

NUTRITION/FOODS (NUTR)

NUTR 018 Nutrition **3unit(s)**

Hours: 3 Lecture/Discussion

Scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues with emphasis on individual needs. (C-ID: NUTR110)

NUTR 020 Cultural Foods **3unit(s)**

Hours: 2 Lecture/Discussion Hours:

3 Lab

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.

Advisory on Recommended Preparation: ENGL 261 or equivalent college course with a minimum grade of C or eligibility for ENGL C1000 as determined by COS Placement Procedures (<https://catalog.cos.edu/placement-procedures/>).

NUTR 107 Sanitation and Safety **2unit(s)**

Hours: 2 Lecture/Discussion

This course provides accurate, up-to-date information for all levels of employees in all aspects of food handling. It includes laws and regulations for food safety within the rapidly growing restaurant and food service industry. Students may elect to take the National Food Safety certificate exam at the end of the course.

NUTR 119 Nutrition for Fitness **3unit(s)**

Hours: 3 Lecture/Discussion

Equivalent Course: HW 119

This course is designed to acquaint students with the nutritional needs of athletes and the relationship between nutrition and fitness. Students are required to use the computer, Internet and basic math skills to calculate nutritional needs. Topics include human energy, nutrient groups, body composition, and supplement use.