

**DIET 70 Course Outline as of Spring 2018****CATALOG INFORMATION**

Dept and Nbr: DIET 70 Title: INTRO TO NUTR DIET FD SR

Full Title: Introduction to Nutrition, Dietetics and Food Service

Last Reviewed: 12/9/2019

| 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    | 6            | 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: FDNT 70

Formerly:

**Catalog Description:**

Professional roles, skills, responsibilities and opportunities in the fields of nutrition, dietetics and food service management. Introduction to the history of the profession, related government agencies, scientific literature and resources, and professional code of ethics.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Professional roles, skills, responsibilities and opportunities in the fields of nutrition, dietetics and food service management. Introduction to the history of the profession, related government agencies, scientific literature and resources, and professional code of ethics. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;

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

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                      |                      |                      |           |
|----------------------|----------------------|----------------------|-----------|
| <b>AS Degree:</b>    | <b>Area</b>          | Effective:           | Inactive: |
| <b>CSU GE:</b>       | <b>Transfer Area</b> | Effective:           | Inactive: |
| <b>IGETC:</b>        | <b>Transfer Area</b> | Effective:           | Inactive: |
| <b>CSU Transfer:</b> | Transferable         | Effective: Fall 2006 | Inactive: |
| <b>UC Transfer:</b>  |                      | 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. Use self-assessment, match individual skills and attitudes to plan learning opportunities needed for success in a nutrition, dietetics and/or food service career.
2. Participate in legislative and public policy processes affecting food, nutrition and health care.
3. Exhibit professional behaviors and perform ethically in accordance with values of the Academy of Nutrition and Dietetics in classes.

### **Objectives:**

Upon successful completion of this course, students will be able to:

1. Discuss key historical figures, scientific discoveries, and legislation related to the field of nutrition, dietetics and food safety.
2. Compare and contrast professional work opportunities, including government, private sector and self-employment.
3. Discuss different activities and responsibilities in the various fields of employment.
4. Describe the academic and practice requirements for different positions in the fields of nutrition, dietetics, and food service management.
5. Compare individual personal interests and capabilities to those required of professionals in nutrition, dietetics and food service management.
6. Discuss the goals and activities as well as the responsibilities and functions of professional organizations associated with the field.
7. Select and apply information from journals and other resources for various professional objectives.
8. Use standards of practice and ethical codes in the workplace.
9. Maintain a professional portfolio of continuing education units.

### **Topics and Scope:**

- I. History of the profession

- A. Historical figures of 19th century to present
- B. Scientific method and the discovery of different nutrients
- C. Historical events - major food legislation of 20th century to present
- D. National and international organizations
  - 1. US Department of Agriculture
  - 2. US Department of Health and Human Services
  - 3. Food and Drug Administration
  - 4. World Health Organization; Food and Agriculture Organization
- II. Careers in Nutrition, Dietetics, and Food Service Management
  - A. Job titles and activities:
    - 1. Nutritionist
    - 2. Registered Dietitian (RD); Registered Dietetic Technician (DTR)
    - 3. Health educator
    - 4. Dietary Service Supervisor (DSS) and Certified Dietary Manager (CDM)
    - 5. Dietetic assistant
  - B. Employment opportunities and basic job descriptions
    - 1. Food assistant programs
    - 2. School food service and child nutrition programs
    - 3. Correctional facilities
    - 4. Hospitals
    - 5. Assisted living communities
    - 6. Business and industry
    - 7. Education and research
- III. Educational requirements for different professional positions
- IV. Activities and responsibilities of different positions
- V. Professional organizations
  - A. Academy of Nutrition and Dietetics (AND), related journal and website
  - B. State and local Dietetic Associations and practice groups
  - C. Association of Nutrition and Foodservice Professionals
  - D. Center for Science in the Public Interest
- VI. Scientifically reliable sources of information and ongoing support for working in and maintaining currency in the field.
  - A. Professional publications and related websites
  - B. AND position papers
  - C. Trade publications and related websites
- VII. Standards of Practice and Professional Code of Ethics for Nutrition and Dietetics
- VIII. Resume writing
- IX. Commission on Dietetic Registration Professional Development Portfolio

### **Assignment:**

- 1. Readings from course reader and professional publications, 2-10 pages per week.
- 2. Written statement of current ideas about career goals and objectives (1-2 pages).
- 3. Prepare a written multi-year plan reflecting progression towards career goals over the next 5 years.
- 3. Professional development portfolio. Include a tracking system for recording completion of

- continuing education requirements. Graded 75% problem solving; 25% written summary.
4. Written summary of 1-2 journal articles; compose 2-3 test questions related to article.
  5. Written summaries of speaker presentations with commentary on applicability of presented area of practice to individual interests and goals.
  6. Prepare a professional cover letter and resume.
  7. 1-2 quizzes.

### 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.

Statement; plan; resume; summaries & questions

Writing  
40 - 60%

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

Career portfolio

Problem solving  
10 - 20%

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

None

Skill Demonstrations  
0 - 0%

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

1-2 quizzes

Exams  
10 - 30%

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

Participation

Other Category  
5 - 10%

### Representative Textbooks and Materials:

Instructor prepared materials