

Nutrition and Foods

NUTRI

Associate in Science Degree

Division of Behavioral and Social Sciences

J. Frank Malaret, Dean

Rodda North 226

916-558-2401

Nutrition

Associate in Science Degree

Program Information

Sacramento City College's Family and Consumer Science Department offers a rigorous nutrition degree program that is broad enough to prepare the student for further study in a variety of nutrition areas including: nutrition science research, food science and technology, dietetics, industry and many other exciting nutrition-related fields.

All students must complete the Required Program, plus either the CSU Path or the UC Path.

It is important to note that each four-year College/ University has slightly different requirements for transfer so it is critical for students interested in this major to map out their academic plan with a counselor.

Upon completion of this program, the student will be able to:

- demonstrate independent learning and effective communication skills.
- explain the principles of nutrition and its affects on health.
- assess the various sources of nutrition information and demonstrate where to find reliable nutrition information.
- analyze a diet for adequacy, balance and moderation.
- demonstrate an understanding of the relationships between chemistry, biology and nutrition.

Required Program

Required Program	Units
NUTRI 300 Nutrition (3).....	3
or FCS 340 Nutrition (3)	
or NUTRI 480 Nutrition Honors (3)	
or FCS 480 Nutrition Honors (3)	
CHEM 400 General Chemistry	5

STAT 300 Introduction to Probability and Statistics (4)	4
or STAT 480 Introduction to Probability and Statistics - Honors (4)	

Subtotal Units **12**

Plus either the CSU path or the UC path:

CSU Path (for students intending to transfer to CSU):

BIOL 440 General Microbiology	4
PSYC 300 General Principles (3)	3
or PSYC 480 Honors General Principles (3)	

CSU Path Units **7**

Total Units Required **19**

OR

UC Path (for students intending to transfer to UC):

BIOL 402 Cell and Molecular Biology.....	5
CHEM 420 Organic Chemistry	5

UC Path Units **10**

Total Units Required **22**

Suggested Electives

FCS 342, 346

Associate in Science Degree (A.S.)

The Associate in Science Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

Students planning to transfer should meet with a college counselor to identify required courses and develop an educational plan. It is strongly recommended that students complete the CSUGE or IGETC requirements for transfer.

Sequence of courses: Students may take courses in any order that they choose but should check prerequisites.

Nutrition (A.S. Degree)

Fall 1: CSU Path	Spring 1: CSU Path	Fall 2: CSU Path	Spring 2: CSU Path
NUTRI 300 or NUTRI 480 or FCS 340 or FCS 480 (3 units)	STAT 300 or STAT 480 (4 units)		PSYC 300 or PSYC 480 (3 units)
CHEM 300 (4 units)	CHEM 400 (5 units)	BIOL 440 (4 units)	
CSU GE (8 units)	CSU GE (6 units)	CSU GE (12 units)	CSU GE (12 units)
Total: 15 units	Total: 15 units	Total: 16 units	Total: 15 units
Fall 1: UC Path	Spring 1: UC Path	Fall 2: UC Path	Spring 2: UC Path
NUTRI 300 or NUTRI 480 or FCS 340 or FCS 480 (3 units)	STAT 300 or STAT 480 (4 units)	BIOL 402 (5 units)	
CHEM 300 (4 units)	CHEM 400 (5 units)	CHEM 401 (5 units)	CHEM 420 (5 units)

NUTRI 100 Nutrition Education for Early Childhood Educators 1 Unit

Same As: ECE 100

Prerequisite: None.

Hours: 18 hours LEC

This course is designed to teach active or aspiring early childhood educators current topics in childhood nutrition, coupled with hands-on kitchen experience to reinforce that knowledge. Topics will include: food safety and handling, dietary fats, carbohydrates, proteins, vitamins and minerals, menu planning, and food choices. It will include a trip to a local supermarket and cooking demonstrations.

NUTRI 300 Nutrition 3 Units

Same As: FCS 340

Prerequisite: None.

Advisory: ESLR 320 and ESLW 320 or ESL 114; and MATH 34; with grades of "C" or better.

General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1
Course Transferable to UC/CSU

Hours: 54 hours LEC

Students will study the basic principles of nutrition, sources, and functions of the nutrients in all stages of the life cycle, nutrition as a world problem, and consumer problems related to food. Course topics such as weight loss, sports nutrition, food safety, the diet-disease relationship, global nutrition, and analysis of special nutritional requirements and needs during the life cycle, are emphasized. An evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods will also be completed to help students assess their own nutritional health.

NUTRI 302 Nutrition for Physical Performance 3 Units

Same As: PET 418

Prerequisite: None.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course will explore nutrition and fitness with emphasis on the relationship between nutrition, physical activity, lifelong fitness, and health.

NUTRI 310 Cultural Foods of the World 3 Units

Same As: FCS 342

Prerequisite: None.

Advisory: ENGWR 50 and ENGRD 110; or ESLW 320 and ESLR 320; and MATH 34 with grades of "C" or better

General Education: AA/AS Area VI

Course Transferable to UC/CSU

Hours: 54 hours LEC

Students will explore the typical food customs and meal patterns of various cultures throughout the world. Students will be introduced to the social, religious, economic, and aesthetic significance of these cultures and examine how geographical, agricultural, and socioeconomic factors influence their nutritional status. Students will also explore the preparation and evaluation of the food products. There will be one mandatory field trip to a specialty market/restaurant.

NUTRI 320 Children's Health, Safety and Nutrition 3 Units

Same As: ECE 415 and FCS 346

Prerequisite: None.

Advisory: ENGRD 110 and ENGWR 100; or ESLR 340 and ESLW

340 and ESL 114; and LIBR 318; and MATH 34; and ECE 410 or HEED 330; and FCS 312 or ECE 312; and FCS 314 or ECE 314 or SOC 312; and NUTRI 300 with grades of "C" or better

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

The key components that ensure the health, safety, and nutrition of both children and staff will be identified along with the importance of collaboration with families and health professionals. Students will be introduced to early childhood curriculum, regulations, standards, policies, and procedures related to child health, safety, and nutrition. Course emphasis is placed on integrating and maintaining the optimal health, safety, and nutritional concepts in everyday planning and program development for all children. Projects related to health, safety, and nutrition education as well as optional field trips may be included as part of the curriculum. (Students may receive credit for exactly one of the following: ECE 415, FCS 346, or NUTRI 320.)

NUTRI 322 Nutrition Issues Throughout Life 3 Units

Prerequisite: None.

Course Transferable to CSU

General Education: AA/AS Area III(b)

Hours: 54 hours LEC

This course is a study of the nutritive needs of persons at various stages of the life cycle with emphasis on special periods such as pregnancy, preschool, adolescence, and aging. This course is particularly helpful to Physical Education and Early Childhood Education majors as well as those dealing with people in social agencies, such as nursing and gerontology.

NUTRI 330 Food Theory and Preparation 4 Units

Same As: FCS 344

Prerequisite: None.

Advisory: ENGWR 50 and MATH 27 with grades of "C" or better.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course provides a comprehensive study of food ingredients and the basic principles and techniques involved in food preparation. Students will examine the factors that influence taste and the changes that occur in foods during preparation as well as the potential health, social and emotional consequences of what we eat. In the laboratory, basic cooking skills and theory applications will be emphasized. Additionally, emphasis is placed on the reasons for recipe procedures and the prevention and/or correction of cooking failures. Credit may be awarded for FCS 344 or NUTRI 330, but not for both.

NUTRI 480 Nutrition Honors 3 Units

Same As: FCS 480

Prerequisite: None.

General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1

Enrollment Limitation: Eligibility for the Honors Program.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This is an enriched study of nutrition for honors students. The course uses a seminar model to study nutrients and their physiological functions. Current issues such as: food safety, vegetarian diets, world hunger, trans-fats, and vitamin/mineral supplementation are examined. Students analyze and evaluate their diet using diet analysis software. Scientific research methods are studied in journal articles for weekly discussions. Debates encourage critical thinking from opposing points of view. Students will research and present portions of the course material. This Honors section uses an intensive instructional methodology designed to challenge motivated students.

**NUTRI 499 Experimental Offering .5-4 Units
in Nutrition and Foods**

Prerequisite: None

Course Transferable to UC/CSU; UC Transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted toward the minimum 60 units required for admissions.

See Experimental Offerings