the Internet
- Have an e-mail account
- Be familiar with word processing, PowerPoint, retrieving and attaching electronic documents and using the world wide web
- Have self-discipline, motivation, and the ability to complete required assignments on schedule

Enrollment Process

Eligible students are selected for the program according to the following steps:

- Admission to the college
- Contact CRC Nutrition and Foods Program Counselor regarding transferrable courses

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- PSLO 1: Demonstrate independent learning and effective communication skills
- PSLO 2: Explain the principles of nutrition and its effect on health
- PSLO 3: Demonstrate a fundamental understanding of health behaviors on nutritional and health status

Career Information

Upon further academic study, students would be qualified for positions in hospitals/nursing homes, school food services, other health related facilities, college food service, industry, restaurant, public health agencies, nutrition program, WIC programs, Meals on Wheels, health clubs, weight management clinic, community wellness centers, food companies, contract food management companies, food distribution companies. These career options may require more than the certificate and two years of college study. Classes beyond the associate degree may be required to fulfill some career options or for preparation for transfer to a university program.

Plant-Based Nutrition and Sustainable Agriculture Certificate

The Plant-Based Nutrition and Sustainable Agriculture Certificate Program brings farm-to-fork into the classroom. It provides the science that supports the benefits of whole plant-based foods to the health of the individual as well as the environment. Students will gain knowledge in the function of plant-based foods towards the treatment and prevention of chronic diseases. The program addresses the environmental and social concerns with strategies and principles of sustainable agriculture. Students will master the theories and skills of plant-based food preparation bringing the food to the fork and into everyday food choices.

Contact the CRC Nutrition and Foods, Horticulture, and/or Ag Counselor regarding transferable courses.

**Catalog Date:** June 1, 2020

Certificate Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTRI 303</td>
<td>Plant-Based Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NUTRI 331</td>
<td>Plant-Based Food Principles and Preparation</td>
<td>3</td>
</tr>
<tr>
<td>HORT 313</td>
<td>Sustainable Agriculture</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total Units:</strong></td>
<td><strong>9</strong></td>
</tr>
</tbody>
</table>

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- PSLO 1: Demonstrate independent learning and effective communication skills.
- Demonstrate responsibility for personal action and choices.
- Communicate effectively both orally and in writing.
- PSLO 2: Explain the principles of nutrition and its effect on health.
- Relate the dietary causes of chronic diseases.
- Evaluate the role of plant-based foods on health and the environment.
- PSLO 3: Demonstrate a fundamental understanding of health behaviors on nutritional and health status.
• Schematize the effects of personal food choice on health, the environment and public policy.
• PSLO 4: Basic and advanced plant science/horticulture skills development and improvement.
• Demonstrate a fundamental understanding of soils, soil development, soil building and preparation and sustainable soil management.
• Demonstrate a fundamental understanding of hydraulics and irrigation design, installation, and water management principles and practices.
• Create agriculture design concepts based on sound, sustainable soil management, water conservation, construction and maintenance, and integrated pest management best practices.
• PSLO 5: Effectively and accurately prepare and analyze raw ingredients and prepared foods.
• Evaluate food through sensory evaluation of texture, taste, color, presentation, smell and umami.
• Identify optimal cooking procedures/heat transfer to maximize nutrient content as well as the quality of the ingredients and dish as a whole.
• Analyze quality defects in cooked products and specify possible errors in techniques or ingredient selection.
• PSLO 6: Implement proper sanitary and safety techniques.
• Demonstrate appropriate food handling and sanitary techniques.
• Utilize kitchen tools/equipment appropriately.

Career Information

In restaurants, food service facilities, farms, urban farms, sustainable/organic farms, school garden, health education. Some of these career options may require more than the certificate and two years of college study. Classes beyond the associate degree may be required to fulfill some career options or for preparation for transfer to a university program.

Nutrition (NUTRI) Courses

NUTRI 299 Experimental Offering in Nutrition and Foods

Units: 0.5 - 4
Prerequisite: None.
Catalog Date: June 1, 2020

NUTRI 300 Nutrition

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: AAAS Area III(b); CSU Area E1
C-ID: C-ID NUTR 110
Catalog Date: June 1, 2020

This course studies the basic science of human nutrition and its application to health and chronic diseases. It examines the sources and functions of micro- and macronutrients nutrients, including digestion, absorption, and transportation. Emphasis is placed on the health implications associated with dietary patterns, phytonutrient intake, consumption of whole foods, the impact of processing, and consequences of under and overconsumption. The course will also include topics such as nutrition as a world and consumer problem, weight loss, sports nutrition, food safety, and the diet-disease relationship, among others. An evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods will be completed to help students assess their own nutritional health.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

• SLO 1: Demonstrate independent learning and effective communication skills.
• Demonstrate independent learning by attending or logging in to class regularly.
• Utilize time management effectively and prioritize tasks to meet deadlines.
• Demonstrate effective communication (orally and/or in writing).
• SLO 2: Explain the principles of nutrition and their effects on health.
• Explain the science of nutrition and scientific research.
• Explain the process of digestion and absorption involved for each of the nutrients.
• Identify the disease(s) associated with nutrient deficiencies and toxicities.
• Compare and understand the nutrient, caloric, and food requirements at the various stages of the life cycle.
• Examine the role of food in the promotion of a healthy lifestyle.
• Examine the roles of food technology and environment issues related to food.
• SLO 3: Demonstrate fundamental understanding of health behaviors on nutrition and health status.
• Analyze and evaluate personal dietary intake and review food compositions.
• Examine the relationship of dietary intake to weight management, sports performance, chronic diseases, and global nutrition (hunger).

NUTRI 303 Plant-Based Nutrition
This course studies the science of plant-based nutrition and its application to health promotion, chronic disease reduction and the sustainability of the environment. It examines the sources and functions of micro- and macronutrients in plant foods and how the body digests, absorbs, transports and stores them. Emphasis is placed on the health implications associated with the standard American dietary intake, phytonutrient intake, whole foods/plant foods consumption, the impact of processing, and consequences of under and overconsumption. The course will also include topics on how plant-based nutrition significantly reduces the ecological footprint, how food choice can influence public policy, weight loss, food safety, and the diet-disease relationship, among others. An evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods will be completed to help students assess their own plant-based nutritional health.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- SLO 1: Demonstrate independent learning and effective communication skills.
- Demonstrate responsibility for personal actions and choices.
- Communicate effectively both orally and in writing.
- SLO 2: Explain the principles of nutrition and its effect on health.
- Relate the dietary causes of chronic diseases.
- Evaluate the role of plant-based foods on individual health and the environment.
- SLO 3: Demonstrate a fundamental understanding of health behaviors on nutritional and health status.
- Schematize the effects of personal food choice on health, the environment and public policy.

NUTRI 310 Cultural Foods of the World

This course compares various western and non-western culture food customs and patterns including their social, religious, economic and aesthetic significance. The nutritional status of various cultures as it relates to geographic agricultural and socioeconomic factors will be explored. Ethnocentrism, gender-related stereotypes, and racism as they relate to the availability, distribution, and preparation of food throughout the world will also be compared.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- SLO 1: Demonstrate independent learning and effective communication skills
- demonstrate independent learning by attending or logging in to class regularly
- utilize time management effectively and prioritizes tasks to meet deadline
- demonstrate effective oral and written communication
- SLO 2: Demonstrate fundamental understanding of health behaviors on nutritional and health status
- analyze ethnicity, ethnocentrism, and racism and their impact on American food habits
- analyze the impact of food-related stereotypes
- compare traditional food habits of other cultures with contemporary food habits of Americans
- analyze similarities and differences in the nutritional contributions from comparative ethnic foods
- list the common foods in each culture studied
- identify food patterns as related to religious practices, cultural customs, psychological and family structures, and health beliefs
- analyze the distribution and availability of food based on ethnocentrism, gender-related issues and racism
- demonstrate personal methods of cultural tolerance by examining various cultures

NUTRI 322 Nutrition Issues Throughout Life

This course is designed to provide an in-depth study of nutrition issues throughout life, focusing on the nutritional needs and challenges at various stages of life, including infancy, childhood, adolescence, adulthood, pregnancy, and aging. It covers topics such as growth and development, energy balance, protein metabolism, vitamins, minerals, and other nutrients. It also explores the impact of lifestyle choices, environmental factors, and genetic predispositions on nutrient status and health. The course aims to develop an understanding of the complex interactions between nutrition, health, and disease at different life stages, and to equip students with the knowledge and skills to make informed decisions about nutrition and health throughout the lifespan.
This course is a study of the nutritive needs of persons at various stages of the lifecycle with emphasis on special periods such as pregnancy, preschool, adolescence and aging. This course may be helpful for Kinesiology and Early Childhood Education students as well as those working with people in social agencies, such as nursing and gerontology, seeking an understanding of the nutritional changes and requirements through the different stages of life.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- SLO 1: Demonstrate independent learning and effective communication skills
- Demonstrate independent learning by attending or logging in to class regularly.
- Utilize time management effectively and prioritizes tasks to meet deadlines.
- Demonstrate effective oral and in written communication.
- SLO 2: Explain the principles of nutrition and its effect on health
- Analyze the effect of nutrition on the outcome of pregnancy for both the mother and the child.
- Examine the nutrition needs of low and high-risk pregnancies.
- Evaluate the nutrient needs of healthy persons at various stages of life.
- Examine how nutrient needs can be satisfied under normal conditions at each stage of development.
- Inspect the nutrition support programs and the role of the nutrition professional in promoting nutrition and health.
- Distinguish the role of nutrition on growth and development as well as health in children, pregnancy, and elderly.
- SLO 3: Demonstrate a fundamental understanding of health behaviors on nutritional and health status
- Inspect the factors involved in the development of healthy food and lifestyle habits.
- Formulate a nutritional care plan to promote health during pregnancy, lactation, infancy, childhood, adolescence, adulthood, and elderly years.
- SLO 4: Interpret current nutrition research
- Analyze research articles and summarize findings in essays.

NUTRI 331 Plant-Based Food Principles and Preparation

Units: 3
Hours: 36 hours LEC; 54 hours LAB
Prerequisite: None.
Advisory: ENGW 51 and MATH 20 with grades of "C" or better
Transferable: CSU
General Education: AA/AS Area III(b)
Catalog Date: June 1, 2020

This course provides a comprehensive study of plant-based food ingredients and the basic principles and techniques involved in plant-based food preparation. Students will examine the factors that influence taste and the changes that occur in foods during preparation. In the laboratory, basic cooking skills and theoretical applications will be emphasized. Additionally, importance is placed on the reasons for recipe procedures and the prevention and correction of cooking failures.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- SLO 1: Demonstrate independent learning and effective communication skills.
- Demonstrate responsibility for personal actions and choices.
- Communicate effectively both orally and in writing.
- SLO 2: Effectively and accurately prepare and analyze raw ingredients and prepared foods.
- Evaluate food through sensory evaluation of texture, taste, color, presentation, smell.
- Identify optimal cooking procedures/heat transfer to maximize nutrient content as well as the quality of the ingredients and dish as a whole.
- Analyze quality defects in cooked products and specify possible errors in techniques or ingredient selection.
- SLO 3: Implement proper sanitary and safety techniques.
- Demonstrate appropriate food handling and sanitary techniques.
- Utilize kitchen tools/equipment appropriately.

NUTRI 340 Nutrition and Metabolism

Units: 3
Hours: 54 hours LEC
Prerequisite: NUTRI 300 with a grade of "C" or better
Advisory: BIOL 102, BIOL 310, and LIBR 318
Transferable: CSU
Catalog Date: June 1, 2020

This course examines the chemical structure and metabolism of carbohydrates, lipids, and proteins. Emphasis is placed on the biological roles of vitamins and minerals, metabolic pathways and their relation to health and disease. In addition, this course will help the student integrate and apply metabolic knowledge and concepts to contemporary and controversial issues in nutrition.

Student Learning Outcomes
Upon completion of this course, the student will be able to:

- **SLO 1**: Demonstrate independent learning and effective communication skills.
- Demonstrate independent learning by attending or logging in to class regularly.
- Utilize time management effectively and prioritizes tasks to meet deadlines.
- Demonstrate effective written communication.
- **SLO 2**: Explain the principles of nutrition and its effect on health
  - Analyze the biological role of various nutrients in the body.
  - Analyze and examine nutrition and metabolism at the physiological level.
  - Relate the deficiency and toxicity conditions to the vitamin and minerals.
  - Examine the role and the metabolic processes of the macronutrients.
  - Evaluate the type of nutrients and how nutrients are used for energy during various conditions.
- Analyze the role of complementary and alternative nutrition and dietary supplements.
- **SLO 3**: Interpret current nutrition research.
  - Examine the appropriate use and interpretation of the current dietary guidelines and recommendations.
  - Integrate scientific knowledge and relate it to current nutrition issues.
  - Compose a written essay on a current nutrition issue.

**NUTRI 350 Community Nutrition**

This course studies the theory, concepts, and philosophy affecting nutrition education and services in the community. Students will be introduced to programs, policies, and institutions that influence nutrition services at local, state and national levels throughout the lifespan, with special emphasis on infants and children as well as the elderly. Students will learn about epidemiology and its application in nutrition research and explore examples of how a variety of teaching methods can improve the nutritional status in a community and with various population groups.

**Student Learning Outcomes**

Upon completion of this course, the student will be able to:

- **SLO 1**: Demonstrate independent learning and effective communication skills.
- demonstrate independent learning by attending or logging in to class regularly
- utilize time management effectively and prioritizes tasks to meet deadlines
- demonstrate effective oral and written communication
- **SLO 2**: Demonstrate a fundamental understanding of health behaviors on nutritional and health status
  - examine the factors involved in nutrition-related deficiencies
  - appraise the public policy role in community nutrition and other health programs
  - demonstrate knowledge of educational material development
  - demonstrate knowledge of economic and public policy issues related to nutrition, food availability, and nutrition behaviors
- identify educational needs of diverse populations
- analyze general health assessment and application of health promotion and disease prevention
- **SLO 3**: Interpret current nutrition research
  - assess the nutrition-related problems which exist and the services available for helping to prevent or assist those problems in the community
  - examine materials and techniques for working in or with various community groups
  - demonstrate knowledge of a needs assessment
  - demonstrate knowledge of program planning, monitoring, and evaluation

**NUTRI 370 Food Service Management**

The course will study the organization, planning, and control of production for a quantity food service operation. This course also examines the process and importance of food service functions such as leadership, human resource management and employee in-service training, menu planning and pricing, scheduling of staff and production, portion and temperature control, recipe standardization and scaling, basic tenants of food and equipment safety and sanitation, and elements of culinary layout and design.

**Student Learning Outcomes**

Upon completion of this course, the student will be able to:

- **SLO 1**: Demonstrate independent learning and effective communication skills.
- Demonstrate independent learning by attending or logging in to class regularly.
- Utilize time management effectively and prioritize tasks to meet deadlines.
- Demonstrate effective communication (orally and/or in writing).
- SLO 2: Demonstrate a fundamental understanding of food service management function.
- Analyze scheduling requirements for food production and staffing efficiently.
- Calculate menu item costs and calculate selling prices.
- Distinguish principles of good menu writing practice.
- Explain methods of controlling portion size.
- Discuss the factors affecting volume and sales mix forecasting.
- Calculate standardized recipes and accurately scale recipes for specific operational needs.
- Calculate quantities of food to order and to produce for specified operations.
- Discuss factors involved in planning efficient facility layout and equipment purchases.
- SLO 3: Compare the effectiveness of various management styles.
- Identify management styles.

NUTRI 495 Independent Studies in Nutrition and Foods

Units: 1 - 3
Hours: 54 - 162 hours LAB
Prerequisites: None.
Transferable: CSU
Catalog Date: June 1, 2020

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of "Special Studies" for full details of Independent Studies.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- SLO #1: Actively engage in intellectual inquiry beyond that required in order to pass a course of study (College Wide Learning Outcome – Area 4).
- Discuss and outline a proposal of study (that can be accomplished within one semester term) with a supervising instructor qualified within the discipline.
- Design an independent study (to be completed individually or by collaboration of a small group) to foster special knowledge, skills, and experience that are not available in any one regularly scheduled course.
- Use information resources to gather discipline-specific information.
- SLO #2: Utilize modes of analysis and critical thinking to apply theoretical perspectives and/or concepts in the major discipline of study to significant problems and/or educational activities (College Wide Learning Outcome – Area 3).
- Analyze and apply the knowledge, skills and experience that are involved in the independent study to theoretical perspectives and/or concepts in the major discipline of study.
- Explain the importance of the major discipline of study in the broader picture of society.
- SLO #3: Communicate a complex understanding of content matter of the major discipline of study (College Wide Outcome – Area 3).
- Demonstrate competence in the skills essential to mastery of the major discipline of study that are necessary to accomplish the independent study.
- SLO #4: Identify personal goals and pursue these goals effectively (College Wide Outcome – Area 4).
- Utilize skills from the “academic tool kit” including time management, study skills, etc., to accomplish the independent study within one semester term.

NUTRI 499 Experimental Offering in Nutrition and Foods

Units: 0.5 - 4
Prerequisites: None.
Transferable: CSU
Catalog Date: June 1, 2020

Julie BoarerPitchford
Adjunct Nutrition Professor
Office: CRC Main, WINN, 111
Email: boarerj@crc.losrios.edu
Phone: (916) 691-7200
Web: Julie BoarerPitchford's Profile Page (/about-us/contact-us/faculty-and-staff-directory/julie-boarerpitchford)

Serena Fuller PhD RD
Adjunct Nutrition Professor
Office: CRC Main, WINN, 111
Email: fullers@crc.losrios.edu
Phone: (916) 691-7200
Web: Serena Fuller PhD RD's Profile Page (/about-us/contact-us/faculty-and-staff-directory/serena-fuller-phd-rd)

Timaree Hagenburger MPH
RDN EPc
Nutrition Professor
Office: CRC Main, WINN, 215I
Email: hagenbt@crc.losrios.edu

Laura Hall
Adjunct Nutrition Professor
Office: CRC Main, WINN, 111
Desiree Rojo
Adjunct Nutrition Professor
Office: CRC Main, WINN, 111
Email: rojod@crc.losrios.edu
Phone: (916) 691-7200
Web: Desiree Rojo's Profile Page (/about-us/contact-us/faculty-and-staff-directory/desiree-rojo)

Marie Schirmer PhD RD
Adjunct Nutrition Professor
Office: CRC Main, WINN, 111
Email: schirmm@crc.losrios.edu
Phone: (916) 691-7200
Web: Marie Schirmer PhD RD's Profile Page (/about-us/contact-us/faculty-and-staff-directory/marie-schirmer-phd-rd)

Dana Wassmer
Nutrition Professor
Office: CRC Main, WINN, 215F
Email: wassmed@crc.losrios.edu
Phone: (916) 691-7514
Web: Dana Wassmer's Profile Page (/about-us/contact-us/faculty-and-staff-directory/dana-wassmer)

Kristine Wise PhD
Adjunct Nutrition Professor
Office: CRC Main, WINN, 111
Email: wisek@crc.losrios.edu
Phone: (916) 691-7200
Web: Kristine Wise PhD's Profile Page (/about-us/contact-us/faculty-and-staff-directory/kristine-wise-phd)

More About the Program
NUTRITION AND FOODS DEPARTMENT ➤ (/ACADEMICS/NUTRITION-AND-FOODS)