



HSU Course Outline

Nutrition and the Preschooler

NATPD1

6 weeks

Description

This course provides students with a comprehensive understanding of the nutrition, health and safety needs of young children. The course provides students with examples, case scenarios and questions to promote thinking about professional situations and give students a glimpse into the everyday contemporary classroom environment. These concrete illustrations and common examples prepare teachers to serve diverse populations of young children in family child care, child care centers, preschools, and elementary school setting. The course will provide students with a strong understanding of wellness concepts, equipping them to implement healthful practices and teach young children ways to contribute to their own wellness.

Prerequisites

- none

Who Should Take This Course?

This course is designed for all nutrition staff. It is most beneficial to Head Start teachers, teacher aides, parents, volunteers and education managers. This course will benefit all staff members who must deal with Head Start children and parents about nutrition or food in a classroom setting.

Objectives

- ✓ Partner with children and families and with nutrition, health, and safety professionals to promote wellness in young children
- ✓ Implement and model appropriate wellness practices
- ✓ Recognize the important contributions of nutrition, health and safety to children's learning and overall well-being
- ✓ Provide wholesome nutrition that promotes optimal growth, development and learning
- ✓ Attend to children's individual health needs and implement healthful classroom practices that build wellness habits to last a lifetime

Outline

Building the Foundations for Children's Wellness

Understanding the Interrelationships Between Nutrition, Health and Safety
 Recognizing Trends that Affect Nutrition Services
 Understanding Current Issues that Impact Children's Health
 Identify Emergent Issues in Child Safety
 Promoting Wellness Through National Initiatives

Factors that influence Children's Wellness

Considering the Context in Which Children Grow and Develop
 Understanding the Overarching Challenges to Children's Wellness
 Advocating for Children's Wellness

Teaching Children Wellness Concepts

Understanding How Children Learn
 Planning with Purpose
 Designing a Wellness Curriculum
 Accessing Support for Teachers

Partnering with Families and the Community

Collaborating in Curriculum Development
 Reinforcing Wellness Concepts at Home and School

Understanding How Nutrition Affects Children

Identifying Optimal Nutrition
 Collaborating with Families
 Recognizing Challenges to Nutrition
 Identifying New Wellness Opportunities

Understanding Malnutrition

Recognizing Undernutrition
 Recognizing Overnutrition

Using Recommended Standards to Guide Healthy Eating

Understanding Dietary Reference Intakes
 Evaluating Daily Values and Reading Food Labels
 Using the Dietary Guidelines for Americans
 Using the Choose MyPlate Food Guidance System

Ethnic Food Guidance Systems

Providing Bilingual Educational Materials
 Teaching English Language Learners

Defining Nutrition Science

Understanding the Process of Digestion

- The Digestion Process
- The Mouth
- Swallowing and the Esophagus
- The Stomach

Understanding the Process of Absorption

- The Small Intestine
- The Large Intestine
- Understanding Problems Related to Absorption
- Aiding Digestion and Absorption

The Function of Macronutrients: Carbohydrates, Proteins and Fats

- Understanding Energy
- Carbohydrates
- Proteins
- Fats
- Summary of the Role of Macronutrients

Implementing Nutrition Science

- Meeting the Nutrition Needs of Children
- Promoting Personal Health
- Understanding Cultural Food Choices
- Teaching Nutrition Concepts

The Balance of Nature and Nutrients Feeding

Infants: The First 6 months

- The Breast Fed Infant
- Nutritional Benefits
- Immunological and Other Health Benefits
- Cognitive and Emotional Benefits
- Other Benefits to Breastfeeding
- Breast Milk Composition
- The Formula-Fed Infant
- Understanding The Feeding Relationship
- Inappropriate Infant Feeding Practices

Feeding the Infant: 6 months to the First Birthday

- Introducing Complementary Foods
- Feeding the Older Infant
- Infants Learning About Food and Eating

Feeding Infants with Special Health Care Needs

- Infants with Feeding Problems
- Feeding Premature Infants
- Feeding Infants with Cleft Lip and Cleft Palate

Feeding Infants from Different Cultures

Feeding Toddlers

- Division of Responsibility in Feeding
- Understanding the Nutritional Needs of Toddlers
- Recognizing Characteristics of Toddler's Diets
- Exploring Cultural Differences in Feeding Toddlers
- Understanding the Teacher's Role in Promoting Healthful Eating Habits
- Setting the Mealtime Environment
- Teaching Toddlers About Nutrition

Feeding Preschoolers

- Understanding the Nutritional Needs of Preschool Children
- Recognizing Characteristics of Preschool Children's Diets
- Understanding the Teacher's Role in Creating a Positive Mealtime Experience
- Teaching Preschoolers About Nutrition

Healthful Menu Planning

- Understanding Requirements for Menu Planning
- Identifying the Teacher's Role
- Understanding Menu Planning Resources
- Federally Funded Food and Nutrition Programs with Menu Planning Systems
- Organizing Resources

- Resources and Strategies to Promote Healthful Eating Habits Through Menu Planning
- Creating Menus that Support Sustainability
- Partnering with Children and Families as Resources for Menu Planning

Writing Menus

- Gather Tools for Menu Planning
- Prepare to Write the Cycle Menu
- Create a Budget for Menus
- Build the Menu
- Use Meal Service to Enhance Menu Acceptance
- Managing the Menu and Other Occasions When Food Is Brought from Home

Creating Menus that Support Alternative or Special Diets

- Planning Menus for Children with Food Allergies
- Planning Menus for Children with Diabetes
- Planning Menus for Children Who are Overweight or Obese
- Planning Menus for Children Following a Vegetarian Diet
- Planning Menus to Reflect Cultural Preferences
- Planning Menus to Address Religious Beliefs and Practices

Identifying Hazards that Cause Foodborne illness

- Recognizing Biological Hazards
- Recognizing Chemical Hazards
- Recognizing Physical Hazards
- Recognizing Food Allergens and Intolerances as a Special Type of Hazard

Understanding Food Safety Regulations and Guidelines

- Federal, State and County Roles in Food Safety Regulations
- Impact of Food Safety Regulations

Minimizing Food Contamination in the Early Childhood Setting

- Understanding HACCP Principles
- Understanding Standard Operating Procedures

Preventing Contamination at Each Stage of Food Handling

- Minimizing Contamination Risk During Food Purchasing
- Minimizing Contamination Risk When Receiving and Storing Food
- Minimizing Contamination Risk During Food Preparation
- Minimizing Contamination Risk During Food Service
- Understanding At-Risk Situation in Early Childhood Setting.