

709:226—Nutrition and the Developing Child (3 credits)
Fall, 2009

Room 216, Davison Hall: Tuesdays, 12:35-1:55 P.M.

Instructor: Harriet S. Worobey

209/36 Davison Hall

Office hours: Tuesdays 2:00 – 3:00 PM and by appointment

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Course description:

Basic concepts of food and nutrition, as applied to the young child; exploration of infant/child growth and development, with emphasis on the importance and effects of nutrition; application of food composition, nutritive values, and child development to food selection and snack preparation in the laboratory. Lecture, 80 minutes; laboratory, 3 hours.

Objectives: Upon course completion, the student will be able to:

1. identify nutrients in foods and understand dietary guides and standards relating to children's diets;
2. evaluate children's dietary intake, food patterns, and nutritional attitudes;
3. identify social, economic, cultural, and emotional factors that influence the child's eating behavior;
4. analyze nutrition-related problems in young children and discuss prevention and current research;
5. plan and prepare nutritious snacks which involve the young child in education and preparation;
6. integrate food and nutrition activities into the learning environment.

Course Outline

Text: Endres, J.B., Rockwell, R., & Mense, C., **Food Nutrition, and the Young Child**, 5/e (2004), updated. New York: Prentice Hall.

- Week 1 Orientation for the preschool; overview of course; read chapter 1.
9/1
- Week 2 Nutrients, food needs, nutrition guidelines; chapter 6 (“Promoting Good Nutrition in Early Childhood Education”, by Cathie Robertson.
9/15
- Week 3 Food and Fitness for Health; chapter 7.
9/22
- Week 4 Feeding preschoolers in school settings; how to select your snack plan, chapter 3.
9/29
- Week 5 Menu plan due; infant development; breast/bottle feeding; chapter 4.
10/6
- Week 6 Solid foods: Gerber video; toddler development and feeding; chapter 5.
10/13
- Week 7 Preschool development and nutrient needs
10/20
- Week 8 Midterm exam; Assignment for oral reports; chapter 8.
10/27
- Week 9 Integrating food and nutrition concepts into the early childhood curriculum
11/3
- Week 10 Circle time lesson plans due; special nutritional concern: childhood obesity
11/10
- Week 11 Oral reports
11/17
- Week 12 Oral reports
11/24
- Week 13 Oral reports
12/1
- Week 14 Journal/case study due; sharing of journals and case studies
12/8

Course requirements and evaluation:

All assignments are expected to be **on time**. If you have a problem, you must contact the instructor prior to the due date.

Attendance: Students are required to attend class and are assigned weekly laboratory sessions. Instructor must be notified, in advance, of absences. All missed labs must be made up. Attendance and participation in Tuesday lecture class will count. (10 points)

Snack plan: Students will plan and prepare a nutritious snack to the preschool children. (20 points)

Midterm: There will be a midterm exam covering materials in chapters of the textbook (1-5) as well as information covered in lectures. (50)

Journal of food intake and case study: Each student will be assigned one child to record and study food intake and eating habits, patterns, and attitudes in the classroom laboratory. The journal and case study analysis will be due in the last week of class. (35 points)

Oral report: Students in pairs will present a short oral report to the class on a topic of nutritional concern in young children. (20 points)

Curriculum project: Each laboratory section will design and implement a group nutrition education circle time lesson. (25 points)

Participation in the laboratory: Each student will demonstrate appropriate interaction and application of child development principles in the preschool and show responsibility in attendance. (40 points)

10 points will be deducted from a student's total if s/he does not turn in a doctor's form showing a negative Mantoux test. Deadline: October 6.

Total possible points: 200

Grade scale:

184-200	A
172-183	B+
160-171	B
152-159	C+
140-151	C
120-139	D
0-119	F

