

Nutrition

Overview

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.

Career Options

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. Nutritionists work with their patients to provide much-needed support and dietetic information.

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Associate Degrees for Transfer

A.S.-T. in Nutrition and Dietetics

The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) degree in Nutrition and Dietetics at Sacramento City College allows students interested in pursuing a degree in Nutrition and Dietetics to complete their first two years of requirements at the community college before transferring to a California State University, which offers a Bachelor of Science degree.

Each California State University may have slightly different requirements for transfer so it is critical for students interested in this major to work with their counselor to develop an individual academic plan.

The Associate Degree for Transfer (ADT) student completion requirements (as stated in SB1440 law):

(1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:

- (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements (CSU GE-Breadth).
- (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.

(2) Obtainment of a minimum grade point average of 2.0.

ADTs also require that students must earn a "C" or better in all courses required for the major or area of emphasis.

Catalog Date: June 1, 2020

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
BIOL 440	General Microbiology	4
CHEM 400	General Chemistry I	5
CHEM 401	General Chemistry II	5
CHEM 420	Organic Chemistry I	5
NUTRI 300	Nutrition (3)	3
or NUTRI 480	Nutrition Honors (3)	
PSYC 300	General Principles (3)	3
or PSYC 480	Honors General Principles (3)	
A minimum of 4 units from the following:		4
BIOL 431	Anatomy and Physiology (5)	
and BIOL 430	Anatomy and Physiology (5)	
STAT 480	Introduction to Probability and Statistics - Honors (4)	
or STAT 300	Introduction to Probability and Statistics (4)	
A minimum of 3 units from the following:		3
ANTH 310	Cultural Anthropology (3)	
or ANTH 480	Honors Biological Anthropology (3)	
BIOL 350	Environmental Biology (3)	
COMM 301	Introduction to Public Speaking (3)	
KINES 300	Introduction to Kinesiology (3)	
NUTRI 302	Nutrition for Physical Performance (3)	
or KINES 418	Nutrition for Physical Performance (3)	
NUTRI 310	Cultural Foods of the World (3)	

COURSE CODE	COURSE TITLE	UNITS
NUTRI 330	Food Theory and Preparation (4)	
SOC 480	Introductory Sociology - Honors (3)	
or SOC 300	Introductory Sociology (3)	
SOC 305	Critical Thinking in the Social Sciences (3)	
Total Units:		32

The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Student Learning Outcomes

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

- explain the principles of nutrition and their effects 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.

Associate Degrees

A.S. in Nutrition

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 evolving 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 or 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.

Catalog Date: June 1, 2020

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
CHEM 400	General Chemistry I (5)	5
or CHEM 305	Introduction to Chemistry (5)	
or CHEM 309	Integrated General, Organic, and Biological Chemistry (5)	
NUTRI 300	Nutrition (3)	3
or NUTRI 480	Nutrition Honors (3)	
STAT 300	Introduction to Probability and Statistics (4)	4
or STAT 480	Introduction to Probability and Statistics - Honors (4)	
Subtotal Units:		12

CSU Path

COURSE CODE	COURSE TITLE	UNITS
BIOL 440	General Microbiology	4
PSYC 300	General Principles (3)	3
or PSYC 480	Honors General Principles (3)	
CSU Path Units:		7
Total Units:		19

UC Path

COURSE CODE	COURSE TITLE	UNITS
BIOL 402	Cell and Molecular Biology	5
CHEM 420	Organic Chemistry I	5
UC Path Units:		10
Total Units:		22

The Nutrition Associate in Science (A.S.) 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.

Student Learning Outcomes

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

- explain the principles of nutrition and their effects 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.

Nutrition (NUTRI) Courses

NUTRI 300 Nutrition

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	ENGWR 51 and ENGRD 110; or ESLR 320 and ESLW 320 or ESL 114; and MATH 34; with grades of "C" or better.
Transferable:	CSU; UC
General Education:	AA/AS Area III(b); AA/AS Area IV; CSU Area E1
C-ID:	C-ID NUTR 110
Catalog Date:	June 1, 2020

Students will study the basic principles of nutrition, food sources, biologic functions of the nutrients in human physiology and all stages of the life cycle, energy metabolism, 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. Credit will be awarded for either NUTRI 480 or NUTRI 300, not both.

Student Learning Outcomes

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

- explain the physiological function of the gastrointestinal tract.
- describe the functions of the six classes of nutrients and the physiological implications of dietary deficiencies or toxicities.
- understand how nutrient requirements change throughout the lifespan.
- explain the components of an individual's energy/calorie needs and the effects of an imbalance on body weight and composition.
- analyze nutritional adequacy of an individual's diet and make changes to meet nutrition guidelines.
- utilize the nutrition facts label and the ingredient list on food packages to make healthier food choices.
- apply the scientific method to analyze and evaluate nutrition information and distinguish between reliable and unreliable sources.
- understand the relationship between food intake and weight management, human physiology, athletic performance, chronic disease risk, and overall health.

NUTRI 302 Nutrition for Physical Performance

Same As:	KINES 418
Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(b); CSU Area E1
Catalog Date:	June 1, 2020

This course will explore nutrition and fitness with emphasis on the relationship between nutrition, physical activity, lifelong fitness, and health. Credit will be awarded for NUTRI 302 or KINES 418 but not both.

Student Learning Outcomes

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

- describe the basic principles of nutrition.
- discuss the role of nutrients in the body, especially in regard to energy production and physical performance.
- describe effectiveness and safety concerns of various nutritional supplements.
- discuss the prevalence of disordered eating in male and female athletes and in the general populations.
- analyze diets to determine adequate nutrient intake.
- discuss the role that fluid plays in body temperature regulation during exercise and on performance and health.
- describe and measure the five components of fitness.
- describe an understanding of body composition and body weight.

NUTRI 310 Cultural Foods of the World

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	ENGWR 51 and ENGRD 110; or ESLW 320 and ESLR 320; and MATH 34 with grades of "C" or better
Transferable:	CSU; UC
General Education:	AA/AS Area III(b); AA/AS Area VI; CSU Area D; IGETC Area 4
Catalog Date:	June 1, 2020

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.

Student Learning Outcomes

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

- observe, identify, and design balanced meals from food patterns in other cultures.
- demonstrate increased awareness and acceptance of other cultures.
- evaluate socio-economic factors and religious influences on food customs.
- relate regional food in America to migration routes and food from around the world.
- demonstrate some principles of good nutrition in food preparation.
- describe development of personal food habits derived from cultural background.
- trace influences of history and industry on changes in food behavior.
- identify food species important to geographic areas of the world.
- integrate current food, agricultural policies, and analyze the effect these factors have on the world community.
- demonstrate the preparation of foods from a number of cultures.
- write and create a menu from a selected culture.
- identify ethnocentrism, racial and gender disparity within cultures, cultural food taboos, the masculinity index, cultural and gender identity, gendercide, and other current topics in food and culture.

NUTRI 322 Nutrition Issues Throughout Life

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(b)
Catalog Date:	June 1, 2020

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 Kinesiology and Early Childhood Education majors as well as those working in social agencies, such as nursing and gerontology.

Student Learning Outcomes

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

- demonstrate independent learning and effective communication skills.
- demonstrate an understanding of the basic principles of nutrition.
- demonstrate an understanding of the impact of nutritional choices on the stages of life.
- demonstrate how nutrient needs can be satisfied under normal conditions at each stage of development.
- cite the currently available nutritional support programs and the role of the nutrition professional in promoting nutrition and health.
- explain the factors involved in the development of healthy food and lifestyle habits.
- analyze current nutrition research articles and summarize findings.
- evaluate the adequacy of various diets by using a computerized diet analysis software.
- build a basic healthy eating plan for a person at any stage of the life cycle.

NUTRI 330 Food Theory and Preparation

Units:	4
Hours:	54 hours LEC; 54 hours LAB
Prerequisite:	None.
Advisory:	ENGWR 51 and MATH 27 with grades of "C" or better.
Transferable:	CSU
General Education:	AA/AS Area III(b); CSU Area E1
C-ID:	C-ID NUTR 120
Catalog Date:	June 1, 2020

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. 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 correction of cooking failures.

Student Learning Outcomes

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

- recognize quality characteristics in raw and cooked foods, to include sensory evaluation of texture, taste, and color
- recognize kitchen tools and implements by name and use them appropriately.
- apply principles of food theory to choose and demonstrate optimal cooking procedures to maximize nutrient content for all categories of food. Categories include, but are not limited to: vegetables, fruits, fats and oils, milk products, eggs, cereals, baked products, starches, poultry, meat, and seafood.
- measure and scale ingredients correctly.
- distinguish between different methods of heat transfer and choose cooking materials and techniques accordingly.
- analyze quality defects in cooked products and specify possible errors in techniques or ingredient selection.
- correct errors in preparation where possible to produce an acceptable product.
- practice good sanitary techniques in the laboratory.

NUTRI 335 Principles of Food Science

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(b)
Catalog Date:	June 1, 2020

This course is designed to introduce students to the basic fundamentals of food science and underlying technology associated with providing a safe, nutritious, and abundant supply of fresh and processed foods to humans. Students are introduced to the nature and scope of the world food problem as well as the solutions that have been proposed. This is followed by an introduction to looking at foods and food systems in scientific terms and how understanding basic scientific principles explains how and why we process, prepare, and store foods for human consumption. Students will be introduced to how the food industry and regulatory agencies deal with potential health hazards associated with toxic chemicals and disease-causing organisms that can be present in foods, and how food preservation and processing can extend food availability from times of plenty to times of scarcity and from regions of surplus to regions of deficiency.

Student Learning Outcomes

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

- describe the discipline of food science.
- explain the chemical and physical nature of food.
- explain microbiological and toxicological considerations for food safety.

NUTRI 480 Nutrition Honors

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Enrollment Limitation:	Eligibility for the Honors Program.
Advisory:	ENGWR 51 and ENGRD 110; or ESLR 320 and ESLW 320 or ESL 114; and MATH 34; with grades of "C" or better.
Transferable:	CSU; UC
General Education:	AA/AS Area III(b); AA/AS Area IV; CSU Area E1
C-ID:	C-ID NUTR 110
Catalog Date:	June 1, 2020

This is an enriched study of nutrition for honors students. This course will examine dietary nutrients and their physiological functions and their relationship to chronic diseases. Current issues such as food safety, vegetarian diets, world hunger, trans fats, and vitamin and mineral supplementation are examined. Students analyze and evaluate their diets and physical activities 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. Credit will be awarded for either NUTRI 480 or NUTRI 300, not both.

Student Learning Outcomes

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

- explain the physiological function of the gastrointestinal tract.
- describe the functions of the six classes of nutrients and the physiological implications of dietary deficiencies or toxicities.
- describe how nutrient requirements change throughout the lifespan.
- explain the components of an individual's energy/calorie needs and the effects of an imbalance on body weight and body composition.
- analyze nutritional adequacy of an individual's diet and make changes to meet nutrition guidelines.
- utilize the nutrition facts label and the ingredient list on food packages to make healthier food choices.
- apply the scientific method to analyze and evaluate nutrition information and distinguish between reliable and unreliable sources.
- describe the relationship between food intake and: weight management, human physiology, athletic performance, chronic disease risk, and overall health.

NUTRI 499 Experimental Offering in Nutrition and Foods

Units:	0.5 - 4
Prerequisite:	None.
Transferable:	CSU
Catalog Date:	June 1, 2020

Student Learning Outcomes

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

- describe the basic principles of nutrition.

Faculty

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Health and Health Professions

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This program is part of the Health and Health Professions meta major.

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