

NUTRITION AND FOOD

The Nutrition and Food Certificate of Training provides a study of basic nutrition, food science principles, and nutrition issues with emphasis on the subject of obtaining and maintaining a good state of nutrition. It also introduces the student to the multi-faceted field of nutrition and explores different career options.

Learning Outcomes: Upon successful completion of the program, students will be able to:

- Identify specific nutrition issues and how to work with them.
- Use knowledge of scientific nutrition principles to improve diet and wellness.
- Apply basic scientific principles in the preparation and storage of safe, high-quality food products.

Certificate of Training

Certificate Requirements		Units
NUTF 1	Nutrition	3
NUTF 2	Introduction to Nutrition, Dietetics, and Foods	1
NUTF 3	Nutrition Issues	2
NUTF 10	Food Science	2
& NUTF 10L	Food Science and Safety Laboratory	1
TOTAL CERTIFICATE OF TRAINING UNITS		9