



HFST 2120

Division: Social and Behavioral Science

Department: Home and Family Studies

Course: HFST 2120

Title: Foods and Nutrition for Children

Catalog Description:

This course presents principles of health, safety, and nutrition as they relate to the needs of children. It explores characteristics and abilities of young children and encourages the development of skills and techniques needed to plan and prepare food for the early childhood classroom.

General Education Requirements: N/A

Semesters Offered: Fall

Credit/Time Requirement: Credit: 3; Lecture: 2; Lab: 0

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: N/A

Corequisites: HFST 2125

Justification:

HFST 2120 and its lab (HFST 2125) present the latest developments in health, safety, and nutrition for young children as well as their application in early childhood settings. It is required for completion in the Child Care Management Applied Associate Degree program. HFST 2120, accompanied by the lab HFST 2125, is recommended as a core course in the program by the Snow College Child Development Center Advisory Board.

Similar courses in content and purpose are taught at other colleges and universities in Utah; e.g., EDEC 1140, Utah Valley State College; NFS 2120, Southern Utah University; and NFW 2020, Dixie State College.

Student Learning Outcomes:

Upon successful completion of this course, students will:

- describe the interrelationship of health, safety, and nutrition
- identify growth and developmental characteristics of the infant, toddler, and preschool child
- explain the relationship between health and learning
- apply the Dietary Guidelines for Americans to personal nutritional goals
- develop a two week cycle menu, using Child and Adult Care Food Program required meal patterns
- demonstrate skill in basic food preparation methods
- demonstrate understanding of one nutrition related topic.

Content:

This course will include:

- Health, Safety, and Nutrition: An Introduction
 - Interrelationship of Health, Safety, and Nutrition
 - World Poverty
 - Poverty in America
- Health of the Young Child: Maximizing the Child's Potential
 - Promoting Good Health
 - Health Appraisals
 - Health Assessment Tools
 - Conditions Affecting Children's Health
 - The Infectious Process and Effective Control
 - Communicable and Acute Illness: Identification and Management
- Safety for the Young Child
 - Creating Quality Environments
 - Safety Management
 - Management of Accidents and Injuries
 - Child Abuse and Neglect
 - Educational Experiences for Young Children
- Foods and Nutrients: Basic Concepts
 - Nutritional Guidelines
 - Nutrients That Provide Energy
 - Nutrients That Promote Growth of Body Tissues
 - Nutrients That Regulate Body Functions
- Nutrition and the Young Child
 - Pregnancy
 - Infant Feeding
 - Feeding the Toddler and Preschool Child
 - Planning and Serving Nutritious and Economical Meals
 - Food Safety
- Nutrition Education Concepts and Activities
- Special Topics in Nutrition

General Education Outcomes:

1) Read effectively, constructively, and critically.

The students read, evaluate, and summarize professional journal articles that are relevant to the outlined course topics.

2) Write clearly, informatively, and persuasively.

Written observations and essay examinations will require the student to demonstrate theoretical as well as practical knowledge of the course content.

3) Speak effectively in a variety of contexts.

Each student will give at least one oral presentation that explains and illustrates a basic principle of early childhood health, safety, and nutrition.

4) Retrieve, evaluate, interpret, and deliver information through a variety of traditional and electronic media.

Each student will complete a research paper concerning a nutrition related topic. Papers will be assessed according to content, organization, format, and sources used.

Key Performance Indicators:

- two exams: 25% of final grade
- research assignment: 15% of final grade
- labs: 15% of final grade
- class assignments: 20% of final grade
- attendance and participation: 10% of final grade
- final project: 15% of final grade

Representative Text and/or Supplies:

- L.R. Marotz, M.Z. Cross, and J.M. Rush, *Health, Safety, and Nutrition*, current edition, United States: Delmar.
- C. Berman and J. Fromer, *Meals Without Squeals: Child Care Feeding Guide and Cookbook*, current edition, United States: Bull Publishing.

Optimum Class Size: 24

Maximum Class Size: 24

Signatures:

I hereby submit this course syllabus:

Tracie Bradley, MEd, Associate Professor

I hereby find this course consistent with the goals and resources of the Home and Family Studies Department:

Kim Cragun, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)