Food Science, Dietetics, Nutrition
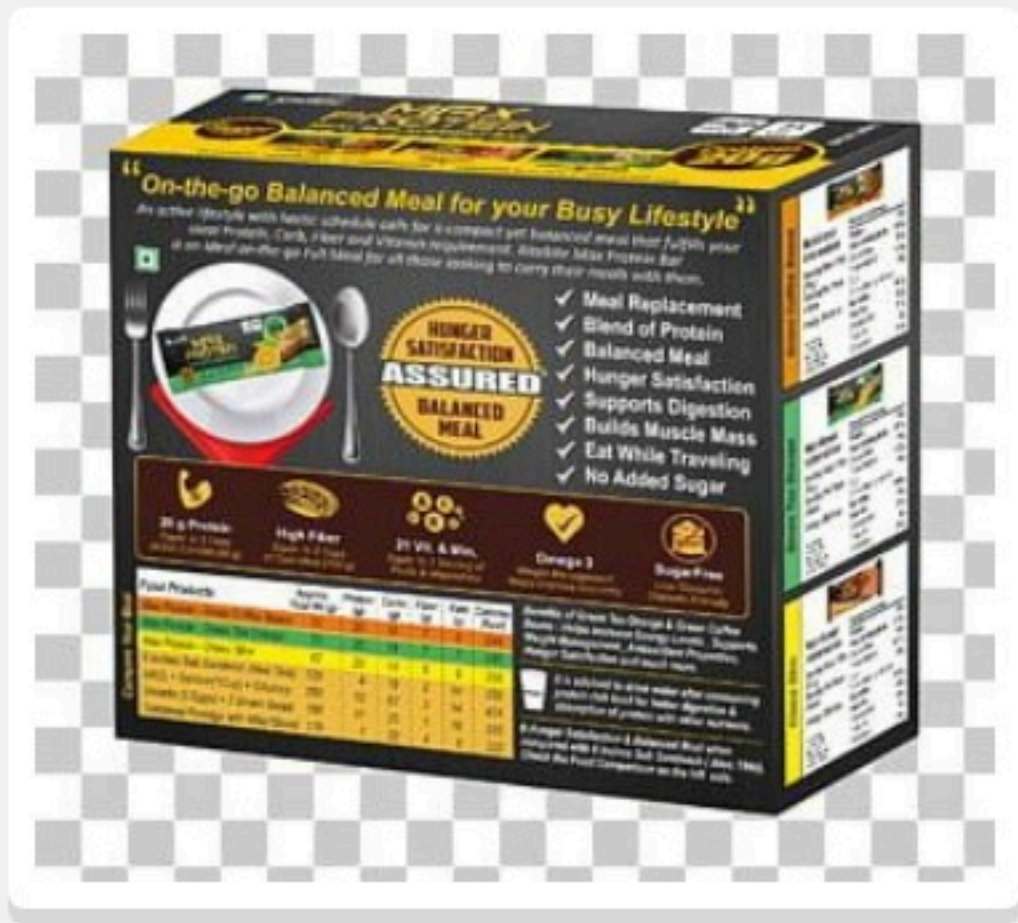
Industry Sector: Hospitality, Recreation, Tourism

What is it?

Plan and conduct food service or nutritional programs to assist in the promotion of health and control of disease. May supervise activities of a department providing quantity food services, counsel individuals, or conduct nutritional research.
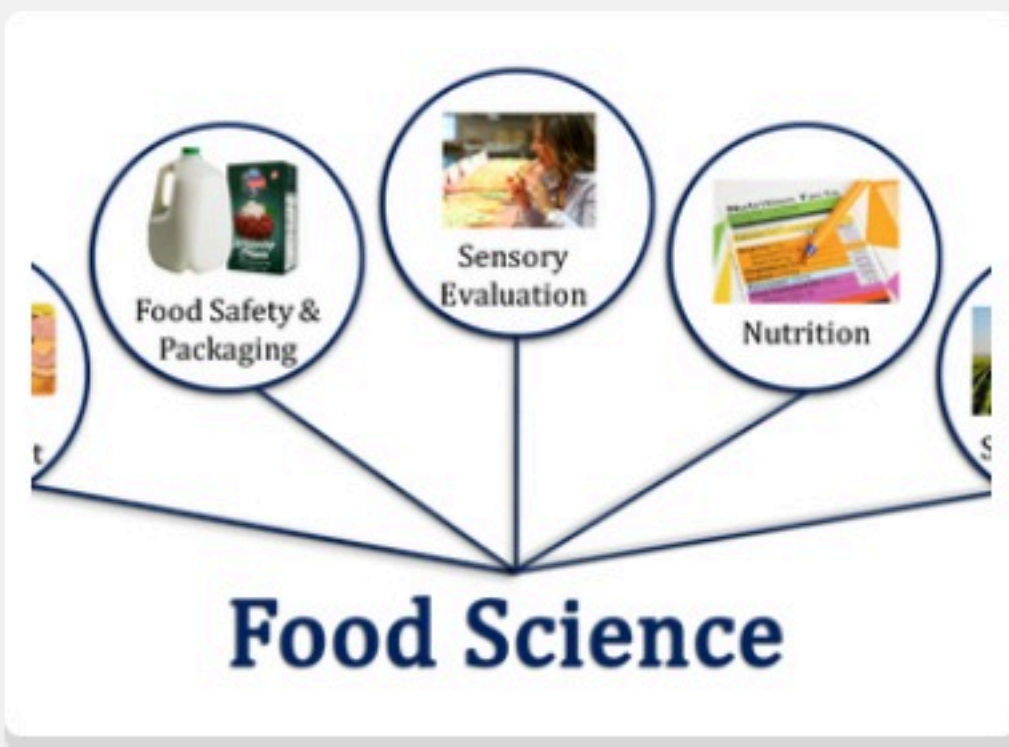
Projected Employment: 730

Occupations

Dietician

Average Salary: $74,060
Monitor food service operations to ensure conformance to nutritional, safety, sanitation and quality standards. Assess nutritional needs, diet restrictions and current health plans to develop and implement dietary-care plans and provide nutritional counseling. Advise patients and their families on nutritional principles, dietary plans and diet modifications, and food selection and preparation.

Food Scientist

Average Salary: $72,580
Analyze food content to determine levels of vitamins, fat, sugar, and protein; discover new food sources; research ways to make processed foods safe, palatable, and healthful; and apply food science knowledge to determine best ways to process, package, preserve, store, and distribute food.

Nutritionists

Average Salary: $74,060
Counsel individuals and groups on basic rules of good nutrition, healthy eating habits, and nutrition monitoring to improve their quality of life. Consult with physicians and health care personnel to determine nutritional needs and diet restrictions of patient or client.

Courses in This Pathway

- Intermediate Food Science
- Advanced Food Science

Student Competition at Pasadena's ICE

Through competitions, students are eligible for scholarships to culinary institutes. In 2020, one student won $150,000 for a full ride to an institute in New York!

Available at Arroyo High School

Champions of the First Annual Culinary Showdown!

The Arroyo team took home the trophy in 2019 as the first winners of the Culinary Showdown competition between Arroyo, Rosemead, and Mountain View High Schools.