# NUTRITION AND FOOD (NUFD)

3 Units  
**Prerequisite(s):** NUFD and FACS majors only.  
**Term Typically Offered:** Fall, Spring  
Introduction to food safety principles and application, microbiology of food safety, infection control, and safety issues. Examination of laws and regulations related to consumer and food service operations. Preparation for national food service sanitation certification exam.

### NUFD 10. Nutrition And Wellness.  
3 Units  
**General Education Area/Graduation Requirement:** Understanding Personal Development (E)  
**Term Typically Offered:** Fall, Spring, Summer  
Introduction to the basic principles of nutrition and the relationship of the human diet to health. Overview of the nutrition profession, the biological uses of nutrients and tools for dietary planning. Examination of specific issues such as weight loss, sports nutrition, food safety, the diet-disease relationship and global nutrition. Analysis of special nutritional requirements and needs during the life cycle. Analysis of personal dietary habits using current dietary guidelines and nutritional assessment methods.

### NUFD 11. Principles of Food Preparation.  
3 Units  
**Prerequisite(s):** FACS Nutrition and Food majors and minors and Dietetics Special majors only.  
**Term Typically Offered:** Fall, Spring  
Chemical, physical, sensory, and nutritional properties of food related to processes used in food preparation. Laboratory includes preparation and evaluation of individual food products. Lecture two hours; laboratory three hours.

### NUFD 100. Research: Methods and Application in Nutrition and Food.  
3 Units  
**Prerequisite(s):** 6 NUFD and/or FACS units completed. NUFD majors only.  
**Term Typically Offered:** Fall, Spring, Summer  
Study of methods and application of research in the field of Nutrition & Food. Focus on scientific inquiry, methodology, evidenced-based practice, interpretation of research results, program and project evaluation, and professional communication. Includes the examination of ethical practices, professional presentation skills, and technical writing skills.

3 Units  
**Prerequisite(s):** FACS 10 and an additional 3 FACS units  
**Term Typically Offered:** Fall, Spring  
Nutrition Education, communication and counseling techniques for use by the nutrition/dietetics professional. Introduction and application of various health behavior theories to promote change in diverse target audiences. Development of nutrition care plans, educational materials and activities for individual groups. Understand and apply methods of dietary assessment and motivational interviewing.

### NUFD 110. Food Production and Sustainability.  
4 Units  
**Prerequisite(s):** FACS 9, FACS 10 and FACS 11  
**Term Typically Offered:** Fall, Spring, Summer  
Study and laboratory experience in planning, procuring, production, serving and evaluation of food for individuals, families, commercial, and institutional foodservice operations. Application of menu development techniques such as recipe modification and standardization to various target populations. Examination and application of marketing analysis and promotion. Understanding of current issues and sustainability topics related to food production.

### NUFD 112. Current Topics in Nutritional Sciences.  
3 Units  
**Prerequisite(s):** GWAR certification before Fall 09; or WPJ score of 80+; or 3-unit placement in ENGL 109M or ENGL 109W; or 4-unit placement in ENGL 109M or ENGL 109W and co-enrollment in ENGL 109X; or WPJ score 70 or 71 and co-enrollment in ENGL 109X.  
**General Education Area/Graduation Requirement:** Further Studies in Area B (B5), Writing Intensive Graduation Requirement (WI)  
**Term Typically Offered:** Fall, Spring, Summer  
Examination of contemporary and controversial topics in nutrition science and how they relate to nutritional needs of different population groups. Analyzes the research process and evaluation of validity of nutrition research. Lecture, discussion.

### NUFD 113. Nutrition And Metabolism.  
3 Units  
**Prerequisite(s):** FACS 10; BIO 10 or BIO 20; and CHEM 1A or CHEM 5 or CHEM 6A  
**General Education Area/Graduation Requirement:** Further Studies in Area B (B5)  
**Term Typically Offered:** Fall, Spring, Summer  
Study of the structures, types and metabolism of carbohydrates, lipids and proteins. Discussion of the biological roles of vitamins and minerals. Application and integration of metabolic knowledge with health promotion and chronic disease. Lecture, discussion.

### NUFD 114. Cultural and Social Aspects of Food.  
3 Units  
**Prerequisite(s):** FACS 10; Only FACS majors/minors and Dietetic special majors may enroll in this course  
**Term Typically Offered:** Fall, Spring  
Examination of the cultural and social meanings of food, food behaviors and food systems. Emphasis on the regional, ethnic and religious influences on food habits. Study of food production, distribution, and consumption historically and cross-culturally; traditional dishes and nutritional contributions of diets of several cultures.

### NUFD 115. Nutrition: Pre-conception Through Childhood.  
3 Units  
**Prerequisite(s):** NUFD 113  
**Term Typically Offered:** Fall, Spring  
Examination of nutritional requirements, metabolism and issues during stages of the early life cycle, including: pre-conception, pregnancy, lactation, infancy, and early and late childhood. Study of assessment and methods for achieving nutritional needs through dietary selection and promotion of maternal, infant, and child health. Analysis of social, environmental, physical and economic factors affecting nutritional status.
NUFD 116. Food Service Management. 3 Units
Prerequisite(s): FACS 110.
Term Typically Offered: Fall, Spring

Study of financial, facility, human resource management in commercial and noncommercial foodservice operations. Application of accounting principles, evaluation and selection of equipment, layout and design, and principles and practices of human resource management as an entry-level manager.

NUFD 117. Community Nutrition. 3 Units
Prerequisite(s): FACS 107; and either FACS 115 or FACS 119.
Term Typically Offered: Fall, Spring

Study of theory, concepts and philosophy affecting nutrition education and services in the community. Introduction to techniques of interviewing and counseling clients. Emphasis on culturally sensitive approaches to dietary assessment, counseling and community nutrition research. Use of a variety of teaching methods to improve nutrition status of the community. Field study involves practical experience in a community nutrition program. Lecture, discussion two hours; field study three hours.

NUFD 118A. Medical Nutrition Therapy I. 3 Units
Prerequisite(s): FACS 113, FACS 121, and BIO 131.
Term Typically Offered: Fall only

Study of the principles of medical nutrition therapy and the Nutrition Care Process. Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions with patients/clients with various conditions, including, cardiovascular and gastrointestinal disorders.

NUFD 118B. Medical Nutrition Therapy II. 3 Units
Prerequisite(s): FACS 118A, and CHEM 161 or instructor permission.
Term Typically Offered: Spring only

Continuation of principles, methods, and skills as developed in FACS 118A. Review of the etiology, development and dietary prevention and intervention of diseases influenced by nutrition such as: diabetes mellitus, hepatic and biliary diseases, cancer, renal disease, pulmonary disease, neurological disorders, HIV and AIDS, and inborn errors of metabolism. Lecture, discussion two hours; activity two hours.

NUFD 119. Nutrition: Adolescence Through Older Adulthood. 3 Units
Prerequisite(s): FACS 113
Term Typically Offered: Fall, Spring

Examination of nutritional requirements, metabolism and issues during stages of the life cycle, including: adolescence, adulthood, and old age. Study of assessment and methods for achieving nutritional needs through dietary selection and promotion of adolescent, adult, and elderly adult health. Analysis of social, environmental, physical and economic factors affecting nutritional status.

NUFD 120. Practical Application in Sports Nutrition. 3 Units
Prerequisite(s): FACS 113
Term Typically Offered: Fall, Spring

A survey course in nutrition with an emphasis on the relationship among diet, physical activity, and health; exploration of the changes in the metabolism of carbohydrates, lipids, protein and water; discussion of the function of vitamins and minerals; practical application of evidence-based dietary recommendations for common sports and varying physical intensity. Recommended for FACS majors. Lecture/Discussion. Three units.

NUFD 121. Nutrition Assessment, Methods and Support. 3 Units
Prerequisite(s): FACS 113
Term Typically Offered: Fall, Spring, Summer

Study of health care systems, the nutrition care process including assessment and support, and clinical implications of malnutrition. Topics include nutrition-focused physical examination, anthropometric, biochemical, dietary, body composition, and functional status evaluation and an understanding of advantages and disadvantages of assessment approaches. Application of various assessment methods and problem solving will be achieved through hands on training and clinical case studies in the context of malnutrition, nutrition support, cancer, eating disorders, and obesity.

NUFD 168. Senior Seminar. 3 Units
Prerequisite(s): 21 NUFD and/or FACS units
Term Typically Offered: Fall, Spring, Summer

Designed to synthesize knowledge in the Nutrition and Food discipline. Examination of the major and career exploration. Analysis of public policy and ethical issues, professionalism and leadership strategies. Includes a capstone project and development of an academic and/or professional portfolio.

NUFD 170. Advanced Nutrition and Metabolism. 3 Units
Prerequisite(s): CHEM 161, FACS 113; or instructor permission.
Term Typically Offered: Spring only

Study of the physiologic function of carbohydrates, lipids, protein and micronutrients including integrated metabolism, transport, regulation and relation to inborn errors/chronic disease. Introduction to gene-nutrient interaction. Cross Listed: BIO 170; only one may be counted for credit.

NUFD 199D. Dietetic Pathways. 1 Unit
Prerequisite(s): Senior standing as Dietetics emphasis.
Term Typically Offered: Fall only

Examination of dietetics career paths, processes and options. Students will learn about the profession of dietetics, including professionalism, the professional organization, pathways, mentoring and the code of ethics.

NUFD 221A. Advanced Clinical Nutrition A. 3 Units
Prerequisite(s): Admission into Dietetic Internship Program or instructor permission.
Term Typically Offered: Fall only

Perform nutrition assessment of patients with complex medical conditions. Integration of pathophysiology into medical nutrition therapy. Development, supervision and evaluation of nutrition care plans. Select, calculate, monitor and evaluate nutritional support regimens for patients. Lecture, composition.

NUFD 221B. Advanced Clinical Nutrition B. 1 Unit
Prerequisite(s): Admission into Dietetic Internship Program or instructor permission.
Term Typically Offered: Spring only

Continuation of principles and skills as developed in FACS 221A with application to other complex disease conditions and integration to multiple diseases. Application of genetics and pathophysiology to complex disease conditions. Demonstration of skills in assignments and presentations. Lecture, composition.
NUFD 222. Advanced Community Nutrition and Nutrition Education. 1 Unit

Prerequisite(s): Admission into Dietetic Internship Program or instructor permission.
Term Typically Offered: Fall only

Management of nutrition care for population groups across the lifespan. Perform outcome assessment/evaluation of community based food and nutrition programs. Nutrition policy development and evaluation based on community needs and resources. Learn advanced nutrition counseling techniques. Lecture, composition.

NUFD 223. Advanced Foodservice Management and Administration. 2 Units

Prerequisite(s): Admission into Dietetic Internship Program or instructor permission.
Term Typically Offered: Fall only

Management of procurement, distribution, and service of food, and integration of financial, human, physical and material resources. Production of food that meets nutrition guidelines, cost parameters, and consumer acceptance; safety and sanitation issues related to food. Analysis of the operations of food service organization. Lecture, written assignments and practical experience.

NUFD 224. Advanced Community Nutrition and Policy. 3 Units

Prerequisite(s): Admission into Dietetic Internship Program or instructor permission.
Term Typically Offered: Spring only

Learn and apply the nutrition care process and to manage nutrition care for population groups. Conduct outcome assessment, planning, implementation, marketing and evaluation of nutrition programs. Apply the research process and critically evaluate nutrition research. Develop an understanding of nutrition policy and resources. Lecture-discussion.

NUFD 280. Teaching Methods in Family and Consumer Sciences/Home Economics. 3 Units

Prerequisite(s): Current enrollment in a teaching credential program or instructor permission.
Term Typically Offered: Summer only

This course is designed to provide students with materials, classroom management strategies and methods necessary to successfully teach Family & Consumer Sciences (FCS)/Home Economics Careers and Technology (HECT) at the secondary level. Teacher candidates will become acquainted with legislation, standards, teaching strategies, resources, research and student leadership programs.

NUFD 295. Field Study. 1 - 7 Units

Prerequisite(s): Enrolled in Graduate Studies in NUFD Dietetic Internship
Term Typically Offered: Fall, Spring

Guided study, observation or work experience in an area in which the graduate student needs advanced and specialized study. Note: May be repeated for credit

Credit/No Credit

NUFD 299. Special Problems. 1 - 3 Units

Prerequisite(s): Undergraduate major or minor in Family and Consumer Sciences.
Term Typically Offered: Fall, Spring

Any properly qualified student may pursue a problem after approval by his/her advisor and the staff member with whom he/she works. Credit/No Credit