

Food Science & Nutrition

FSN 109 Basic Nutrition for Health

3.0 units

Acceptable for credit: Transfer CSU

C-ID Course Number: N/A

An overview of basic nutrition which emphasizes the application of nutrition science to consumer choices for improved health, fitness, and disease prevention. Individuals will assess their own diet quality and will learn to select diets appropriate to their individual lifestyles, inherited health risks, tastes, and needs at all stages of the life cycle. The course examines current controversies and claims to distinguish fact from fallacy and assists in adapting research on diet and health to individual needs. The course is not open to students who are enrolled in or have received credit for FCS 109. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

FSN 110 Nutrition Science

3.0 units

Acceptable for credit: Transfer to UC, CSU

C-ID Course Number: NUTR 110

This course covers the science of foods and the nutrients they contain, and of their actions within the body. Emphasis is placed on individual dietary needs, current nutrition and health issues, and application of evidence-based nutrition information. Students utilize computer software to analyze personal diet records and plan healthful meals. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

FSN 112 Behavioral Nutrition

3.0 units

Acceptable for credit: Transfer CSU

Advisories: FSN 109 - Basic Nutrition for Health ; and ENGL 100 - Writing in Career/Tech Fields

This course provides a vibrant and detailed view of the important subjects of food behaviors and eating disorders. It examines the nutritional, psychological, and physiological factors which lead to healthy and unhealthy weight management strategies. Emphasis is placed on understanding and applying basic nutrition principles in daily life. As a vital part of the learning experience, students are invited to participate in assessing their own eating and physical activity behaviors. A series of interactive, practical activities will guide students through the processes of planning, implementing, evaluating and maintaining healthful nutrition and lifestyle strategies. Students will learn techniques for applying these skills in diverse counseling situations. This course is not open to students who are enrolled in or have received credit for FCS 112. (Spring) (Letter Grade or Pass/No Pass)

FSN 132 Introduction To Culinary Professions

1.0 unit

Acceptable for credit: Transfer CSU

Advisories: ENGL 100 - Writing in Career/Tech Fields

Orientation to careers in dietetics, nutrition science, food science, culinary arts and management, hospitality, food service management, and Culinary®. Career portfolios, professional organizations and publications will be covered. Educational plans

will be developed in conjunction with counseling personnel. (Fall) (Letter Grade or Pass/No Pass)

FSN 133 Introduction To Food Science

3.0 units

Acceptable for credit: Transfer CSU

Advisories: CHEM 120 - Introductory Chemistry ; and ENGL 100 - Writing in Career/Tech Fields

Food science is the scientific study of raw food materials and their behavior during formulation, processing, packaging, and storage. Food processing technologies and the government regulation of food processing and labeling are examined. Products are evaluated through sensory analysis, with objective assessment of the factors that affect product quality. The scientific method is emphasized throughout the course. (Spring) (Letter Grade or Pass/No Pass)

FSN 134 Food, Nutrition Customs and Culture

4.0 units

Acceptable for credit: Transfer CSU

C-ID Course Number: NA

Advisories: CA 124 - Sanitation, Safety, and Equipment ; and ENGL 100 - Writing in Career/Tech Fields

This course explores the socio-economic, psychological, and anthropological perspectives of traditional and contemporary food preparation within various cultures, with an emphasis on American, African, Asian, Middle Eastern, European, and Latin American regions. Students learn about food and culture in lecture, and apply this learning in lab through the preparation and tasting of foods and beverages representative of various cultures and regions. Global food issues, sanitation and safety practices are addressed. This course is not open to students who are enrolled in or have received credit for FCS 134. (Fall, Spring) (Letter Grade or Pass/No Pass)

FSN 149 Cooperative Work Experience: Occupational

1.0 - 8.0 units

Acceptable for credit: Transfer CSU

Limitations on Enrollment: To participate in Cooperative Work Experience: (1) students must be working at a job within their major, (2) students must be able to become involved in new or expanded responsibilities on the job, (3) the employer must be willing to cooperate with the college in the supervision and evaluation of the student and (4) the student must attend all coordination/consultation meetings in addition to other work and class responsibilities. NUMBER OF TIMES COURSE CAN BE REPEATED: Students enrolled in CWE 149 may earn up to 8 units of credit per semester not to exceed 16 units in total. Any units earned in any other Cooperative Work Experience course will be included in the 16 unit maximum. CWE Units Unpaid Placement: 1 unit 60 hours 2 units 120 hours 3 units 180 hours 4 units 240 hours 5 units 300 hours 6 units 360 hours 7 units 420 hours 8 units 480 hours CWE Units Paid Placement: 1 unit 75 hours 2 units 150 hours 3 units 225 hours 4 units 300 hours 5 units 375 hours 6 units 450 hours 7 units 525 hours 8 units 600 hours

Supervised employment extending classroom-based learning to an on-the-job learning environment relating to the student's career and educational goals. In addition, these work experiences

improve the student's basic work skills and professional competencies by creating career awareness, improving work habits, and fostering positive workplace attitudes. (Fall, Spring)
(Letter Grade or Pass/No Pass)