SYLLABUS

DATE OF LAST REVIEW: 02/2013

CIP CODE: 19.0708

SEMESTER: DEPARTMENTAL SYLLABUS

COURSE TITLE: Child Nutrition

COURSE NUMBER: CHLD-0142

CREDIT HOURS: 3

INSTRUCTOR: DEPARTMENTAL SYLLABUS

OFFICE LOCATION: DEPARTMENTAL SYLLABUS

OFFICE HOURS: DEPARTMENTAL SYLLABUS

TELEPHONE: DEPARTMENTAL SYLLABUS

EMAIL: KCKCC- “issued email accounts are the official means for electronically communicating with our students.”

PREREQUISITES: None

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckcebookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION:
Child Nutrition is a course for people who are currently working with or will be working with young children in a childcare or school setting. Basic nutrition and feeding practices will be studied, with emphasis on the nutritional needs of children from birth through 8 years of age. Ways to integrate nutrition education into the young child’s curriculum are stressed. Safe and hygienic food practices are studied.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:
I. Nutrition—What Is It?
A. World view
B. Historical notes
C. Current news
D. Environmental factors
E. Research

II. Nutrition and You
   A. National Research Council’s recommended daily allowances
   B. Self Awareness: Daily functioning and health
   C. Personal daily diet record

III. Foods and Nutrients
   A. Foods for health
   B. Food pyramid
   C. Six food nutrient groups
   D. Integrating food and nutrition concepts

IV. Nutrition and the Young Child
   A. Nutrition and the infant
   B. The toddler and nutrition (1-3 years)
   C. Nutrition and the preschooler (3-5 years)
   D. Nutrition and the 6 to 8 year old
   E. Special dietary or nutritional concerns

V. The Menu
   A. Meal planning principles
   B. Sample menus
   C. Laboratory planning/preparation
   D. Economics of purchasing
   E. Food safety methods
   F. Teaching children nutrition
   G. Working with parents

VI. Curriculum Activities
   A. Nutrition and Literature
   B. Nutrition and music
   C. Nutrition and dramatic play
   D. Nutrition and circle time
   E. Nutrition and science
   F. Nutrition and math
   G. Nutrition and art
   H. Nutrition and fine motor
   I. Nutrition and gross motor/creative movement
   J. Nutrition and field trips
   K. Food preparation activities/recipes

VII. Food and Nutrition Resources
   A. Nutrition education for parents or groups
   B. Local health regulations
   C. State health regulations
   D. National health regulations
EXPECTED LEARNER OUTCOMES:

A. The student will be able to define the science of child nutrition.
B. The student will be able to discuss the various aspects of personal nutrition.
C. The student will be able to list the various contributions of foods and nutrients.
D. The student will be able to describe the basics of nutrition and the young child.
E. The student will be able to describe the various aspects of nutrition education and food planning.
F. The student will be able to develop curriculum activities for teaching nutrition.
G. The student will be able to list various food and nutrition resources.

COURSE COMPETENCIES:

The student will be able to define the science of child nutrition.
1. The student will be able to describe child nutrition.
2. The student will be able to discuss nutrition around the world.
3. The student will be able to describe current news regarding nutrition and the young child.
4. The student will be able to relate the role of the environmental factor concerning nutrition of the young child.
5. The student will be able to discuss several research studies regarding child nutrition.

The student will be able to discuss the various aspects of personal nutrition.
6. The student will be able to explain basic concepts about health and the student.
7. The student will be able to discuss the N.R.C’s Recommended Daily Allowances.
8. The student will be able to record a personal daily diet record.

The student will be able to list the various contributions of foods and nutrients.
9. The student will be able to list nutritious foods for health.
10. The student will be able to graph the Food Pyramid.
11. The student will be able to discuss the 6 food nutrient groups.
12. The student will be able to explain the integration of food and nutrition concepts.

The student will be able to describe the basics of nutrition and the young child.
13. The student will be able to discuss the various aspects of nutrition and the young child.
14. The student will be able to demonstrate nutrition and the toddler.
15. The student will be able to use skills to demonstrate nutrition and the preschooler.
16. The student will be able to develop a project to illustrate nutrition and the 6-8 year old.
17. The student will be able to discuss special dietary or nutritional concerns.

**The student will be able to describe the various aspects of nutrition education and food planning.**

18. The student will be able to plan a menu using the principles of meal planning.
19. The student will be able to develop sample menus.
20. The student will be able to demonstrate laboratory planning and preparation of nutritious foods.
21. The student will be able to practice methods for food safety.
22. The student will be able to educate the young children toward food that is safe, affordable and nutritionally sound.
23. The student will be able to promote regarding nutritious food and the young child.

**The student will be able to develop curriculum activities for teaching nutrition.**

24. The student will be able to plan nutrition activities on nutrition and literature and the Young child.
25. The student will be able to plan nutrition activities on nutrition and music in the Young child.
26. The student will be able to plan nutrition activities on nutrition and dramatic play.
27. The student will be able to plan nutrition activities on nutrition and circle time.
28. The student will be able to plan nutrition activities on nutrition and science.
29. The student will be able to plan nutrition activities on nutrition and math.
30. The student will be able to plan nutrition activities on nutrition and art.
31. The student will be able to plan nutrition activities on nutrition and fine motor.
32. The student will be able to plan nutrition activities on nutrition and gross motor/creative movements.
33. The student will be able to plan nutrition activities on nutrition and field trips.
34. The student will be able to demonstrate food preparation activities with recipes on nutrition activities and the young child.

**The student will be able to list various food and nutrition resources.**

35. The student will be able to develop a presentation on nutrition education and the young child’s parents or groups.
36. The student will be able to discuss local health regulation and agencies for information/assistance.
37. The student will be able to relate nutrition information of state health agencies.
38. The student will be able to identify national health agencies regarding nutrition and the young child.

ASSESSMENT OF LEARNER OUTCOMES:
Students will be evaluated on:
- Attendance
- Participation
- Weekly Assignments
- Class Discussion
- Assignments
- Projects
- Presentations
- Exams

Grading Scale:
- 93%-100  A
- 86%-92    B
- 76%-85    C
- 70%-75    D

SPECIAL NOTES:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact Director of Academic Resource Center, in Room 3354 or call (913) 288-7670.
Kansas City Kansas Community College
21st Century General Education Learning Outcomes

Learning Outcomes
Discipline knowledge and content mastery is expected of all graduates. More specifically, KCKCC is committed to the Learning Outcomes listed below. We believe that competence in the Learning Outcomes is essential for the success of graduates and will enhance their ability to become contributing members of our increasingly complex world. These areas of knowledge and skills are equally valid for all KCKCC graduates, whether they transfer to a four-year college or pursue a career after leaving college.

General Education Learning Outcomes

Communication Learning Outcomes
The learner will have the ability to express, interpret, and modify ideas/information effectively (both written and oral), including but not limited to reading text accurately and correctly; writing with a clear purpose and effective organization; speaking effectively using appropriate styles that suit the message, purpose, and content; and employing active listening techniques.

Computation Learning Outcomes
The learner will have the ability to understand and apply mathematical concepts and reasoning using numerical data.

Critical Reasoning Learning Outcomes
The learner will understand inductive and deductive reasoning and have the ability to define problems and use data (qualitative and quantitative) to make complex decisions utilizing analysis, synthesis, and evaluation skills.

Technology and Information Management Learning Outcomes
The learner will have the ability to define, collect, organize, analyze, and evaluate information from a variety of sources. The learner will also have the ability to understand basic technology concepts and functionality in order to use technology as a tool to locate and retrieve information.

Community and Civil Responsibility Learning Outcomes
The learner will demonstrate knowledge, awareness, and understanding of diverse ideas, values, and perspectives of a culturally diverse world; an understanding of the ethical issues and values that are prerequisites for making sound judgments and decisions; a recognition of the obligation to become actively involved as a contributing member of the community; and a sensitivity to the awareness of aesthetic expression.

Personal and interpersonal Skills Learning Outcomes
The learner will have the ability to work cooperatively and productively with others; to understand and evaluate his/her capabilities; to manage his/her personal growth by setting realistic and appropriate goals.

SOCIAL AND BEHAVIORAL SCIENCES
STUDENT SUCCESS STRATEGIES

Know your teacher’s name.

Turn off your electronic devices in class/make paying attention to the work of the class your only concern.

Miss class only when you cannot attend/acquire missed information and materials ASAP.

Know your syllabus.

Know the attendance policy.

Know the requirements for tests and assignments.

Know information about final exam and make-up exams.

Know instructor’s position on use of Wikipedia or other online sources.

Know the instructor’s preferred writing style (APA, MLA, etc.).

Always know your grade.

Contact your teacher ASAP with concerns or questions.

Know the benefits of the academic resource center.

Know if your course has a practicum, service learning component, or other exception.
Use an academic planner.

Know the course withdrawal policy.

Know your instructor’s office hours and make appointments when necessary.

Know the school’s scholastic honesty policy.

Be familiar with the course learning objectives, course competencies, and the college’s 21st century learning outcomes for general education.