



Nutrition and Foods A.S. Degree

CRC Department of Nutrition and Foods offers an Associate's degree program that is challenging, accessible, and rewarding. The program provides opportunities to master the knowledge and skills required for transfer to a didactic program in dietetics or a four-year degree in nutrition and foods.

Total Units: 60-63

First Year

Semester 1

15 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
NUTRI 300 ^Z Nutrition	3		F(O), S(O), Su(O)	CRC Area III(b)
CHEM 305 ^Z Introduction to Chemistry or	5	Elementary Algebra or higher	F, S, Su	CRC Area IV
CHEM 400 ^Z General Chemistry I	5	Elementary Algebra and CHEM 300, 305, 309 or 1 yr HS chemistry with lab	F, S, Su	CRC Area IV
CRC Area II(b)-Math Competency ^Z	3	Recommend meeting with a counselor	F, S, Su	CRC Area II(b)
CRC Area II(a)-Writing Competency ^Z	3	Recommend meeting with a counselor	F, S, Su	CRC Area II(a)
CRC Area III(a)-Physical Education Activity ^Z	1		F, S, Su	CRC Area III(a)

^Z At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

Semester 2

14-15 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
NUTRI 322 ^Z Nutrition Issues Throughout Life	3	NUTRI 300; Advisory LIBR 318	F(O) online only	CRC Area III(b)

Career

Options/Outlook:

Plan and conduct food service or nutritional programs to assist in the promotion of health and control of the disease. Monitor food service operations to ensure conformance to nutritional, safety, sanitation, and quality standards. With a minimum of a BS degree, can assess nutritional needs, diet restrictions, and current health plans to develop and implement dietary care plans and provide nutritional counseling. Consult with physicians and health care personnel to determine patients' or clients' nutritional needs and diet restrictions. **Career opportunities require more than an associate degree.**

A sample of reported job titles:

Clinical Dietician, Clinical Dietitian, Correctional Food Service Supervisor, Dietary Manager, Dietitian, Nutritionist, Outpatient Dietitian, Pediatric Clinical Dietician, Registered Dietician, Registered Dietitian

Projected job openings in California (2020-2030):

730

Projected growth in California (2020-2030):

16% growth

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
BIOL 308 ^Z Contemporary Biology	3	Advisory: ESLR 320 & ESLW 310 of ESL 325 or eligible for ENGRD 310 & ENGWR 101	F, S, Su	CRC Area IV
BIOL 309 ^Z Contemporary Biology Laboratory	1	Advisory: Eligible for ENGWR 300	F, S, Su	
BIOL 102 ^Z Essentials of Human Anatomy and Physiology or	4		F, S	CRC Area IV
BIOL 430 ^Z Anatomy and Physiology	5	CHEM 305, 309, or 400	F, S, Su	CRC Area IV
PSYC 300 ^Z General Principles	3	Advisory: ENGRD 310, ENGRD 312, ENGWR 300, or equivalent	F, S, Su	CRC Area V(b)

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Second Year

Semester 3

15 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
NUTRI 370 ^Z Food Service Management	3		F(O) only online	
CAM 306 ^Z Culinary Sanitation & Safety	2		F, S	
CAM 301 ^Z Food Theory and Preparation	4	coreq: CAM 306 & NUTRI 370 (in place of CAM 300 for NUTRI students)	F, S	
Elective-Suggested: NUTRI 303 Plant- Based Nutrition ^{1 Z}	3		F, S	CRC Area III(b)

Median Salary in California with advanced degree (2021):

\$79,340/yr

Source:

<https://www.onetonline.org/link/summary/29-1031.00>

Related Certificates:

NUTRI 300, 310, 322, 350, and CAM 301 are required for the **Certificate of Proficiency in Community Nutrition**.

NUTRI 303 and 331, and HORT 313 are required for the **Certificate of Proficiency in Plant-Based Nutrition & Sustainable Agriculture**.

Transfer Notes:

Please meet with a counselor for specific transfer course evaluation or transferring to a specific 4-year institution.

General Education (GE):

Non-specified GE courses identified by CRC Area, CSU Area or IGETC Area without pre- or co-requisite can be taken at any semester.

Honors Option:

The CRC Honors Program is designed specifically for academically accomplished students and for students with the potential for high achievement. Students who complete 15 units or more in honors-designated courses will earn special recognition as an Honors Scholar, a distinction that may entitle the student to guaranteed transfer and scholarship opportunities at select transfer colleges and universities.

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
Elective-Suggested: NUTRI 331 Plant-Based Food Principles & Preparation¹ Z	3	Advisory: ENGWR 51 & MATH 20	F	CRC Area III(b)

Z At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

¹ Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

Semester 4

16-18 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
NUTRI 310 Z Cultural Foods of the World	3	Advisory: LIBR 318	F(O), S(O) only online	CRC Area V(b) & VI
NUTRI 340 Z Nutrition and Metabolism	3	NUTRI 300; Advisory: LIBR 318, BIOL 102, BIOL 310, CHEM 307	S(O) only online	
NUTRI 350 Z Community Nutrition	3	NUTRI 300; Advisory: NUTRI 340	S(O) only online	
CRC Area I-Humanities Z	3		F, S, Su	CRC Area I
CRC Area V(a)-American Institutions Z	3		F, S, Su	CRC Area V(a)
Elective-Suggested: HORT 313¹	1-3		S	

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^You must have passed the prerequisite course(s) with a "C" or better; Corequisite must be taken during the same semester; Advisory means it is recommended but not required to enroll in the course.

*(O) = online available (P) = partially online

¹ Suggested-HORT 313 Sustainable Agriculture (3 units), CRC Area IV, S. Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

About this program map:

This program map represents one possible pathway to complete the program. Please see a counselor to create an education plan customized to meet your needs. This map is not a guarantee of course availability or financial aid applicability.

Zero Textbook Costs (ZTC):

The Zero Textbook Costs designation and logo are added to any course that provides free access to all required instructional materials. These are typically shared with students through Canvas. Courses that are designated as ZTC may still require students to purchase supplemental materials such as lab coats, a calculator, art supplies, etc. See full definitions and searching tips on the [Zero Textbook Costs page](#) of the college website.

