

NUTRITION ASSISTANT - ASSOCIATE IN SCIENCE

Plan Code: 2321

The Nutrition Assistant is a member of the dietetic health care team, functioning under the direction of a Registered Dietitian Nutritionist (RDN). This program instructs the student in nutritional care, teaching techniques, nutrition principles, diet modification, nutritional counseling and food service management. Nutrition Assistants are trained to function as nutritional care specialists in the dietary departments of hospitals, clinics and other health care facilities. For the Nutrition Assistant Program, students must fulfill the Associate Degree requirements (by completing the Certificates of Achievement for the Dietetic Service Supervisor 30-unit program, Nutrition Assistant program courses 13 units and the graduation requirements). Students completing the associate degree, in Nutrition Assistant are eligible for transfer to a four-year university and can continue their education in Dietetics/Food and Nutrition. This degree offers a Registered Dietitian Nutritionist (RDN) pathway.

Program Student Learning Outcomes

- Demonstrate the ability to attain the Institutional Student Learning Outcomes (ISLOs).
- Synthesize the theory and principle of clinical nutrition care.
- Manage a healthcare kitchen to industry standards.
- Develop and conduct a nutrition presentation within a community agency.

Program Requirements

This degree requires the completion of General Education coursework plus the following:

Code Number	Course Title	Units
REQUIRED COURSES		
Complete the 30-unit coursework required for the Dietetic Service Supervisor Program:		
NUTR 20	Nutrition and Life	3
NUTR 21	Food Selection and Meal Preparation	4
NUTR 24	Sanitation, Safety and Equipment	3
NUTR 25	Intro to Food Service/Work Organizations	3
NUTR 28	Food Production Management	3
NUTR 31	Menu Planning and Food Purchasing	3
NUTR 32	Therapeutic Diets	3
NUTR 227	Supervision and Training Techniques	3
NUTR 230A	Clinical Field Experience I	2.5
NUTR 230B	Clinical Field Experience I	2.5
Subtotal Units		30
IN ADDITION, complete the following:		
NUTR 34	Advanced Nutrition Care	3
NUTR 35	Advanced Medical Nutrition Therapy	3
NUTR 236	Careers in Nutrition and Dietetics	1
NUTR 240A	Clinical Field Experience II	3
NUTR 240B	Clinical Field Experience II	3
Subtotal Units		13

Required Subtotal	43
Complete one of the following: ¹	19-39
LBCC General Education (Plan A) (https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-a/)	
CSU GE Breadth (Plan B) (https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-b/)	
IGETC Pattern (Plan C) (https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-c/)	
Electives (as needed to reach 60 degree-applicable units) ²	
Minimum Degree Total	60

¹ Units for the major may be double-counted for LBCC GE, CSU GE, or IGETC; see counselor for limitations.

² Elective units from course(s) numbered 1-599, if needed, to reach 60 degree-applicable units.

RECOMMENDED for the Natural Sciences Requirement: BIO 60 Human Biology (preferred), BIO 2 General Microbiology, PHYSI 1 Human Physiology, ANAT 1 Human Anatomy, or any CHEM.

RECOMMENDED for the Proficiency in Mathematics: It is recommended that the student complete this proficiency prior to enrollment in NUTR 28 Food Production Management and NUTR 32 Therapeutic Diets by presenting a passing score on the placement test or successful completion of a mathematics course at the level of elementary algebra (MATH 110 First Course in Algebra) or higher.