

FN A145: LIFE CYCLE NUTRITION: CHILDREN

Item	Value
Curriculum Committee Approval Date	12/02/2020
Top Code	130600 - Nutrition, Foods and Culinary Arts
Units	1 Total Units
Hours	18 Total Hours (Lecture Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

Course Description

An overview of nutritional needs of children (ages 2 – 18), including age appropriate practices and foods to promote optimum growth and development as well as common problems of weight (over/under), food allergies and intolerances. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Identify positive nutrition and feeding practices and discuss potential risks that affect the health and development of children.

Course Objectives

- 1. Identify the social, economic, and psychological factors that influence a child's nutrition choices. (SCANS: Thinking, Systems)
- 2. Identify government programs that benefit child nutritional status. (SCANS: Information, Systems)
- 3. Describe and use the "tools" for making food choices. (SCANS: Information, Thinking, Basic skills)
- 4. Identify the six classes of nutrients needed for good health, and the best food sources of each. (SCANS: Information)
- 5. Discuss the effect of poor nutrition (diet) on a child's physical and mental well-being. List at least 3 food choices to help prevent common food-related problems, such as anemia, dental carries, etc. (SCANS: Thinking, Personal Qualities)
- 6. Plan at least one week of age appropriate menus for children following the recommendations of the Child Nutrition Act - include breakfast, lunch, dinner, and snacks. (SCANS: Basic, Information, Thinking)

Lecture Content

Basic principles and concepts recommended in feeding children
 Responsibility of caregivers/child
 Guides to planning menus
 Dietary reference intakes
 U.S. Dietary Guidelines and Goals - Healthy People 2000
 U.S.D.A. MyPyramid for children
 Federal/state regulations
 The toddler, the pre-schooler, the school age child.
 Preventing childhood obesity
 Nutrition to meet growth and development needs of children 2 – 18 years old
 Six nutrient groups - sources - roles in health and disease
 Energy needs/weight maintenance principles
 Handling

nutrition-related problems
 Anemia, allergies, diabetes, dental carries, overweight, hyperactivity, food intolerances, smart snacking
 Nutrition education guidelines
 A look at child nutrition programs that promote healthy eating
 Marketing good nutrition to kids through curriculum

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)

Instructional Techniques

Lecture, demonstrations, and taste-testing, small group discussion, videos/films

Reading Assignments

Writing Assignments

Analyze a two day dietary intake in terms of the MyPyramid and correct diet to meet DRI guidelines for age of child. (SCANS: Thinking, Personal Qualities)
 Written assignment analyzing marketing of food to children. (SCANS: Thinking Basic Skills)

Out-of-class Assignments

Demonstration of Critical Thinking

Quizzes, projects and class participation
 Analyze a two-day diet of a child using MyPyramid diet tracker and recipe evaluation

Required Writing, Problem Solving, Skills Demonstration

Analyze a two day dietary intake in terms of the MyPyramid and correct diet to meet DRI guidelines for age of child. (SCANS: Thinking, Personal Qualities)
 Written assignment analyzing marketing of food to children. (SCANS: Thinking Basic Skills)

Textbooks Resources

1. Required Berman, Christine, M.P.H., R.D., and Jacki Fromer. Meals without Squeals: Child Care Feeding Guide Cookbook, 3rd ed. Boulder: Bull Publishing Company, 2006
 Rationale: -

Other Resources

1. Selected handout materials and internet resources to be provided and distributed by the instructor.