NUTRI 107 Nutrition Basics for the Childcare Provider - Basic Nutritional Needs of Children 0-5 1 Unit
Same As: ECE 107
Advisory: ENGWR 102, ENGWR 103, or ESLW 320; or placement through assessment process.
Hours: 18 hours LEC
This course examines scientific information on the basic nutritional needs of children 0-5 years of age. Topics include macronutrient and micronutrient functions, dietary requirements, and growth and activity patterns in infants, toddlers, and preschool age children. It is designed to satisfy continuing education requirements for childcare providers advancing toward a Master Teacher Certificate. This course is not open to students who have taken ECE 107.

NUTRI 108 Nutrition Basics for the Childcare Provider - Diet, Health, & Physical Activity 0-5 years 1 Unit
Same As: ECE 108
Prerequisite: ECE 107 or NUTRI 107 with a grade of "C" or better
Hours: 18 hours LEC
This course provides scientific information on the relationship between diet, physical activity, and health of children 0-5 years of age. Topics include health implications of dietary deficiencies and excesses, childhood obesity, and physical activity. It is designed to satisfy continuing education requirements for childcare providers advancing toward the Master Teacher Certificate. This course is not open to students who have taken ECE 108.

NUTRI 109 Nutrition Basics for the Childcare Provider - Healthy Foods and Meal Planning 1 Unit
Same As: ECE 109
Prerequisite: ECE 108 or NUTRI 108 with a grade of "C" or better
Hours: 18 hours LEC
This course provides practical information for planning healthy meals and diets for children 0-5 years of age. Its focus is on: creative ways to incorporate fruits and vegetables; how to address neophobia; teaching opportunities at meal and snack time; the importance of a balanced diet; meal and snack planning. It is designed to satisfy continuing education requirements for childcare providers advancing toward the Master Teacher Certificate. This course is not open to students who have taken ECE 109.

NUTRI 110 Nutritional Care Management 3 Units
Corequisite: NUTRI 112.
Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
Hours: 54 hours LEC
This course is a study of medical nutrition therapies as used in health care facilities. The emphasis is on the modification of diets for various dietary needs. The topics discussed include normal nutrition, medical nutrition therapy, food/drug interactions, nutritional care management of the long term care resident, and cultural foods.

NUTRI 112 Clinical Experience-Nutrition Care Management 2.5 Units
Corequisite: NUTRI 110.
Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
Enrollment Limitation: Current TB clearance and other immunizations required by clinical facility.
Hours: 18 hours LEC; 90 hours LAB
This course provides a clinical experience, under the supervision of a clinical professional, in the dietary departments of participating acute care hospitals and long term care facilities. Topics include normal and life cycle nutrition, disorders of the gastrointestinal tract, diabetes, wasting disorders, nutrition and mental health.

NUTRI 120 Management of the Dietary Department in Health Care Facilities 3 Units
Corequisite: NUTRI 122.
Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
Enrollment Limitation: Current Serv Safe Certification.
Hours: 54 hours LEC
This course reviews the standards of management and food preparation as it applies to quantity food production in health care facilities. The topics include types and components of food production systems, work flow, menu implementation, emergency planning, maintenance of equipment, food production procedures, sanitation and safety, and dietary staff schedules and management.

NUTRI 122 Clinical Experience in Health Care Facilities 2.5 Units
Corequisite: NUTRI 120.
Hours: 18 hours LEC; 90 hours LAB
This course is designed to be taken concurrently with NUTRI 120. This course includes 90 hours of clinical experience in the dietary departments of participating acute hospitals and long term care facilities. The clinical experience is performed under professional supervision.

NUTRI 130 Introduction to Dietary Management 2 Units
Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
Hours: 36 hours LEC
This course provides an introduction to the profession of dietetics, with emphasis on a career as a dietary services supervisor (DSS). It examines current public policy and legislation related to the profession. It also includes the fundamentals of basic nutrition, individuals' nutritional needs throughout the life cycle, health promotion, and disease prevention.
NUTRI 132  Management of the Dietary Department in Health Care Facilities  3 Units
Prerequisite: NUTRI 130 with a grade of “C” or better
Corequisite: NUTRI 133
Advisory: ENGW 102 or 103, and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESWL 320 with a grade of “C” or better; OR placement through assessment process.
Enrollment Limitation: Current ServSafe Certification
Hours: 54 hours LEC
This course provides opportunities to study current, controversial topics in nutrition which are either not included in current offerings or require emphasis beyond that offered in existing courses. The course may be taken four times for a maximum of 6 units providing there is no duplication of topics.

NUTRI 133  Clinical Experience in Health Care Facilities  2.5 Units
Prerequisite: NUTRI 130 with a grade of “C” or better
Corequisite: NUTRI 132
Advisory: ENGW 102 or 103, and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESWL 320 with a grade of “C” or better; OR placement through assessment process.
Enrollment Limitation: Current TB clearance and other immunizations required by clinical facility.
Hours: 18 hours LEC; 90 hours LAB
This course offers clinical experience in health care facilities. It includes 90 hours of clinical experience in the dietary departments of participating acute hospitals and long term care facilities. The clinical experience is performed under professional supervision. This course is designed to be taken concurrently with NUTRI 133.

NUTRI 134  Nutritional Care Management  3 Units
Prerequisite: NUTRI 130 with a grade of “C” or better
Corequisite: NUTRI 135
Advisory: ENGW 102 or 103, and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESWL 320 with a grade of “C” or better; OR placement through assessment process.
Hours: 54 hours LEC
This course is a study of nutrition therapeutic diets used in health care facilities. It emphasizes the modification of diets for various dietary needs of the long term care resident. This course is designed to be taken concurrently with NUTRI 135.

NUTRI 135  Clinical Experience in Nutritional Care Management  2.5 Units
Prerequisite: NUTRI 130 with a grade of “C” or better
Corequisite: NUTRI 134
Advisory: ENGW 102 or 103, and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESWL 320 with a grade of “C” or better; OR placement through assessment process.
Enrollment Limitation: Current TB clearance and other immunizations required by clinical facility.
Hours: 18 hours LEC; 90 hours LAB
This course provides clinical experience, under the supervision of a clinical professional, in the dietary departments of participating acute care hospitals and long term care facilities. Topics include disorders of the gastrointestinal tract, diabetes, wasting disorders, nutrition, and mental health. This course is designed to be taken concurrently with NUTRI 134.

NUTRI 294  Topics in Nutrition and Foods  .5-4 Units
Hours: 9-72 hours LEC
This course provides opportunities to study current, controversial topics in nutrition which are either not included in current offerings or require emphasis beyond that offered in existing courses. The course may be taken four times for a maximum of 6 units providing there is no duplication of topics.

NUTRI 300  Nutrition  3 Units
Advisory: ESLL 320, or placement through the assessment process.; ENGWR 102 or 103, and ENGRD 116, and ESLR 320, ESWL 320, or placement through assessment process.
General Education: AAAS Area III(b); AAAS Area IV
Course Transferable to UC/CSU
Hours: 54 hours LEC
This is an in-depth study of the essential nutrients and their functions, and the chemical compositions of foods and their utilization in the body. This course includes discussion of the nutritional values of foods, current topics in nutrition, and individuals’ nutrition needs throughout the life cycle. This course is not open to students who have completed NUTRI 302.

NUTRI 302  Nutrition for Physical Performance  3 Units
Advisory: ENGW 102 or 103, and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESWL 320 with a grade of “C” or better.
General Education: AAAS Area III(b); AAAS Area IV
Course Transferable to CSU
Hours: 54 hours LEC
This course presents a comprehensive study of nutrition and fitness as they apply to fitness, sport skill training, and athletic performance. It includes an in-depth study of essential nutrients and functions, chemical compositions of foods and their use in the body as they relate to physical performance, muscle strength development, cardiovascular fitness, and body composition.

NUTRI 303  Nutrition for Health  2 Units
Advisory: ENGW 102 or 103 and ENGRD 116, or ESL 320, ESWL 320, and ESLR 320; or placement through the assessment process.
General Education: AAAS Area III(b)
Course Transferable to CSU
Hours: 36 hours LEC
This course presents a study of nutrition and fitness designed to increase an awareness of food, nutrition, and physical activity and their interrelationships. Topics include diet selection and food preparation. This course is designed for those interested in general wellness.

NUTRI 307  Nutrition for Fitness  2 Units
Same As: PET 402
Course Transferable to CSU
Hours: 36 hours LEC
This course is part of the Fitness Specialist Certificate Program. Basic principles of nutrition are studied and the ramifications of nutrition on fitness training. Not open to students who have completed PET 402.

NUTRI 310  Cultural Foods of the World  3 Units
Advisory: ENGW 102 or ENGW 103 and ENGRD 116, or ESL 320, ESWL 320, and ESLR 320; or placement through assessment process
General Education: AAAS Area VI
Course Transferable to UC/CSU
Hours: 54 hours LEC
This course compares various western and non-western culture food customs and patterns including their social, religious, economic, and aesthetic significance. Ethnocentrism, gender-related stereotypes, and racism as they relate to the availability, distribution, and preparation of food throughout the world will be compared. The nutritional status of various cultures as it relates to geographic agricultural and socioeconomic factors will be studied.
NUTRI 320  Children’s Health, Safety and Nutrition  3 Units
Same As: ECE 415
Advisory: ENGRW 102 or 103, and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESLW 320 with a grade of “C” or better; OR placement through assessment process.
Course Transferable to CSU
Hours: 54 hour LEC
This course examines basic nutrition, health, and safety needs of children from the prenatal period through school age. Topics include identification of nutrients in foods as they affect a child’s physical and mental development and standards for the maintenance of optimal health, safety, and nutrition status of children at home and in group care. Projects relating to children’s nutrition, health, and safety are required as part of the course. This course is not open to students who have taken ECE 415.

NUTRI 324  Nutrition for Healthy Aging  3 Units
Same As: GERON 340
Advisory: ENGRW 102 or 103, and ENGRD 116, or ESLR 320, ESLL 320, and ESLW 320, or placement through the assessment process.
Course Transferable to CSU
Hours: 54 hour LEC
This course is an introduction to nutritional concerns as they apply to the elderly, their implications in the aging process, and the environmental, economic and culture factors affecting nutritional status. This course is not open to students who have completed GERON 340.