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## Definition

The program in Nutrition and Foods allows individuals to acquire knowledge of nutrition to promote optimum health and maximize one's physical, social, and economic potential.

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## Staff

To access faculty and staff, dial (661) 722-6300, then the 4-digit extension.

### Program Advisement:

Dr. Karen Cowell, Dean ext. 6402

### Program Coordinator:

Karen Smith ext. 6402

### Faculty:

Dr. Rona Brynin ext. 6001

Ann Volk, R.D. ext. 6501

### Adjunct Faculty:

To access adjunct faculty voice mail, dial (661) 722-6300, then the 4-digit number.

V.M.

Carol Edgeworth, R.D. 2177

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## Program Description

The Nutrition and Foods program includes courses that may apply toward; 1) vocational training, 2) the associate degree or, 3) transfer to upper division institutions for careers in dietetics, dietary health care, and nutrition fitness and health.

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## Distinctive Features

This program provides up-to-date scientific and factual information as well as practical application of that information to the everyday nutrition and foods choices that consumers must make.

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## Career Options

Appliance and Equipment Demonstrator  
Caterer

Cafeteria Manager

Community Nutritionist

Dietary Aide

Dietary Workers: Day Care Centers

Dietary Workers: Health Care Centers

Dietary Workers: Public Agencies

Dietetic Technician

Dietitian

Fitness Product Sales Representative

Food Preparation Worker

Food Product Sales Representative

Food Service Manager or Administrator  
Restaurant Manager  
(Some of these careers may require education beyond the two-year college level.)

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## Certificate Program

Certificate not applicable.

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## Associate Degree

An associate degree with a major in Nutrition and Foods is not available. Nutrition and Foods courses can be included in the 21 units required for an associate degree in Family and Consumer Education. (See Graduation/Associate Degree Requirements.)

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## Transfer

Students planning to continue studies at a four-year college or university after AVC should visit the Transfer Resource Center and consult with a counselor as soon as possible. Additional information on official transfer articulation agreements from AVC to many CSU/UC campuses can be found at the following Web site: [www.assist.org](http://www.assist.org)

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## Prerequisite Completion

If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade in order to enroll in the next course. According to Title 5, Section 55200(d), a satisfactory grade is a grade of "A," "B," "C" or "P". Classes in which the Pass/No Pass option is available are indicated with an asterisk (\*) before the course title. See "Pass/No Pass Option" in the catalog for full explanation.

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## Nutrition and Foods Courses

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### NF 100 \*NUTRITION

3 units

3 hours weekly

**Advisory:** Eligibility for ENGL 101 and READ 099.

This course is designed to develop an understanding of basic nutrition for

healthy individuals and an appreciation of the relationship between sound nutritional food patterns and physical, mental, and emotional health. Discussion on recent developments in nutrition, as well as valid sources of nutritional information is included. (CSU, AVC)

### NF 102 \*NUTRITION AND FOOD FOR CHILDREN

3 units

3 hours weekly

**Advisory:** Eligibility for ENGL 099 and READ 099.

This course is designed to develop an understanding of basic nutrition issues relating to the basic nutritional needs of children from the prenatal period through adolescence. This will be integrated with the overall developmental goals for children. Identification of nutrients in food as they affect behavioral patterns, learning abilities, physical stamina and growth will be discussed. Meal planning for various age groups in child care will be covered. Recommended for students in a Child Education Certificate Program. (CSU, AVC)

### NF 104 \*CONCEPTS IN NUTRITION: NEW DEVELOPMENTS

1 unit

18 hours total

**Advisory:** Eligibility for ENGL 099 and READ 099.

This course is designed to provide the student with up to date information on current topics in nutrition. Topics covered will include the role of nutrition on cardiovascular disease risk, diabetes and the metabolic syndrome; a review of the most popular fad diets; quality of restaurant and fast foods; a review of the latest scientific information on various nutritional supplements. (CSU, AVC)

### NF 110 \*SPORTS NUTRITION

3 units

3 hours weekly

**Prerequisites:** Eligibility for ENGL 101, READ 099 and MATH 060.

This course is designed to develop an understanding of the special nutritional needs for those participating in regular

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physical activity, both individual and team sports. Nutrient and fluid intake before, during and after exercise or sports competition will also be examined. Discussion on the current research on performance-enhancing aids will also be explored. (CSU, AVC)

### **NF 150 \*FOOD AND CULTURE**

*3 units*

*3 hours weekly*

*Advisory: Eligibility for ENGL 101 and READ 099.*

This course is designed to study the culture and home life of varying populations. The study of each culture begins with a history of the group in its native environment then moves to its history and current demographics in the United States. Worldview is studied, including traditional foods, health practices and beliefs. Immigrant influence on American cooking, as well as impact on the health care system, will be analyzed and compared. Course includes sampling of foods from various cultures studied. The course will encourage self-examination and individual cultural identification as well as cultural bias of the student. It expands attitudes towards diversity and is essential for health care providers, food service professionals, dietitians and nutritionists. (CSU, AVC)