



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: 3; Lab: 0

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: N/A

Corequisites: N/A

Justification:

HFST 2120 presents 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.

Similar courses in content and purpose are taught at other colleges and universities in Utah.

Student Learning Outcomes:

Upon successful completion of this course, students will:

- know the interrelationship of health, safety, and nutrition
- know growth and developmental characteristics of the infant, toddler, and preschool child
- know the relationship between health and learning
- know implications of various health issues as they relate to child nutrition planning
- be able to apply the Dietary Guidelines for Americans to personal nutritional goals
- be able to develop a two week cycle menu, using Child and Adult Care Food Program required meal patterns
- be able to prepare simple recipes for children

Content:

This course will include:

- Nutrition: What is it?
- Foods for Health
- The Infant (Birth to 12 Months)
- The Toddler (1 to 3 Years)
- The Preschooler (3 to 5 Years)
- The 6- to 8-Year- Old
- Center Food Service
- Integrating Food and Nutrition concepts into the Early Childhood Curriculum
- Parent Involvement in Nutrition Education

General Education Outcomes:

Applied Education Outcomes:

1) Students will acquire entry-level skills specific to and appropriate for employment in their chosen field of study.

Students will study the current text and complete projects, quizzes and exams which will assess their knowledge of the subject matter. Upon completion of this course, students will be able to plan nutritious meals and meaningful nutritional activities for infants and children in a home or professional child care setting.

Key Performance Indicators:

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

Percentages are approximate

Representative Text and/or Supplies:

- Satter, E., *How to Get Your Kid to Eat. . . But Not Too Much*, current edition, Boulder, Co.: Bull Publishing Company.
- Satter, E., *Child of Mine: Feeding with Love and Good Sense*. current edition, Boulder, Co. Bull Publishing Company.
- Berman, C. 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)