

Area: Health & Education
 Dean: Dr. Steven Boyd
 Phone: (916) 484-8902
 Counseling: (916) 484-8572

Certificates: Dietary Manager/Dietary Service Supervisor

Dietary Manager/Dietary Service Supervisor Certificate

The Dietary Manager/Dietary Service Supervisor Certificate provides certification for employment in nutritional care and dietary management within a health-care facility, such as a skilled nursing facility. This certificate program meets the California State Department of Health Service's requirements for certification.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- identify the location of applicable laws and regulations and determine compliance to regulatory requirements (state and federal), and determine acceptable standards of care in dietary services.
- identify the role and limitations (no scope of practice) of the Dietary Service Supervisor under law (Title 22) for the Operation of Food Service.
- participate with the Registered Dietitian (RD) in the timely review and revision of the facility's policies and procedures to ensure that they are in compliance with regulations and standards of practice.
- assist in the orientation of new employees. Assist in the ongoing, planned development of seasoned employees to ensure that they are competent to carry out the functions of the dietary service and trained in approved policies.
- assist in the development of Quality Assurance Programs to monitor staff practices for compliance, to determine training needs, and to evaluate resident/patient satisfaction.
- assist in the development of planned and disaster menus to meet the nutritional needs of resident/patient in accordance with the Recommended Dietary Allowances (RDAs).
- ensure that therapeutic menus and standardized recipes are followed, served and consumed in their appropriate form, as approved by RD.
- ensure that food is served by methods that conserve nutritive value, flavor and appearance. Ensure that food is prepared in a form designed to meet individual needs and substitutions are of similar nutritive value.
- maintain current profile cards, and provide assistive devices as needed.
- ensure that food is stored, prepared, distributed, and served under sanitary conditions to prevent food borne illness. This includes the sanitation oversight of equipment such as internal components of the ice machine, nurse pantry refrigerators and trash disposal systems.
- ensure that the food department runs smoothly, including food ordering and storage, according to applicable state requirements, staffing schedules, employee health, labor relations, safety programs and other duties as assigned by administration.

Career Opportunities

Dietary Manager in a Long Term Care Facility.

Requirements for Certificate		20 Units
HM 310	Sanitation, Safety and Equipment.....	3
HM 315	Food Theory and Preparation.....	4
NUTRI 130	Introduction to Dietary Management.....	2
NUTRI 132	Management of the Dietary Department in Health Care Facilities.....	3
NUTRI 133	Clinical Experience in Health Care Facilities.....	2.5
NUTRI 134	Nutritional Care Management.....	3
NUTRI 135	Clinical Experience in Nutritional Care Management.....	2.5

NUTRI 107 Nutrition Basics for the Childcare Provider - Basic Nutritional Needs of Children 0-5 1 Unit

Same As: ECE 107

Advisory: ENGWR 102, ENGWR 103, or ESLW 320; or placement through the assessment process.

Hours: 18 hours LEC

This course examines scientific information on the basic nutritional needs of children 0-5 years of age. Topics include macronutrient and micronutrient functions, dietary requirements, and growth and activity patterns in infants, toddlers, and preschool age children. It is designed to satisfy continuing education requirements for childcare providers advancing toward a Master Teacher Certificate. This course is not open to students who have taken ECE 107.

NUTRI 108 Nutrition Basics for the Childcare Provider - Diet, Health, & Physical Activity 0-5 years 1 Unit

Same As: ECE 108

Prerequisite: ECE 107 or NUTRI 107 with a grade of "C" or better

Hours: 18 hours LEC

This course provides scientific information on the relationship between diet, physical activity, and health of children 0-5 years of age. Topics include health implications of dietary deficiencies and excesses, childhood obesity, and physical activity. It is designed to satisfy continuing education requirements for childcare providers advancing toward the Master Teacher Certificate. This course is not open to students who have taken ECE 108.

NUTRI 109 Nutrition Basics for the Childcare Provider - Healthy Foods and Meal Planning 1 Unit

Same As: ECE 109

Prerequisite: ECE 108 or NUTRI 108 with a grade of "C" or better

Hours: 18 hours LEC

This course provides practical information for planning healthy meals and diets for children 0-5 years of age. It's focus is on: creative ways to incorporate fruits and vegetables; how to address neophobia; teaching opportunities at meal and snack time; the importance of a balanced diet; meal and snack planning. It is designed to satisfy continuing education requirements for childcare providers advancing toward the Master Teacher Certificate. This course is not open to students who have taken ECE 109.

NUTRI 110 Nutritional Care Management 3 Units

Corequisite: NUTRI 112.

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Hours: 54 hours LEC

This course is a study of medical nutrition therapies as used in health care facilities. The emphasis is on the modification of diets for various dietary needs. The topics discussed include normal nutrition, medical nutrition therapy, food/drug interactions, nutritional care management of the long term care resident, and cultural foods.

NUTRI 112 Clinical Experience-Nutrition Care Management 2.5 Units

Corequisite: NUTRI 110.

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Current TB clearance and other immunizations required by clinical facility.

Hours: 18 hours LEC; 90 hours LAB

This course provides a clinical experience, under the supervision of a clinical professional, in the dietary departments of participating acute care hospitals and long term care facilities. Topics include normal and life cycle nutrition, disorders of the gastrointestinal tract, diabetes, wasting disorders, nutrition and mental health.

NUTRI 120 Management of the Dietary Department in Health Care Facilities 3 Units

Corequisite: NUTRI 122.

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Current Serv Safe Certification.

Hours: 54 hours LEC

This course reviews the standards of management and food preparation as it applies to quantity food production in health care facilities. The topics include types and components of food production systems, work flow, menu implementation, emergency planning, maintenance of equipment, food production procedures, sanitation and safety, and dietary staff schedules and management.

NUTRI 122 Clinical Experience in Health Care Facilities 2.5 Units

Corequisite: NUTRI 120.

Hours: 18 hours LEC; 90 hours LAB

This course is designed to be taken concurrently with NUTRI 120. This course includes 90 hours of clinical experience in the dietary departments of participating acute hospitals and long term care facilities. The clinical experience is performed under professional supervision.

NUTRI 130 Introduction to Dietary Management 2 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Hours: 36 hours LEC

This course provides an introduction to the profession of dietetics, with emphasis on a career as a dietary services supervisor (DSS). It examines current public policy and legislation related to the profession. It also includes the fundamentals of basic nutrition, individuals' nutritional needs throughout the life cycle, health promotion, and disease prevention.

NUTRI 132 Management of the Dietary Department in Health Care Facilities 3 Units

Prerequisite: NUTRI 130 with a grade of "C" or better

Corequisite: NUTRI 133

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Current ServSafe Certification

Hours: 54 hours LEC

This course reviews the standards of management and food preparation as they apply to the quantity of food production in health care facilities. Topics include types and components of food production systems, work flow, menu implementation, emergency planning, maintenance of equipment, food production procedures, dietary staff schedules, and management. This course is designed to be taken concurrently with NUTRI 133.

NUTRI 133 Clinical Experience in Health Care Facilities 2.5 Units

Prerequisite: NUTRI 130 with a grade of "C" or better

Corequisite: NUTRI 132

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Current TB clearance and other immunizations required by clinical facility.

Hours: 18 hours LEC; 90 hours LAB

This course offers clinical experience in health care facilities. It includes 90 hours of clinical experience in the dietary departments of participating acute hospitals and long term care facilities. The clinical experience is performed under professional supervision. This course is designed to be taken concurrently with NUTRI 132.

NUTRI 134 Nutritional Care Management 3 Units

Prerequisite: NUTRI 130 with a grade of "C" or better

Corequisite: NUTRI 135

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Hours: 54 hours LEC

This course is a study of nutrition therapeutic diets used in health care facilities. It emphasizes the modification of diets for various dietary needs of the long term care resident. This course is designed to be taken concurrently with NUTRI 135.

NUTRI 135 Clinical Experience in Nutritional Care Management 2.5 Units

Prerequisite: NUTRI 130 with a grade of "C" or better

Corequisite: NUTRI 134

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Current TB clearance and other immunizations required by clinical facility.

Hours: 18 hours LEC; 90 hours LAB

This course provides clinical experience, under the supervision of a clinical professional, in the dietary departments of participating acute care hospitals and long term care facilities. Topics include disorders of the gastrointestinal tract, diabetes, wasting disorders, nutrition, and mental health. This course is designed to be taken concurrently with NUTRI 134.

NUTRI 294 Topics in Nutrition and Foods 5-4 Units

Hours: 9-72 hours LEC

This course provides opportunities to study current, controversial topics in nutrition which are either not included in current offerings or require emphasis beyond that offered in existing courses. The course may be taken four times for a maximum of 6 units providing there is no duplication of topics.

NUTRI 300 Nutrition 3 Units

Advisory: ESLL 320; or placement through the assessment process.; ENGRW 102 or 103, and ENGRD 116, or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment process

General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1; TCSU NUTR 110

Course Transferable to UC/CSU

Hours: 54 hours LEC

This is an in-depth study of the essential nutrients and their functions, and the chemical compositions of foods and their utilization in the body. This course includes discussion of the nutritional values of foods, current topics in nutrition, and individuals' nutrition needs throughout the life cycle. This course is not open to students who have completed NUTRI 302.

NUTRI 302 Nutrition for Physical Performance 3 Units

Advisory: ENGRW 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area III(b); AA/AS Area IV

Course Transferable to CSU

Hours: 54 hours LEC

This course presents a comprehensive study of nutrition and fitness as they interrelate and apply to fitness and sport skill training and to athletic performance. The course includes an in-depth study of essential nutrients and functions, chemical compositions of foods and their use in the body as they relate to physical performance. Specifically, nutrition is related to muscle strength development, cardiovascular fitness, and body composition. Emphasis on current nutrition practices related to athletic performance. Designed for individuals interested in the study of how nutrition enhances athletic performance. Not open to students who have completed NUTRI 300.

NUTRI 305 Nutrition for Health 2 Units

Advisory: ENGRW 102 or ENGRW 103 and ENGRD 116, or ESL 320, ESLR 320, and ESLW 320; or placement through the assessment process.

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 36 hours LEC

This course presents a study of nutrition and fitness designed to increase an awareness of food, nutrition, and physical activity and their interrelationships. Topics include diet selection and food preparation. This course is designed for those interested in general wellness.

NUTRI 307 Nutrition for Fitness 2 Units

Same As: PET 402

Course Transferable to CSU

Hours: 36 hours LEC

This course is part of the Fitness Specialist Certificate Program. Basic principles of nutrition are studied and the ramifications of nutrition on fitness training. Not open to students who have completed PET 402.

NUTRI 310 Cultural Foods of the World 3 Units

Advisory: ENGRW 102 or ENGRW 103 and ENGRD 116, or ESLL 320, ESLR 320, and ESLW 320; or placement through assessment process

General Education: AA/AS Area VI

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course compares various western and non-western culture food customs and patterns including their social, religious, economic, and aesthetic significance. Ethnocentrism, gender-related stereotypes, and racism as they relate to the availability, distribution, and preparation of food throughout the world will be compared. The nutritional status of various cultures as it relates to geographic agricultural and socioeconomic factors will be studied.

NUTRI 320 Children's Health, Safety and Nutrition 3 Units

Same As: ECE 415

Advisory: ENGRW 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course examines basic nutrition, health, and safety needs of children from the prenatal period through school age. Topics include identification of nutrients in foods as they affect a child's physical and mental development and standards for the maintenance of optimal health, safety, and nutrition status of children at home and in group care. Projects relating to children's nutrition, health, and safety are required as part of the course. This course is not open to students who have taken ECE 415.

NUTRI 324 Nutrition for Healthy Aging 3 Units

Same As: GERON 340

Advisory: ENGRW 102 or 103, and ENGRD 116, or ESLR 320, ESLL 320, and ESLW 320, or placement through the assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is an introduction to nutritional concerns as they apply to the elderly, their implications in the aging process, and the environmental, economic and culture factors affecting nutritional status. This course is not open to students who have completed GERON 340.