Nutrition

NUTR 010  3.0 Units
Nutrition
Course Advisory: Eligibility for ENGL 001 and SCC minimum math standards. Study of the basic principles 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  .5 to 2.0 Units
Evaluating Current Topics in Nutrition
Course Advisories: Eligibility for ENGL 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. Repeatable 3 times. One-half to two hours lecture.

NUTR 051  1.0 Unit
Nutrition Basics for Children
Course Advisories: SCC minimum English and math standards. Nutrient requirements and meal planning for children from the prenatal period through school age. Course emphasis is placed on identifying nutrition problems common in children and developing strategies that can help prevent these problems. One hour lecture.

NUTR 052  1.0 Unit
Child Nutrition For Early Childhood Education
Course Advisory: SCC minimum English standard. Nutritional assessment, meal planning and meal service for children. Also addresses the topic of food safety and sanitation. Course emphasis is placed on maintaining the optimal health, safety and nutritional status of children in group care. One hour lecture.

NUTR 053  3.0 Units
Child Health, Safety, and Nutrition
Course Advisories: 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 101  2.0 Units
Food Service Sanitation
Course Advisories: SCC minimum English and math standards. Covers the principles of food microbiology in a foodservice setting, important food-borne diseases, knowledge of standards and public health laws enforced by regulatory agencies, knowledge of applied measures for the prevention of food-borne diseases and other microbiological problems. The Hazardous Analysis Critical Control Point system will be included. Students who complete the course will be ready to take the ServSafe test. The ServSafe test is optional and will be given at the end of the course for those students desiring certification. Note: Course must be repeated every three years for food handler certification. Four hours lecture (8 week course).