

# NUTRITION AND DIETETICS

Nutrition and Dietetics is one of the fastest growing industries. Hospitals, clinics, schools, senior living centers, wellness programs, community and public health centers, universities, and the hospitality industry are always in need of trained food service professionals. The Nutrition and Dietetics program prepares students for entry-level jobs in two years or less. Students earn state-recognized certification and receive hands-on training in local healthcare facilities.

## Associate in Science Transfer Degrees

- Nutrition and Dietetics - Associate in Science Transfer Degree (<https://lbcc-public.courseleaf.com/degrees-certificates/nutrition-dietetics/nutrition-dietetics-ast/>)

## Associate in Arts Degrees

- Dietetic Service Supervisor - Associate in Arts (<https://lbcc-public.courseleaf.com/degrees-certificates/nutrition-dietetics/dietetic-service-supervisor-aa/>)

## Associate in Science Degrees

- Nutrition Assistant - Associate in Science (<https://lbcc-public.courseleaf.com/degrees-certificates/nutrition-dietetics/nutrition-assistant-as/>)

## Certificates of Achievement

- Dietetic Service Supervisor - Certificate of Achievement (<https://lbcc-public.courseleaf.com/degrees-certificates/nutrition-dietetics/dietetic-service-supervisor-certificate-achievement/>)
- Formula Room Technician - Certificate of Achievement (<https://lbcc-public.courseleaf.com/degrees-certificates/nutrition-dietetics/formula-room-technician-certificate-achievement/>)

## Certificates of Completion

- Cake Decorating Techniques - Certificate of Completion (<https://lbcc-public.courseleaf.com/degrees-certificates/nutrition-dietetics/cake-decorating-techniques-certificate-completion/>)
- Certified Dietary Manager (CDM) Board Exam Preparation - Certificate of Completion (<https://lbcc-public.courseleaf.com/degrees-certificates/nutrition-dietetics/certified-dietary-manager-cdm-board-exam-preparation-certificate-completion/>)

### NUTR 20 (C-ID NUTR 110) 3 units

#### Nutrition and Life

#### 54 hours lecture

Grading: letter grade or pass/no pass.

Formerly F\_N 20. This course is an introduction to the fundamental physiological, anatomical, psychological, social, and biochemical principles related to human nutrition. It will also include a study of the human diet in the context of disease prevention, world food supply, and ecological factors.

Transferable to both UC and CSU; see counselor for limitations

### NUTR 21 (C-ID NUTR 120) 4 units

#### Food Selection and Meal Preparation

#### 54 hours lecture, 54 hours laboratory

Grading: letter grade or pass/no pass.

Formerly F\_N 21. This course introduces the knowledge and skills related to food selection and preparation, food product standards and factors contributing to the quality of prepared food.

Transferable to CSU Only

### NUTR 24 3 units

#### Sanitation, Safety and Equipment

#### 54 hours lecture

Grading: letter grade or pass/no pass.

Formerly NUTR 224 and F\_N 224. This course covers the application of basic safety and sanitation principles for a food service operation, the criteria used to evaluate equipment design and how to write equipment specifications. Students will be prepared to take the ServSafe Food Protection Management Certification Examination upon completion of the course. This certificate is required for those working in the food service and healthcare industries and meets the California State Health Code.

Transferable to CSU Only

### NUTR 25 3 units

#### Intro to Food Service/Work Organizations

#### 54 hours lecture

Grading: letter grade or pass/no pass.

Formerly NUTR 225 and F\_N 225. This course covers the scope, organization, management and administration of a food service system operating within a health care, community or school feeding program. Topics include facility layout and design, motion economy, task analysis and method improvement, and the education and experience necessary for employment.

Transferable to CSU Only

### NUTR 26 1 units

#### Nutrition for the Active Person

#### 18 hours lecture

Grading: letter grade or pass/no pass.

Formerly F\_N 26. This course is designed to assist the athlete and those who are physically active in examining his or her special nutritional needs based upon current research. Topics that are emphasized in the course include the nutritional needs of the athlete versus the non-athlete, improving athletic performance through nutrition and how to evaluate athletic diets such as high protein diets, carbohydrate loading and pre-game meals.

Transferable to CSU Only

### NUTR 28 3 units

#### Food Production Management

#### 54 hours lecture

Grading: letter grade or pass/no pass.

Formerly NUTR 228 and F\_N 228. This course introduces management techniques related to food service operations. Menu planning, production scheduling, equipment utilization, staffing and service systems are presented in this course. Students are required to participate in 3 additional hours at the Multidisciplinary Success Center in a review of basic math concepts required for the course.

Transferable to CSU Only

**NUTR 31 3 units****Menu Planning and Food Purchasing****54 hours lecture**

Grading: letter grade.

Formerly NUTR 231 and F\_N 231. This course covers the planning and design of health care institutional menus. Topics include: nutritional adequacy, psychological needs, types of operation, equipment and skill of personnel. Purchasing and costing of food, analysis of food quality, writing specifications, ordering, receiving and storing of food and supplies are also covered.

Transferable to CSU Only

**NUTR 32 3 units****Therapeutic Diets****54 hours lecture**

Recommended Preparation: NUTR 20.

Grading: letter grade.

Formerly NUTR 232 and F\_N 232. This course presents the principles of and indication for therapeutic diets in the treatment of diseases and disorders. Course content applies to dietetics programs in hospitals, convalescent and extended care facilities.

Transferable to CSU Only

**NUTR 34 3 units****Advanced Nutrition Care****54 hours lecture**

Recommended Preparation: NUTR 32.

Grading: letter grade or pass/no pass.

Formerly NUTR 234 and F\_N 234. This course presents nutrition education principles and techniques for the individual, family and small groups in normal, modified and preventive nutrition care throughout the lifecycle. Computer applications and cultural implications will be covered in this course.

Transferable to CSU Only

**NUTR 35 3 units****Advanced Medical Nutrition Therapy****54 hours lecture**

Recommended Preparation: NUTR 32.

Grading: letter grade.

Formerly NUTR 235 and F\_N 235. This course presents an advanced study of medical nutrition therapy with applications in diet counseling, menu modification, communication, documentation, education and appropriate food service delivery.

Transferable to CSU Only

**NUTR 227 3 units****Supervision and Training Techniques****54 hours lecture**

Grading: letter grade or pass/no pass.

Formerly F\_N 227. This course trains students for supervisory positions in food service operations related to health care facilities. Emphasis will include staff selection, training, presentation techniques, communication and staff development.

**NUTR 230A 2.5 units****Clinical Field Experience I****18 hours lecture, 90 hours laboratory**

Grading: pass/no pass.

Formerly F\_N 230A, F\_N 230AC and F\_N 230. This course provides supervised clinical field experience in health care facilities for dietetic service supervisor and nutrition assistant program students. Students learn and practice the skills necessary to coordinate a health care food service facility.

**NUTR 230B 2.5 units****Clinical Field Experience I****18 hours lecture, 90 hours laboratory**

Recommended Preparation: NUTR 230A.

Grading: pass/no pass.

Formerly F\_N 230B and F\_N 230AC. This course provides supervised clinical field experience in health care facilities for dietetic service supervisor and nutrition assistant program students. Students learn and practice the skills necessary to coordinate a health care food service facility.

**NUTR 233 1 units****Special Topics in Health Care Dietetics****18 hours lecture**

Grading: letter grade or pass/no pass.

Formerly F\_N 233. This course covers a variety of topics of interest to professionals in the field of health care dietetics/food and nutrition as well as nutrition/dietetics students. The latest developments and trends in the field will be addressed, such as medical nutrition therapies, nutrition care, and new products and resources. Course subject matter varies by semester; see the schedule of classes.

**NUTR 236 1 units****Dietetic Professional Development Seminar****18 hours lecture**

Grading: letter grade or pass/no pass.

Formerly F\_N 236. This course serves as an introduction to the development of professionalism and a team concept in the nutrition and dietetic health care system. The course examines financing, planning and regulating health care services related to dietetics, as well as the standards of professional responsibility and the code of ethics for the profession of nutrition and dietetics.

**NUTR 240A 3 units****Clinical Field Experience II****180 hours laboratory**

Recommended Preparation: NUTR 230B.

Grading: pass/no pass.

Formerly F\_N 240A, F\_N 240AC and F\_N 240. This course provides supervised clinical experience in health care facilities for students in the Nutrition Assistant Program. Students will learn and practice skills necessary to provide nutritional care services to clients in health care settings.

**NUTR 240B 3 units****Clinical Field Experience II****180 hours laboratory**

Recommended Preparation: NUTR 240A.

Grading: pass/no pass.

Formerly F\_N 240B and F\_N 240AC. This course provides supervised clinical experience in health care facilities for students in the Nutrition Assistant Program. Students will learn and practice skills necessary to provide nutritional care services to clients in health care settings.

**NUTR 250 2 units****Nutrition in Healthy Cooking****36 hours lecture**

Grading: letter grade or pass/no pass.

Formerly F\_N 250. This course provides a practical approach to the application of sound nutritional practices in the food service setting. Nutrition and Dietetics students, Culinary arts students and professionals will be able to incorporate healthful nutrition knowledge in their personal and professional lives. This course includes nutrition as it relates to health throughout the life cycle, menu/recipe design and modification, food product selection, and current trends in consumer preference.

**NUTR 251 1.5 units****Cake Decorating Techniques****18 hours lecture, 36 hours laboratory**

Grading: letter grade or pass/no pass.

Formerly F\_N 252A and F\_N 252AD. Topics in this course include cake decorating techniques, recipes, tools and skill development. A variety of icings, designs, and shaping techniques will be covered. This course is an elective for the Dietetic's program certificates.

**NUTR 252 1.5 units****Cake Decorating for Special Occasions****18 hours lecture, 36 hours laboratory**

Grading: letter grade.

Formerly F\_N 252B. Topics in this course covers cake decorating techniques for special occasions. Included will be creating cakes with special effects, candy molds, novelties, international styles, delivery, set up techniques and business practices.

**NUTR 253 1 units****ServSafe Certification Exam Prep****18 hours lecture**

Grading: letter grade or pass/no pass.

Formerly F\_N 253. This course will address the required standards of sanitation and safety in the handling, preparation, and serving of food to protect the public's health. Students will be prepared to take the ServSafe Food Protection Manager Certification Examination at the conclusion of the course. This Certificate required for those working in a food service and healthcare industries and meets the California State Health Code.

**NUTR 254 1 units****Nutrition for Adults and Aging****18 hours lecture**

Grading: letter grade or pass/no pass.

Formerly F\_N 255C. This course provides the most recent information in the specific area of nutrition. Facts and fallacies and life cycle nutrition focusing on seniors are emphasized.

**NUTR 255 1 units****Vegetarian Lifestyle****18 hours lecture**

Grading: letter grade or pass/no pass.

Formerly F\_N 225D. This course provides the knowledge to plan and practice a vegetarian lifestyle and maintain optimum nutrition. Topics will include the benefits and cautions of the vegetarian diet, variations of the diet and how to combine non-meat proteins.

**NUTR 256 2 units****Weight Control & Energy Balance****36 hours lecture**

Grading: letter grade or pass/no pass.

Formerly F\_N 256. This course presents techniques of long-term weight control. The following areas are addressed in this course: assessment of ideal body weight, techniques of diet/behavior modification, emotional eating triggers, and principles of energy balance through the modification of diet.

**NUTR 260 1 units****Cultural Foods****18 hours lecture, 18 hours laboratory**

Grading: letter grade or pass/no pass.

Formerly F\_N 260 and F\_N 260AD. This course explores the origins of foods, customs, nutrition and preparation methods common to a variety of cultures. Food patterns and relationship to social customs and rituals are covered in addition to the nutrition assessment and the effects of changes of food habits. This course is an elective for the Dietetic's program certificates.

**NUTR 261 1 units****Cooking for Wellness****18 hours lecture, 18 hours laboratory**

Grading: letter grade or pass/no pass.

Formerly F\_N 261 and F\_N 261AD. This course provides the knowledge and skills required to plan, prepare and serve nutritious, varied, palatable, attractive meals within the limitations of time, energy, equipment and budget. This course is an elective for the Dietetic's program certificates.

**NUTR 262 1 units****Cooking for Singles****18 hours lecture, 18 hours laboratory**

Grading: letter grade or pass/no pass.

Formerly F\_N 262 and F\_N 262AD. This course is designed to teach meal planning and food preparation for the single person. This course will emphasize the preparation of nutritious, convenient, economical and attractive meals.

**NUTR 601 0 units****CDM Board Exam Preparation 1****18 hours lecture**

Grading: non graded.

The NUTR 601 provides students with information, resources, and insights to facilitate their preparation for the national credentialing examination for dietary managers in health care institutions. The CDM Board Exam is based on the five competency areas included Nutrition, Foodservice Management, Personnel and Communications, Sanitation and Food Safety, and Business Operations. The NUTR 601 course is designed based on two of the competency areas including in the Certified Dietary Manager (CDM) Board Exam. The NUTR 601 course will cover the Nutrition component and Foodservice Management component of the CDM Board Exam.

**NUTR 602 0 units****CDM Board Exam Preparation 2****18 hours lecture**

Grading: non graded.

The NUTR 602 provides students with information, resources, and insights to facilitate their preparation for the national credentialing examination for Certified Dietary Managers (CDM) in health care institutions. The CDM Board exam topics cover the five competency areas including, Nutrition, Foodservice Management, Personnel, and Communications, Sanitation, and Food Safety and Business Operations. The NUTR 602 course is designed based on three of the competency areas. The NUTR 602 course will cover Personnel and Communications, Sanitation and Food Safety, and Business Operations component of the CDM Board Exam.

**NUTR 653 0 units**

**ServSafe Certification Exam Prep**

**18 hours lecture**

Grading: non graded.

This course will address the required standards of sanitation and safety in the handling, preparation, and serving of food to protect the public's health. Students will be prepared to take the ServSafe Food Protection Manager Certification Examination at the conclusion of the course. This Certificate required for those working in a food service and healthcare industries and meets the California State Health Code.