PROGRAM DESCRIPTION:
The Nutrition and Food major is designed for students training in the field of health and wellness based on nutrition and fitness as a lifestyle. The certificate qualifies students for entry-level positions in health spas, retirement and convalescent homes, counseling centers, and youth daycare/camps.

HOW DO I KNOW THIS MAJOR IS FOR ME?
- You enjoy assisting and caring for others
- You are able to make decisions and solve problems
- You enjoy analyzing information and evaluating results
- You enjoy public speaking
- You like to prepare meals and follow recipes
- You like to analyze menus or recipes, and test new products
- You want to guide others on the selection of food
- You enjoy coaching and developing others
- You are interested in learning about food and nutrition
- You enjoy developing and building teams
- You want to educate others about health

WHAT CAN I DO WITH THIS CERTIFICATE?
- Camp Counselor
- Food Service Worker
- Cafeteria Assistant
- Wellness Assistant
- Community Service Assistant
- Community Health Clerk
- Recreation Leader

WHERE CAN I WORK?
This pathway provides you with a choice of various work environments including:
- Hospital Cafeterias
- School Cafeterias
- Nursing Care Facilities
- Medical Centers
- Colleges and Universities
- Correctional Institutions
- Public Health Centers
- Food Companies
- Counseling Centers
- Youth and Family Camps
- Day Care Facilities
- Health Clubs

WHAT IS THE POTENTIAL WAGE OUTLOOK?
The certificate may lead to a position as a Recreation Worker, which according to the EDD/LMID Occupational Employment Statistics Survey, 2017 the median wage in California was $27,004 annually or $12.98 hourly. For more information, visit www.labormarketinfo.edd.ca.gov/OccGuides.

The job and wage outlook will vary based on the position selected within this major. To review current salary information and job outlook for other occupational titles, visit www.onetonline.org.

WHAT CAN I DO IN THE FUTURE WITH MORE EDUCATION?
The positions below require advanced training and education, such as a bachelor’s degree in Nutrition. According to EDD/LMID Occupational Employment Statistics Survey, 2017, the median salary for Registered Dietitians in California was $73,953 or $35.55 hourly. You can complete the Nutrition and Dietetics for Transfer Associate Degree at Chaffey to follow this pathway.
- Registered Dietitian
- Nutritionist
- Health Education Teacher
- Health Services Manager
- Director of Wellness Programs
- Public Health Director
- Food Science Technologist
- Counselor
- Activity Director
- Healthcare Social Worker

For additional information about career pathways and to find out if this major is a good fit for you visit the Career Center located in MACC 203. Career information was collected from www.onetonline.org and www.bls.gov.
### Major and Course Requirements:

**Legend:**
- G = Grade
- IP = In Progress
- N = Need
- **Bold:** Prerequisites
- Plain Text: No Prerequisites

#### Requirements for the Nutrition and Food Certificate: (L241)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Grade</th>
<th>IP</th>
<th>Need</th>
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<td>BIOL 14</td>
<td>Health Science</td>
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<td>BIOL 424</td>
<td>Anatomy and Physiology</td>
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<td>COMSTD 8</td>
<td>Fundamentals of Speech Communication</td>
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<td>Health and Wellness for Older Adults</td>
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<td>First Aid and Emergency Response to Community Disasters</td>
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<td>Nutrition and the Active Person</td>
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**Student Name:**

**ID#:**

**Date:**

**Counselor:**

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**Counselor Notes:**

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<th>COUNSELOR NOTES:</th>
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$46 per unit for CA Residents