

Nutrition and Foods

Careers & Technology

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DEGREE

A.S.–Nutrition and Foods; Dietetic Technician

CERTIFICATES OF PROFICIENCY

Nutrition and Foods, Community Nutrition
Nutrition and Foods, Dietetic Technician

Program Description

CRC's Department of Nutrition and Foods offers a Dietetic Technician Program that is challenging, accessible, and rewarding. The program provides opportunities to master the knowledge and skills required for professional success in dietetics. The program integrates online teaching with supervised clinical experience in the areas of food and nutrition therapy. The Dietetic Technician Program prepares students to function at the generalist level of dietetic care under the supervision of a registered dietitian. This program has been granted initial Accreditation by the Commission on Accreditation for Dietetics Education of the American Dietetic Association. Upon successful completion of the Dietetics Technician Program, students are qualified to take the national registration examination administered through the Commission of Dietetic Registration. Passing this examination certifies the individual as Dietetic Technician, Registered (DTR).

Career Opportunities

Hospitals/nursing homes, school food services, other health related facilities, college food service, industry, restaurant, public health agencies, nutrition program, WIC programs, Meals on Wheels, health clubs, weight management clinic, community wellness centers, food companies, contract food management companies, food distribution companies

Some Career Opportunities may require more than two years of college study. Classes beyond the associate degree may be required to fulfill some Career Opportunities or for preparation for transfer to a university program.

Highlights

- Online courses
- Hands-on practicum experiences
- Job preparation

NOTE TO TRANSFER STUDENTS:

If you are interested in transferring to a four-year college or university to pursue a bachelor's degree in this major, it is critical that you meet with a CRC counselor to select and plan the courses for your major. Schools vary widely in terms of the required preparation. The courses that CRC requires for an associate's degree in this major may be different from the requirements needed for the bachelor's degree.

For information about the student learning outcomes for this program, see <http://www.crc.losrios.edu/pslo>

DEGREE

A.S. - Nutrition and Foods, Dietetic Technician

CODE #1524

Upon completion of an A.S. degree in this field, the student will be fully eligible to take the National Registration Examination to become a Registered Dietetic Technician.

Enrollment Eligibility:

To be eligible for enrollment in the program, the student must meet the following criteria:

- Have access to the Internet
- Have an e-mail account
- Be familiar with word processing, PowerPoint, retrieving and attaching electronic documents and using the world-wide-web
- Have self-discipline, motivation, and the ability to complete required assignments on schedule.

Enrollment Process:

Eligible students are selected for the program according to the following steps:

- Admission to the college
- Contact CRC Dietetic Technician Program Counselor
- Contact the appropriate NUTRI Professor for the establishment of the Agency Agreement(s)

REQUIRED PROGRAM.....Units

First Year (Fall)

CHEM 305	Introduction to Chemistry (5).....	4-5
or CHEM 307	Introduction to Chemistry (4)	
NUTRI 300	Nutrition	3
NUTRI 330	Food Theory and Preparation (4)	4
or CAM 301	Food Theory and Preparation (4)	
BIOL 102	Introduction to Concepts of Human Anatomy and Physiology.....	4

First Year (Spring)

NUTRI 310	Cultural Foods of the World	3 ¹
BIOL 310	General Biology.....	4

Second Year (Fall)

PSYC 300	General Principles	3
NUTRI 350	Community Nutrition	2
NUTRI 351	Community Nutrition Practicum.....	2
NUTRI 340	Nutrition and Metabolism.....	3
NUTRI 322	Nutrition Issues Throughout Life	3

Second Year (Spring)

NUTRI 360	Medical Nutrition Therapy	2
NUTRI 361	Medical Nutrition Therapy Practicum	4
NUTRI 370	Food Service Management.....	2 ²
NUTRI 380	Food Service Practicum.....	4
NUTRI 356	Preparation for a Career in Dietetics	1

TOTAL UNITS REQUIRED 48-49

¹Online dietetic technician students are required to take NUTRI 310

²Online dietetic technician students are required to take NUTRI 370

G.E. Graduation Requirements for this degree - see pages 20-21

CERTIFICATE OF PROFICIENCY Nutrition and Foods, Dietetic Technician

CODE #1524

The Nutrition and Foods, Dietetic Technician Certificate Program is designed for students who already have a bachelor's degree in dietetics and are seeking to meet the supervised practice hours (practicum hours) requirement. Upon completion of certificate requirement, students with a bachelor's degree in dietetics will also receive a Verification Statement and be eligible to take the National Registration Examination to become a Registered Dietetic technician.

Enrollment Eligibility:

To be eligible for enrollment in the program, the student must meet the following criteria:

- Have access to the Internet
- Have an e-mail account
- Be familiar with word processing, PowerPoint, retrieving and attaching electronic documents and using the world wide web
- Have self-discipline, motivation, and the ability to complete required assignments on schedule.

Enrollment Process:

Eligible students are selected for the program according to the following steps:

- Admission to the college
- Contact CRC Dietetic Technician Program Counselor
- Contact the appropriate NUTRI Professor for the establishment of the Agency Agreement(s)

REQUIRED PROGRAM.....	Units
NUTRI 351 Community Nutrition Practicum.....	2 ¹
NUTRI 361 Medical Nutrition Therapy Practicum	4 ²
NUTRI 380 Food Service Practicum.....	4 ³
NUTRI 356 Preparation for a Career in Dietetics.....	1
TOTAL UNITS REQUIRED	11

¹ NUTRI 300 is a prerequisite for NUTRI 351

² NUTRI 300 is a prerequisite for NUTRI 361

³ NUTRI 330 is a prerequisite for NUTRI 380

The program has 11 required units and 6 suggested elective units (total with suggested electives is 17 units). The suggested electives are:

NUTRI 350, Community Nutrition (2)

NUTRI 360, Medical Nutrition Therapy (2)

NUTRI 370, Food Service Management (2)

Although students in the certificate program may have previously taken equivalent courses, it is recommended that they take the elective courses as a review of the material while performing the practicum or supervised practice ours. It is also suggested for individuals who have taken the similar elective courses greater than 5 years ago. The suggested electives may not be necessary for individuals who have worked in the field during that time but have taken similar courses greater than 5 year ago.

CERTIFICATE OF PROFICIENCY Nutrition and Foods, Community Nutrition

CODE # 1553

REQUIRED PROGRAM.....	Units
NUTRI 300 Nutrition	3
NUTRI 330 /CAM 301 Food Theory and Preparation.....	4
NUTRI 310 Cultural Foods of the World (3) or CAM 302 Food and Culture in America (3).....	3
NUTRI 350 Community Nutrition.....	2
NUTRI 322 Nutrition Issues Throughout Life.....	3
OPTION:	
PSYC 300 General Principles.....	3
TOTAL UNITS REQUIRED	15 program units (18 with option)

NUTRITION AND FOODS (NUTRI)

NUTRI 300

Nutrition

3 Units

Prerequisite: None

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

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course includes 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. 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 and needs during the life cycle, among others. 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 310

Cultural Foods of the World

3 Units

Prerequisite: None

Advisory: LIBR 318

General Education: AA/AS Area VI

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course compares various western and non-western culture food customs and patterns including their social, religious, economic and aesthetic significance. Ethnocentrism, gender-related stereotypes, and racism as they relate to the availability, distribution, and preparation of food throughout the world will also be compared. The nutritional status of various cultures as it relates to geographic agricultural and socioeconomic factors will be studied.

NUTRI 322

Nutrition Issues Throughout Life

3 Units

Prerequisite: NUTRI 300 with a grade of "C" or better

Advisory: LIBR 318

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of the nutritive needs of persons at various stages of the lifecycle 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

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC ; 108 hours LAB

This course provides a comprehensive study of food ingredients and the basic principles and techniques involved in food preparation. It will also examine the factors that influence foods and the changes that occur in foods during preparation. The laboratory emphasizes basic cooking skills and theory applications. The emphasis in this course is on the reasons for procedures and phenomena and the prevention and/or correction of cooking failures. This is the foundation course for the beginning student in professional culinary management. Students must have an established Agency Agreement with a sponsoring site prior to the beginning of the first day of class. Contact the Career and Technology Main Office for information about the Agency Agreement. Students who have received credit for CAM 301 should consult with a counselor before enrolling in NUTRI 330.

NUTRI 340

Nutrition and Metabolism

3 Units

(formerly: Advanced Nutrition)

Prerequisite: NUTRI 300 with a grade of "C" or better

Advisory: BIOL 102, BIOL 310, CHEM 307, and LIBR 318

Course Transferable to CSU

Hours: 54 hours LEC

This course examines the structure and metabolism of carbohydrate, lipids, and proteins. Time will be spent on the discussion of the biological roles of vitamins and minerals. In addition, this course will help the student integrate the understanding of metabolic knowledge to contemporary and controversial issues in nutrition.

NUTRI 350

Community Nutrition

3 Units

Prerequisite: NUTRI 300 with a grade of "C" or better

Corequisite: NUTRI 351

Advisory: NUTRI 340

Course Transferable to CSU

Hours: 54 hours LEC

This course studies the theory, concepts, and philosophy affecting nutrition education and services in the community. Students will be introduced to techniques of interviewing and counseling clients and learn ways to use a variety of teaching methods to improve the nutritional status in a community and with various population groups.

NUTRI 351

Community Nutrition Practicum

3 Units

Prerequisite: NUTRI 300 with a grade of "C" or better

Corequisite: NUTRI 350

Advisory: NUTRI 340

Course Transferable to CSU

Hours: 18 hours LEC ; 108 hours LAB

This course should be taken in conjunction with NUTRI 350 Community Nutrition or the equivalent from transferring colleges/universities. NUTRI 351 provides the field study and fieldwork involving practical experiences in community nutrition programs. Students will be exposed to working in the community health field such as WIC, Senior Feeding sites, Head Start, Congregate Feeding sites, among others, and depending on field placement. Students will directly interact with clients and assist in the implementation of health programs. Students must have a TB clearance and any other immunization required by the clinical facility. Students must have an established Agency Agreement with a sponsoring site prior to the beginning of the first day of class. Contact the Career and Technology Main Office for information about the Agency Agreement.

NUTRI 356

Preparation for a Career in Dietetics

1 Unit

Prerequisite: NUTRI 351 with a grade of "C" or better

Course Transferable to CSU

Hours: 18 hours LEC

This course is designed to provide the student with increased knowledge and understanding of the field of dietetics. The course will examine the current public policy and legislation related to the profession. An emphasis will be place on ethical and professional behaviors, the completion of a student portfolio, continuing education requirements, development of a professional development portfolio and the process of registration eligibility. This course can be taken two times for credit.

NUTRI 360

Medical Nutrition Therapy

2 Units

Prerequisite: NUTRI 340 with a grade of "C" or better

Corequisite: NUTRI 361

Advisory: BIOL 102 and 310

Course Transferable to CSU

Hours: 36 hours LEC

This course studies medical nutrition therapies as they are used in health care facilities. The emphasis will be on modification of diets for various dietary needs, nutritional screening, assessment, care plan, education, and medical charting. In addition, students will also examine the role of the Diet Technician and Registered Dietitian in the health care setting.

NUTRI 361**Medical Nutrition Therapy Practicum 4 Units***Prerequisite: NUTRI 340 and 351 with grades of "C" or better**Corequisite: NUTRI 360**Advisory: BIOL 102 and 310**Course Transferable to CSU**Hours: 216 hours LAB*

This course should be taken in conjunction with NUTRI 360 Medical Nutrition Therapy or the equivalent from transferring colleges/universities. This course provides clinical experiences in dietary/nutrition departments of participating acute hospitals and/or long-term care facilities. The clinical experience is performed under the provision of a Registered Dietitian or authorized persons. Students must have a TB clearance and any other immunization required by the clinical facility. Students must have an established Agency Agreement with a sponsoring site prior to the beginning of the first day of class. Contact the Career and Technology Main Office for information about the Agency Agreement.

NUTRI 370**Food Service Management 2 Units***Prerequisite: None**Corequisite: NUTRI 380**Course Transferable to CSU**Hours: 36 hours LEC*

The course will study the organization, planning, and control of production for a quantity culinary operation. This course also examines the process and importance of food service functions such as menu planning and pricing, scheduling of staff and production, portion and temperature control, recipe standardization and scaling, and elements of culinary layout and design.

NUTRI 380**Food Service Practicum 4 Units***Prerequisite: CAM 301 or NUTRI 330 with a grade of "C" or better**Corequisite: NUTRI 370**Course Transferable to CSU**Hours: 18 hours LEC ; 162 hours LAB*

This course should be taken in conjunction with NUTRI 370 or the equivalent from transferring colleges/universities. The course is designed to provide students with the field study and fieldwork involving practical experiences in food service facilities. This course includes 162 hours of clinical experience in the dietary departments of participating acute hospitals, long-term care facilities, and/or other large food production sites. The clinical experience is performed under professional supervision. Students are required to have TB clearance and any other immunization required by the clinical facilities. Students must have an established Agency Agreement with a sponsoring site prior to the beginning of the first day of class. Contact the Career and Technology Main Office for information about the Agency Agreement.

NUTRI 495**Independent Studies in Nutrition and Foods 1-3 Units***Prerequisite: None**Course Transferable to CSU**Hours: 18 hours LEC ; 54 hours LAB***NUTRI 499****Experimental Offering in Nutrition and Foods .5-4 Units***Prerequisite: None**Course Transferable to CSU**Hours: 18 hours LEC ; 54 hours LAB*