



Fall 2009
 August 22 to December 19
 Saturdays, 9:00 a.m.-noon

Introduction to Child Nutrition

*HOEC 107
 3 units, CRN# 78844
 CCSF Ocean Campus
 50 Phelan Ave.
 Cloud Hall, Room 223

**equivalent to CDEV 107*

Overview of child nutrition, with an emphasis on practical skills and approaches to influence positive eating behaviors that promote optimal health and nutrition for a healthier family. Child care providers, child development students, and parents are welcome! Enroll online at www.ccsf.edu



- *Basic nutrition principles*
- *Planning healthy meals & snacks*
- *Food safety*
- *Childhood obesity*
- *Physical activity*
- *Nutrition education*
- *Community resources*



**Consumer
 Education
 Department**

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 MEd, RD**

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