



# LA Mission College Career Center

## NUTRITION AND DIETETICS

### MAJOR SHEETS

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#### SKILLS

(things you will learn or use)

- Food Services
- Assess nutritional needs
- Medical software
- Active Listening
- Interpreting the meaning of information

#### INTEREST

- Nutrition and Dietetics
- Healthy eating habits
- Develop health plans
- Food selection and preparation
- Teaching people

#### WHAT IS NUTRITION AND DIETETICS?

Nutrition & Dietetics majors range from social sciences to biology and chemistry as they learn how dietary patterns affect human health. Nutrition majors can expect to take an introductory course on the principles of nutrition. Other topics nutrition majors might study include nutrition across the human life span, food preparation, global food availability and distribution, and nutrition as it relates to various disease states. They can use this information to help others make healthy choices for their lives, from shaping school lunch menus to educating people on what to eat, taking into consideration individual needs, age, and special circumstances such as pregnancy. As a nutrition major studies, the relationship between nutrients in food and human health. Students with this major often can choose from multiple tracks and concentrations such as, general nutrition or nutritional sciences, public health or community nutrition, pre-medicine, or dietetics, depending on their career goals.

#### LAMC DEGREES & CERTIFICATES OFFERED

- **Associate of Science for Transfer (AS-T) in Nutrition and Dietetics**

#### TRANSFER RELATED MAJORS

- **Chico State:** Nutrition and Food Science
- **CSU Fresno:** Dietetics, Food and Nutritional Sciences
- **CSU Long Beach:** Dietetics and Food Administration
- **CSU Los Angeles:** Nutritional Science, Sports Nutrition Certificate
- **CSU San Jose State:** Nutrition Science
- **CSU San Diego State:** Foods and Nutrition
- **CSU San Francisco:** Dietetics
- **CSU Northridge:** Nutrition, Dietetics, and Food Science
- **UC Berkeley:** Nutritional Sciences and Toxicology
- **UC Davis:** Nutrition and Food Science



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#### WORK ENVIRONMENT

- Often work in consultation with patients, doctors, teachers, business people and dietary staff
- Indoors, in food preparation areas, kitchens and adjoining offices
- Some work on weekends and holidays; some may work early morning or late evening hours
- Work in close contact with demanding, critically ill, or terminal patients

#### WEBSITE RESOURCES

[www.lamission.edu/careercenter](http://www.lamission.edu/careercenter)  
<https://www.lamission.edu/Nutrition/Nutrition.aspx>  
[www.assist.org](http://www.assist.org)  
[www.salary.com](http://www.salary.com)  
<https://uncw.edu/career/whatcanidowithamajorin.html>  
[www.cacareerzone.org](http://www.cacareerzone.org)  
<http://degrees.calstate.edu/>  
[https://admission.universityofcalifornia.edu/counselors/files/undergraduate\\_majors\\_list.pdf](https://admission.universityofcalifornia.edu/counselors/files/undergraduate_majors_list.pdf)

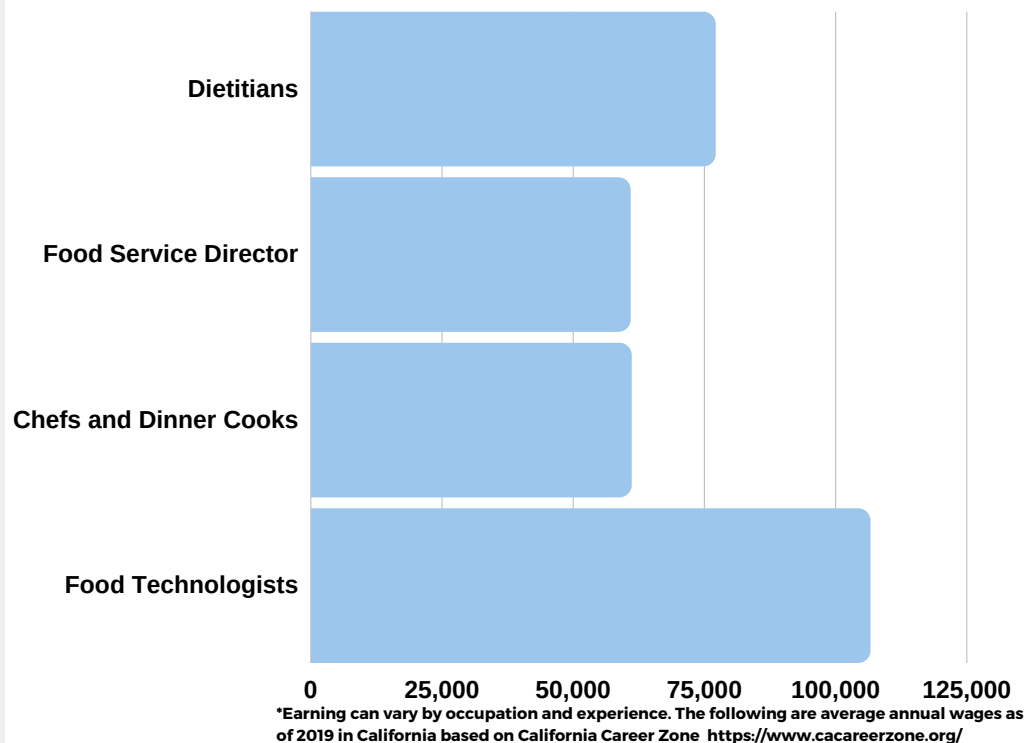
#### POTENTIAL JOB TITLES

- Dietitians
- Food Service Directors
- Chefs and Dinner Cooks
- Food Technologists and Scientists
- Medical Scientists
- Nutritionists
- Fitness and Wellness Coordinator
- Community Health Worker

#### POTENTIAL EMPLOYERS

- Healthcare agencies
- Colleges/universities
- Gyms
- Sports
- Food and Nutrition Services
- Hospitals

#### \*EARNINGS



This general information is provided by the LA Mission College Career Center. For specific information about majors and careers please email us to make an appointment at [careercenter@lamission.edu](mailto:careercenter@lamission.edu)