



Spring 2012  
 January 21 to May 19  
 Saturdays, 9:00 a.m.-noon

# Introduction to Child Nutrition

\*HOEC 107  
 3 units, CRN# 33598

CCSF Ocean Campus  
 50 Phelan Ave.  
 Multi-Use Building, Room 230

*\*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](http://www.ccsf.edu)



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



**Consumer  
 Education  
 Department**

**Instructor: Lisa Yamashiro,  
 MEd, RD**

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Child  
 Development &  
 Family Studies

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