

CAL POLY
Extended, Professional & Continuing Education

COLLABORATIVE PARTNER
SUMMER SPRINGBOARD

Nutrition & Food Science

New student admissions for Summer 2026 are open.

2-Week Course

This is a two-week program where you'll focus on one course for the entire duration.

Program Highlights

- Understand how nutrition can impact disease risk
- Identify ways to stay fit and fuel the body
- Discuss the 6 essential nutrients
- Examine how vitamins and minerals fuel the body
- Learn how to create a balanced diet on a budget wherever you go
- Consider the complex relationships that individuals, families, and society have with food

2026 Dates

- Session 1: July 5 - July 17

Academic Program Overview

Welcome to the world of learning to evolve to optimal health. This course will take students through the key components of fueling our bodies. We will dive into myths surrounding Macronutrients like Carbs and Proteins and explore the smaller nutrients like vitamins and minerals. Students will be savvy at reading food labels and explore food cultures and customs.

We will explore how social media and marketing impacts our choices at the store and at home. Students will consider the utility of mindful eating techniques. Finally, we will address food, fitness and stress as part of our overall health and wellness.

Excursions

Tentative excursions include:

- SLO City Farms - activities from Farm to Fork which could include seeding, harvesting, composting, and cultivating the food and helping with any production issues needed during that particular harvest period.
- Campus Food Tour - challenge to explore nutrition facts/cost to find affordable, balanced meals that also meet desired taste and cultural preference

Instructor

Susan Hawk, Professor Cal Poly SLO

Dr. Hawk has over 25+ years of experience in clinical nutrition. She is a registered dietician fascinated with the field of medicine and how nutrition can be a treatment course for medical conditions and improve longevity. Her research focus is on women's health and the nutritional requirements for women mid-life. Nutrition is her passion.

Course Structure

There are nine 3-hour class sessions over the two-week course. During week one, students have class from 9am-12pm, Monday - Friday. During week two, students have class from 9am-12pm Monday through Thursday. Wednesday afternoons are dedicated to additional academic time (excursions, speakers).

Tuition Information:

Residential Students

- Includes: all meals, lodging, excursions, academic course, weekend excursions
- Excludes: optional airport pickup and drop-off service (available for an additional fee)
- Price: $5,398

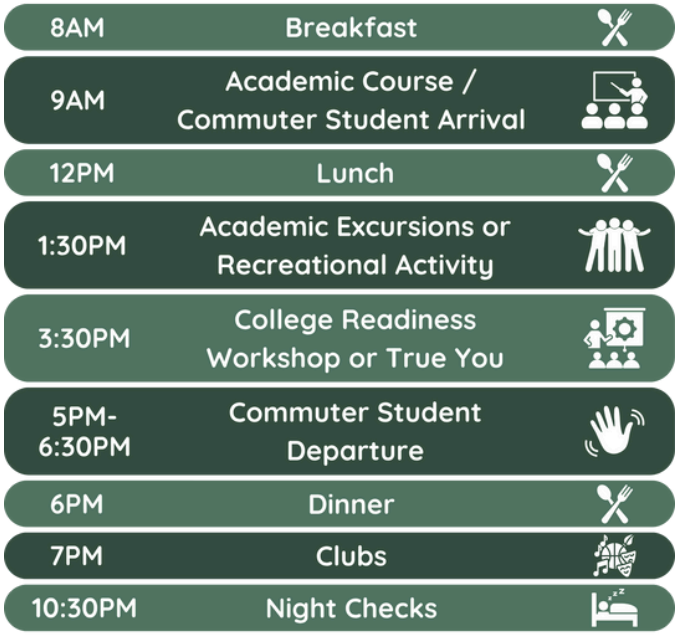
Commuter Students

- Includes: lunch, academic course, excursions, programming from 9am to 5pm, Monday-Friday
- Excludes: lodging, breakfast, dinner, weekend excursions
  - Weekend excursions can be added on for $125 per day
- Price: $2,998

Supplements:

- Application fee: starting at $99 (mandatory, nonrefundable)
- Tuition Protection Plan: Allows for cancellation for any reason up until the day of the program. Click here for more info.

Typical Schedule



More info on Airport Transfer

More info on Unaccompanied Minor Service

Apply Now!

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