



[Catalog 2025-2026]

Foods and Nutrition (Associate in Science) | Major Code 01368

This sample course map does not represent a contract or guarantee course availability, nor does it replace meeting with a [Counselor](#) to discuss your goals and create a [Student Education Plan](#) designed to fit your unique needs.

This map includes general education (GE) courses satisfying: [Associate Degree \(A.A./A.S.\) GE Requirements](#). Additional corequisite support courses may be required with math and English. This map shows approximately 15 units each semester or 30 units a year. Taking classes during Summer and/or January intersession are also an option.

1st Semester Recommendation

Course	Course Title	Units
HLTH 200	Foods and Nutrition: Overview and Opportunities	1
HLTH 121	Cultural Aspects of Food and Nutrition	3
ENGL C1000	Academic Reading and Writing	4
CHEM 100	Introduction to General Chemistry	4
SOC 101	Introduction to Sociology	3

Total semester units: 15 Units

2nd Semester Recommendation

Course	Course Title	Units
BIOL 100	Principles of Biology	3
BIOL 101	Principles of Biology Laboratory	1
STAT C1000	Introduction to Statistics	4
PSYC C1000	Introduction to Psychology	3
GE-AREA 1B		3

Total semester units: 14 Units

OPTIONAL SUMMER TERM

3rd Semester Recommendation

Course	Course Title	Units
HLTH 201	The Science of Nutrition	3
BIOL 260	Human Anatomy	4
CHEM 110	Elementary Organic and Biological Chemistry	4
GE-AREA 3		3
GE-Lifelong Learning		3

4th Semester Recommendation

Course	Course Title	Units
HLTH 205	Scientific Principles of Foods with Lab	3
CHEM 160	Introductory Biochemistry	3
BIOL 265	General Microbiology	4
GE-AREA 6		3
ELECTIVE		1

Total semester units: 14 Units

Total Program Units: 60 units

Disclaimers:

- This program map is designed with Fall as a first semester; however, this is not required. [Schedule a Counseling appointment](#) to develop a comprehensive student education to achieve your goal.
- **Catalog Rights:** *[Excerpt from 2025-2026 Southwestern College Catalog]*
A student's catalog rights are established at the time of entrance and completion of a course at Southwestern College. When continuous enrollment is maintained, students may choose their catalog rights for general education and graduation requirements in effect at the time of entrance to Southwestern College, or any catalog year thereafter. A student who petitions for an Associates Degree for Transfer who lacks catalog rights will be placed under the catalog in effect at the time the graduation petition is submitted.
- **Continuous Enrollment:** *[Excerpt from 2025-2026 Southwestern College Catalog]*
Continuous enrollment is defined as completion of a course during at least one semester or two quarters in a calendar year, including summer session, in either the CSU, UC, or California Community College System after time of entrance to Southwestern College (effective enrollment fall 2023). Completing a course is defined as receiving a grade of A, B, C, D, F, I, Pass (P), or No Pass (NP). Receiving a grade of "W", "EW" or "MW" will not satisfy the requirements for completing a course. The grade of "EW" or "MW" does not disqualify a student from continuous enrollment.

[AA/AS Local Degree General Education]