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

Fall 2010
August 21 to December 18
Saturdays, 9:00 a.m.-noon

Introduction to Child Nutrition

*CDEV 107
3 units, CRN# 79321

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

*equivalent to HOEC 107

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