

NUTRITION AND FOOD CERTIFICATE

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.

CAREER AT A GLANCE:

HOW DO I KNOW IF 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

Use Focus2Career on your MyChaffey portal to learn more about careers and majors that fit you best.

WHERE CAN I WORK?

Hospital Cafeterias	School Cafeterias
Nursing Care Facilities	Medical Centers
Colleges & Universities	Correctional Institutions
Public Health Centers	Food Companies
Counseling Centers	Youth and Family Camps
Day Care Facilities	Health Clubs

For more information visit: www.labormarketinfo.edd.ca.gov/OccGuides

HOW DO I GET STARTED?

- Volunteer at community service events related to nutrition and health
- Practice interpersonal and public speaking communication skills
- Job shadow and network with professionals in positions you wish to obtain in the future
- Participate in campus clubs to build teamwork and leadership skills

WHAT CAN I DO WITH THIS CERTIFICATE?

<i>Position Title</i>	<i>CA Median Salary</i>
Camp Counselor	\$27,290
Food Service Worker	\$24,810
Cafeteria Assistant	\$23,600
Wellness Assistant	\$40,450
Community Service Assistant	\$40,450
Community Health Clerk	\$40,450
Recreation Leader	\$27,290

WHAT CAN I DO WITH HIGHER EDUCATION AND ADDITIONAL TRAINING?

<i>Position Title</i>	<i>CA Median Salary</i>
Registered Dietitian	\$73,870
Nutritionist	\$73,870
Health Education Teacher	\$54,780
Health Services Manager	\$113,970
Director of Wellness Programs	\$87,230
Public Health Director	\$113,970
Food Science Technologist	\$63,650
Counselor	\$43,120
Activity Director	\$27,290
Healthcare Social Worker	\$71,190

For more information about careers, education and training requirements, salary data, and job outlooks visit www.onetonline.org.

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MAJOR AND COURSE REQUIREMENTS:

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

<i>Requirements for the Nutrition and Food Certificate: (L241)</i>		Grade	IP	Need	Units
BIOL 14	Health Science				3
COMSTD 8	Fundamentals of Speech Communication				3
CUL 15	Sanitation, Safety, and Equipment Management				3
KINLEC 17	First Aid and Emergency Response to Community Disasters				3
NF 5	Nutrition for Life (or NF 15, Nutrition I: Introduction to Nutrition Science)				3
NF 22	Nutrition and the Active Person				3
NF 27	Healthy Cooking				2

Student Name: _____

ID#: _____

Date: _____

Counselor: _____

COUNSELOR NOTES:

\$46 per unit for CA Residents

All courses required for a certificate must be completed with a minimum grade of C.