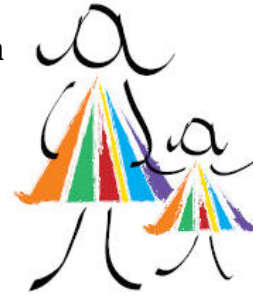




# Introduction to Child Nutrition

HOEC 107 (CRN 78844)  
CDEV 107 (CRN 78897)  
3 units



FALL 2009

Saturdays, August 22 to December 19

**Instructor:** Lisa Yamashiro, MEd, RD  
(415) 561-1971  
[lyamashi@ccsf.edu](mailto:lyamashi@ccsf.edu)  
[www.ccsf.edu/lyamashi](http://www.ccsf.edu/lyamashi)

Saturdays 9:00 a.m.-12:00 noon  
Ocean Campus, Cloud Hall, #223

**Office Hours:** Available Saturdays, before or after class, other times by appointment

## Course Description

Overview of child nutrition issues, with an emphasis on practical skills and approaches to influence positive eating behaviors that promote optimal health and nutrition. Topics include basic nutrition principles, the feeding relationship, breastfeeding and child nutrition, planning healthy meals and snacks, food safety, childhood obesity, physical activity, nutrition education, child nutrition programs and food assistance resources.

## Required Text

California Food Guide. Sacramento, California: California Department of Health Care Services and California Department of Public Health; 2008. Available at <http://www.cafoodguide.ca.gov>. (Download Food Group Chapters 1-6; Life Cycle Chapters 9-12; Physical Activity Chapter 15).

Satter, Ellyn, *Secrets of Feeding a Healthy Family*, Kelcy Press, Madison, WI, 2008. Available from CCSF Bookstore.

## Other Materials

Supplemental written materials and activity worksheets provided

## Method of Grading

Assignments	90
Presentations (1)	25
Quizzes (3)	30
Exam (1)	50
Class participation & attendance	30
<b>TOTAL possible points:</b>	<b>225</b>
(*subject to change)	



## Grade Calculation

- A = 91-100%
- B = 83-90%
- C = 75-82%
- D = 67-74%
- F = <67%



## **Attendance and Participation**

Students are expected to attend class regularly, and be on time. This course is taught in such a way that each class builds on information discussed in the previous session. On occasion, some classroom activities must be completed in class, with points earned for participation. Classroom activity sessions will require working individually or in groups. Everyone is expected to be a responsible team player, working collaboratively and cooperatively with others.

Attendance at all classes is limited to enrolled students only. Others, including children, will not be allowed to attend class sessions. Any student who does not comply with this will be sent home.

***Students must report an absence to the instructor via e-mail or phone as promptly as possible.***

Students who are absent will be responsible for all materials discussed, activities completed and/or assignments that are due. If you are absent, assignments may be dropped off, faxed, or emailed by the due date. As a rule, NO make-up quizzes, tests, and/or late assignments will be accepted. Only in extenuating circumstances, make-ups may be allowed only at the discretion of the instructor. It is the student's responsibility, NOT the instructor's, to take the initiative to make an appointment with the instructor, and/or to find out what he/she missed from fellow classmates.

## **Punctuality**

Students MUST arrive to class on time. We start and end our classes on time. Any student who arrives more than 15 minutes late is marked "tardy". Three tardies will be counted as one absence.

**Students with 3 absences will be dropped from the course.**

**"I" Incomplete.** A student may be given a final grade of Incomplete only if illness or other unavoidable circumstances prevent him/her from taking the final examination or satisfying the other requirements in a course. A student must make arrangements for an Incomplete with the instructor for the course. The instructor will file a record of Incomplete with the Office of Admissions & Records and give the student a copy. This record shall note the condition(s) for removal of the Incomplete and the grade to be assigned if the work is not completed.

**"W" Withdrawal.** If a student withdraws from a class or if an instructor withdraws a student from a class between the last day to drop and the last day for withdrawal, a "W" symbol will appear on the student's Permanent Record. If a student stops attending a class after the last day for a student-initiated or instructor-initiated withdrawal, the instructor must report a grade symbol (consistent with the grading policies) other than "W." The "W" symbol shall not be used in calculating units attempted nor for grade points, but shall be used in calculating units for purposes of evaluating probation and dismissal. If a student drops a class prior to the last day to drop, no notation will appear on the student's permanent record.

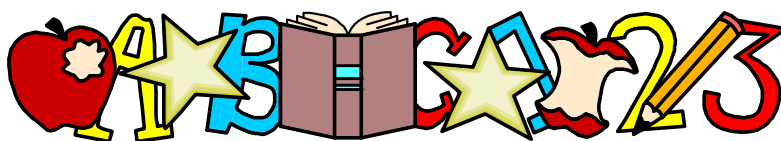
## **Deadlines**

The last day to ADD class is ***Friday, September 4, 2009***. Last day to DROP for a refund is ***Monday, August 31, 2009***. Last day to DROP without a "W" appearing on the record is ***Friday, September 11, 2009***. Last day to DROP with a "W" is ***Friday, November 20, 2009***.

Remember, it is the student's responsibility to drop or withdraw from a class if he/she does not want to be assessed fees or avoid a grade notation. It is an instructor's responsibility to clear the class rosters. Note the two different types of responsibilities - instructor is NOT responsible for meeting student deadlines.

City College of San Francisco—Consumer Education Department  
 Instructor: Lisa Yamashiro, MEd, RD

**HOEC/CDEV 107**  
**Introduction to Child Nutrition**  
 Ocean Campus, Cloud Hall #223, 9:00-noon  
 Fall 2009 Class Schedule



DATE	TOPIC	Reading/Assignments
Saturday, August 22	Introduction to Child Nutrition; How to Eat	Part I (Ch 1-5) "Secrets of Feeding a Healthy Family"
Saturday, August 29	How to Eat	Part I (Ch 1-5) "Secrets of Feeding a Healthy Family"
Saturday, September 5	<b>HOLIDAY – no class</b>	
Saturday, September 12	How to Raise Good Eaters	Part II (Ch 6-7) "Secrets of Feeding a Healthy Family"; <b>Tip Sheet #1 DUE</b>
Saturday, September 19	Family Mealtime; Meal Planning; Snacking	Part III (Ch 8-13) "Secrets of Feeding a Healthy Family"
Saturday, September 26	Shopping Cooking	Part III (Ch 8-13) "Secrets of Feeding a Healthy Family"; <b>Tip Sheet #2 DUE</b>
Saturday, October 3	Food Safety	
Saturday, October 10	Nutrition Basics: MyPyramid	Ch 1 (Intro) "California Food Guide" <b>Reflection paper DUE</b>
Saturday, October 17	Nutrition Basics: Whole Grains, Veggies & Fruits	Ch 2 (Fruits & Vegetables) & Ch 3 (Whole Grains) "California Food Guide"
Saturday, October 24	Nutrition Basics: Calcium-Rich Foods, Protein, & Fat	Ch 4 (Milk & Milk Products), Ch 5 (Protein Foods), & Ch 6 (Fats) "California Food Guide";
Saturday, October 31	Life Cycle: Breastfeeding; Infant Feeding	Ch 9 "California Food Guide" QUIZ Guest: Lactation Consultant <b>MyPyramid Tracker DUE</b>
Saturday, November 7	Life Cycle: 1-3 year olds; 4-8 year olds	Ch 10 & Ch 11 "California Food Guide" QUIZ Guest: Child & Adult Care Food Program
Saturday, November 14	<b>HOLIDAY – no class</b>	
Saturday, November 21	Life Cycle: 9-18 year olds; Physical Activity	Ch 12 & Ch 15 "California Food Guide" QUIZ; <b>WIC Learning Online Tip Sheet DUE</b>
Saturday, November 28	<b>HOLIDAY – no class</b>	
Saturday, December 5	Community Nutrition Programs & Services	<b>Group Presentations</b>
Saturday, December 12	Community Nutrition Programs & Services	<b>Group Presentations</b>
Saturday, December 19	Nutrition Education for Children EXAM- Nutr/Life Cycle	EXAM