

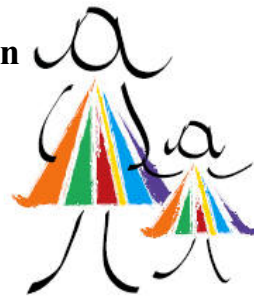


Introduction to Child Nutrition

HOEC 107 (CRN 73573)

CDEV 107 (CRN 73574)

3 units



SPRING 2012

Saturdays, January 21 to May 19

Instructor: Lisa Yamashiro, MEd, RD
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Saturdays 9:00 a.m.-12:00 noon
Ocean Campus, Multi-Use Bldg, #230
<http://insight.ccsf.edu/>

Office Hours: Available Saturdays, before or after class, other times by appointment. Email is the preferred way to contact me. I will respond within 24 hours. If you do not hear back from me within 24 hours, assume I did not receive your email so please re-send it.

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

Satter, Ellyn, *Secrets of Feeding a Healthy Family*, Keley Press, Madison, WI, 2008 (08 Edition, ISBN: 9780967118925). Available from CCSF Bookstore.

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/print: Food Group- Chapters 1-6; Life Cycle- Chapters 9-12; Physical Activity- Chapter 15).

Other Materials

Supplemental written materials and activity worksheets provided

Method of Grading

Assignments (2 Tip Sheets; reflection paper; diet assessment)	65
Presentations (1)	25
Quizzes (3)	80
Class participation & attendance	32
Extra credit opportunities (~20 pts)	
TOTAL possible points:	202 *subject to change



Grade Calculation

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



Student Learning Outcomes

Upon completion of this course a student will be able to:

1. Examine the causes, trends, implications, and health disparities related to childhood obesity, and propose best practices for change.
2. Apply basic food management skills to plan and create simple and healthy meals and snacks.
 - a. Summarize the importance of family meals.
 - b. Plan healthy meals by integrating knowledge of nutrition program standards (i.e. Child Care Food Program), healthy cooking skills, cultural food preferences, food safety and sanitation, and food budgeting.
 - c. Describe food and nutrition assistance programs, and local community resources available to improve access to nutritious and affordable food for eligible families.
3. Assess dietary adequacy using appropriate food guidance system (i.e. MyPlate) and current Dietary Guidelines for Americans to promote/maintain health.
 - a. Self-assess adult eating attitudes and behaviors.
 - b. Describe the benefits of physical activity and propose ways to encourage active play and active lifestyles.
4. Compare how growth and developmental patterns from birth through childhood affect nutritional needs and eating behaviors.
 - a. Compare and contrast the division of responsibility in the feeding relationship.
 - b. Weigh the benefits of breastfeeding on short- and long-term infant and maternal health outcomes.
5. Plan, conduct, and evaluate effective techniques and resources for providing age-appropriate nutrition education (including gardening and cooking) to youth.

Class Participation

This class is a community. We all have the same objective: to learn. Please work together and help each other. Classroom activity sessions will require working individually or in groups. There are times when your group will be assigned to you, and other times are self-selected. You must be able to work effectively with a team, collaborate, delegate, take personal responsibility, and resolve potential conflict. On occasion, some classroom activities must be completed in class, with points earned for participation. A student absent during any activity session will not earn points for the activity. Missing a guest speaker presentation will also result in a loss of participation points (at least 5 pts/speaker).

NO texting or cell phone use during class session.

Attendance and Punctuality

This class only meets once/week, so your attendance and commitment are very important. Students should make every effort to 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. Leaving early will also be the equivalent of a tardy or partial absence.

This course is taught in such a way that each class builds on information discussed in the previous session. 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. 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. Please DO NOT come to class if you are ill and risk passing it on to others – you will be sent home.

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

Add and Withdrawal Deadlines and Policy

The last day to ADD is *February 3, 2012*.

Last day to DROP for refund is *January 31, 2012*.

Last day to DROP without a "W" and to receive 50% non-resident refund, or to choose Pass/No Pass grading option is *February 9, 2012*.

Last day to DROP with a "W" is *April 19, 2012*.

"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 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.

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.

Homework Assignments

Students are expected to submit assignments on time. Late assignments will NOT be accepted. All assignments must be completed by the student himself/herself, except for group assignments. No points will be given for work completed by someone else. Since assignments cannot be resubmitted for a better grade, it is important that the student submit his/her best work the first time. All written reports must be typed, double spaced, 1" margins, 12-point font. Please use spell/grammar check.

***All City College of San Francisco students are expected to comply with the college's rules and regulations regarding student conduct as stated in the CCSF Student Code of Conduct.**

Academic or intellectual dishonesty, such as cheating or plagiarism is NOT tolerated. Cheating is defined as taking an examination or performing an assigned, evaluated task in a dishonest way, such as by having improper access to answers. Plagiarism is defined as the unauthorized use of the language and thought of another author and representing them as your own.

All of these course policies are established in an effort to create a fair, equitable learning environment for ALL students.

HOEC/CDEV 107

Introduction to Child Nutrition

Ocean Campus, Multi-Use Bldg #230, 9:00-noon

Spring 2012 Class Schedule

DATE	TOPIC	Reading/Assignments
Saturday, January 21	Introduction to Child Nutrition; How to Eat	Part I (Ch 1-5) "Secrets of Feeding a Healthy Family"
Saturday, January 28	How to Eat	Part I (Ch 1-5) "Secrets of Feeding a Healthy Family"
Saturday, February 4	How to Raise Good Eaters	Part II (Ch 6-7) "Secrets of Feeding a Healthy Family"; Tip Sheet #1 DUE
Saturday, February 11	Family Mealtime; Meal Planning; Snacking	Part III (Ch 8-13) "Secrets of Feeding a Healthy Family"
Saturday, February 18	HOLIDAY – no class	
Saturday, February 25	Shopping Cooking	Part III (Ch 8-13) "Secrets of Feeding a Healthy Family"; Tip Sheet #2 DUE
Saturday, March 3	Food Safety	Review Part III – food safety
Saturday, March 10	Nutrition Basics: MyPlate	Ch 1 (Intro) "California Food Guide" Reflection paper DUE
Saturday, March 17	Nutrition Basics: Whole Grains, Veggies & Fruits	Ch 2 (Fruits & Vegetables) & Ch 3 (Whole Grains) "California Food Guide"
Saturday, March 24	SPRING BREAK	
Saturday, March 31	Nutrition Basics: Dairy & Protein	Ch 4 (Milk & Milk Products) & Ch 5 (Protein Foods) "California Food Guide"
Saturday, April 7	Nutrition Basics: Fats & Sugar	Ch 6 (Fats) "California Food Guide" MyPlate Food Planner DUE QUIZ 1 – Nutrition Basics
Saturday, April 14	Life Cycle: Breastfeeding; Infant Feeding	Ch 9 "California Food Guide" Guest: Lactation Specialist TBA
Saturday, April 21	Life Cycle: 1-3 year olds; 4-8 year olds	Ch 10 & Ch 11 "California Food Guide"
Saturday, April 28	Life Cycle: 9-18 year olds; Physical Activity	Ch 12 & Ch 15 "California Food Guide" Guest: TBA
Saturday, May 5	Community Nutrition Programs & Services	QUIZ 2 – Life Cycle
Saturday, May 12	Nutrition Education for Children	Group Presentations
Saturday, May 19	Nutrition Education for Children; Evaluations	Group Presentations