

## Program Description

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

### Staff

Please dial (661) 722-6300, then the 4 digit extension.

#### Division:

Greg Bormann, Dean	x.6402
Dr. Casey Scudmore, Associate Dean	x.6402
Sylvia Waller, Coordinator	x.6402
Vacant, Clerical Assistant III	x.6402
Dr. Wendy Stout, Department Chair	x.6150

#### Faculty:

Dr. Rona Brynin	x.6001
Ann Volk, R.D.	x.6501

#### Adjunct Faculty:

Jyothi Pinto, R.D.	2434
Andrea Megel	2922

## Career Options

Appliance and Equipment Demonstrator	Dietetic Technician
Caterer	Dietitian
Cafeteria Manager	Fitness Product Sales Representative
Community Nutritionist	Food Preparation Worker
Dietary Aide	Food Product Sales Representative
Dietary Workers: Day Care Centers	Food Service Manager or Administrator
Dietary Workers: Health Care Centers	Restaurant Managers
Dietary Workers: Public Agencies	
(Careers may require education beyond the two-year college level.)	

## Certificate Program

Certificate not applicable.

## Associate Degree

An associate degree with a major in Nutrition and Foods is not available.

## 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 [www.assist.org](http://www.assist.org)

## Prerequisite Completion

All prerequisite courses 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.

## Nutrition and Foods Courses

### NF 100 \*NUTRITION

3 units

3 hours weekly

**Advisory:** Eligibility for ENGL 101 or placement by multiple measures.

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. (C-ID: NUTR 110) (CSU, AVC)

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

3 units

3 hours weekly

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 103 \*PRINCIPLES OF FOOD PREPARATION

3 units

5 hours weekly [2 lecture, 3 lab]

An introduction to food science principles and food preparation techniques with emphasis on ingredient functions and interaction; food preparation techniques; sensory evaluation standards; food safety and sanitation; nutritional values. Food principles will be studied and then practically applied to laboratory problems. This course is suggested for nutrition and food science majors, family and consumer science majors and those interested in developing nourishing and satisfying food products of high quality. (C-ID: NUTR 120) (CSU, AVC)

### **NF 110 \*SPORTS NUTRITION**

*3 units*

*3 hours weekly*

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

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, UC, AVC)