

DIET 107 Course Outline as of Fall 2025

CATALOG INFORMATION

Dept and Nbr: DIET 107 Title: DIET TECH 1: LECTURE
Full Title: Dietetic Technician 1: Lecture
Last Reviewed: 9/14/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable
Grading: Grade Only
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly: DIET 107.1

Catalog Description:
Application of nutrition and dietetics concepts to development of entry-level skills and competencies for the Dietetic Technician, Registered (DTR), in inpatient food and nutrition settings, including both acute care and long-term care, as required by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Prerequisites/Corequisites:
Course Completion of DIET 70 (OR FDNT 70), DIET 50, DIET 176, DIET 191, PHYSIO 58, DIET 176L; AND Concurrent Enrollment in DIET 107.1L

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Application of nutrition and dietetics concepts to development of entry-level skills and competencies for the Dietetic Technician, Registered (DTR), in inpatient food and nutrition settings, including both acute care and long-term care, as required by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). (Grade Only)

Prerequisites/Corequisites: Course Completion of DIET 70 (OR FDNT 70), DIET 50, DIET 176, DIET 191, PHYSIO 58, DIET 176L; AND Concurrent Enrollment in DIET 107.1L

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Accurately recognize the protocols for managing food service for an inpatient setting, including meal planning, food ordering, and meal delivery.
2. Demonstrate competency as a Dietetic Technician in development of Nutrition Care Plans (NCP).
3. Use professional, legal, and ethical dimensions as a basis for decision making in dietetic practice, such as in patient referrals.

Objectives:

At the conclusion of this course, the student should be able to:

1. Participate in screening and interviewing clients/patients for nutritional needs.
2. Use nutrient standards to assess nutrient needs and write nutrition care plans for a variety of clients.
3. Conduct an individual or group education and follow up for acceptance and understanding.
4. Assist with standard enteral feedings and implement transition feeding plans in medically stable clients.
5. Contribute to interdisciplinary team patient care conferences representing food and nutrition services and contribute to interdepartmental communication in the healthcare setting.
6. Assist Registered Dietitian with nutrition assessment of patients with complex medical conditions.
7. Refer clients/patients to other dietetic professionals or other disciplines when patient needs are beyond the Dietetic Technician, Registered scope of practice.
8. Order, receive, and safely store food for an inpatient food service operation.
9. Follow and document compliance with state and federal healthcare food service rules and regulations and propose actions for continuous quality improvement in a food service

operation.

10. Demonstrate competence as a dietetic supervisor in managing food and nutrition employees and organizing resources and services in a food service organization.

Topics and Scope:

I. Nutrition Assessment and Education

- A. Interviewing/screening clients
- B. Using nutrient standards
- C. Writing Nutrition Care Plans
- D. Nutrition education
- E. Follow up for plan effectiveness

II. Enteral Feedings

- A. Calorie requirements
- B. Macronutrient requirements
- C. Fluid requirements

III. Transition Feedings

IV. Interdisciplinary Team Conferences

- A. Grand rounds
- B. Weight variance
- C. Patient/resident care conferences
- D. Documentation

V. Referral to Other Health Professionals

- A. Physical Therapist
- B. Occupational Therapist
- C. Speech Therapist
- D. Registered Dietitian
- E. Other

VI. Food Ordering, Receiving and Storing

VII. Supervision of Food Safety and Sanitation Practices

VIII. Governmental Regulations for Inpatient Healthcare

IX. Employee Management

- A. Staffing
- B. Staff development
- C. Evaluation

X. Department Management

- A. Financial reports
- B. Employee reports
- C. Other

XI. Academy of Nutrition and Dietetics Code of Ethics

XII. DTR Portfolio, Resume, Preceptor Evaluations, and Preparation for the DTR Exam

Assignment:

1. Five written case studies with Nutrition Care Plans (NCP)
2. Oral presentation from current research of an uncommon disease state
3. Documentation of competencies from Supervised Field Experiences for professional career portfolio
4. Create a professional resume

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Documentation of competencies from Supervised Field Experiences for professional career portfolio. Written case studies with Nutrition Care Plans (NCP).

Writing
30 - 50%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Oral presentation from current research of an uncommon disease state.

Skill Demonstrations
20 - 30%

Exams: All forms of formal testing, other than skill performance exams.

None

Exams
0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

Create a professional resume. Attendance and participation.

Other Category
30 - 50%

Representative Textbooks and Materials:

Instructor prepared material.