

Food Science And Nutrition

FSN 109 Basic Nutrition for Health

3.0 units

Acceptable for credit: Transfer CSU

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) (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

Advisories: ENGL 514 - Writing Skills 4 ; or Recommended placement in ENGL 101 based on the START process

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. (Letter Grade or Pass/No Pass)

FSN 112 Nutrition, Weight Management & Eating Disorders

3.0 units

Acceptable for credit: Transfer CSU

Advisories: ENGL 514 - Writing Skills 4

Examines the nutritional, psychological, and physiological factors which lead to healthy and unhealthy weight management strategies; the extent of obesity and eating disorders in America; and their consequences and prevention. Guidelines for assessing body composition, health status, and dietary and activity patterns will be applied to the individual, with an intent to gain skill in planning, implementing, and evaluating healthy weight management strategies. Emphasis will be given to 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 512 - Writing Skills 2

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: ENGL 514 - Writing Skills 4

Prerequisite: CHEM 120 - Introductory Chemistry

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

Advisories: CA 120 - Principles of Foods 1 ; and CA 124 - Sanitation, Safety, and Equipment

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)