

# Nutrition

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## Nutrition

### Educational Course Offerings

The Health Science discipline of Nutrition provides students the opportunity to learn how the effect of diet interacts with the structure and function of the human body. The knowledge base includes an understanding of the basic biochemical foundations of proteins, carbohydrates, lipids, vitamins, and minerals and their relationship to metabolic disease and overall health.

### Associate in Science Degree

Not offered in this discipline.

### **NUTR 010**

**3.0 Units**

#### **Nutrition**

*Course Advisory: Eligibility for English 001 and SCC minimum Math standards.* Study of the scientific concepts of human nutrition. Essential nutrients, functions, chemical compositions of foods and their utilization in the body will be covered. The course will emphasize topics such as weight loss, sports nutrition, food safety, the diet-disease relationship, global nutrition, and analysis of special nutritional requirements during the lifecycle among others. Students utilize computer technology and nutritional assessment methods to evaluate personal dietary habits. *Three hours lecture.*

### **NUTR 012**

**0.5 to 2.0 Units**

#### **Evaluating Current Topics in Nutrition**

*Course Advisory: Eligibility for English 001 and SCC minimum Math standards.* Methods of evaluating current nutritional topics, determining reliable and unreliable sources of information and judging validity of experimental design. This course provides opportunities to study current, controversial topics in nutrition. Course topics include, but are not limited to, vitamin and mineral supplements, weight loss fads, phytochemicals and foods as medicine. *One-half to two hours lecture.*

### **NUTR 053**

**3.0 Units**

#### **Child Health, Safety, and Nutrition**

*Course Advisory: SCC minimum English and math standards; HUDV 038 and ECE 062.* This course examines basic nutrition, health, and safety needs of children from the prenatal period through school age. Topics to be covered include nutrition, common childhood diseases, and special health problems of the young child. The course emphasis is placed on maintaining the optimal health, safety, and nutritional status of children at home and in group care. *Three hours lecture.*

### **NUTR 054**

**3.0 Units**

#### **Child Health, Safety, and Nutrition**

*Course Advisory: Eligibility for ENGL 001, CDFS 038 and CDFS 062.* Introduction to the laws, regulations, standards, policies and procedures and early childhood curriculum related to child health safety and nutrition. The key components that ensure physical health, mental health and safety for both children and staff will be identified along with the importance of collaboration with families and health professionals. Focus on integrating the concepts into everyday planning and program development for all children. This is the same course as CDFS 054. *Three hours lecture.*