

## Department:

Early Childhood

## Course Description:

This course will examine the common reasons for childhood obesity and the complications of being overweight or obese. The course will focus on the new food pyramid, MyPlate, and will look at ways to encourage healthy eating habits and ways to integrate learning activities about healthy eating into daily routines. The course will also cover movement activities that encourage and support development and learning in children, as well as ways to share information on healthy eating and active living with parents and families. This course is instructor-led and interactive through discussions and assignments in course discussion boards.

## Course Competencies:

Upon completion of the course, the student should be able to:

1. Describe the trends and prevention efforts in the fight against childhood obesity.
2. Explain the caregiver's responsibilities in encouraging healthy eating habits and integrating learning activities about healthy eating into daily routines.
3. Describe how to properly prepare, store, and serve foods.
4. Describe appropriate movement activities that will encourage and support development and learning in children.
5. Apply knowledge and skills in assessment and evaluation of individual situations.

## Course Content:

- A. Overview of Children's Nutrition and Obesity
  1. Consequences of Obesity
  2. Current Trends
  3. Prevention Efforts
  4. The Caregiver's Role in Children's Nutrition and Health
  5. Global Perspectives on Nutrition and Child Development
- B. Nutritional Needs of Children
  1. Understanding Basic Nutritional Needs
  2. MyPlate Food Guidelines
- C. Understanding Nutrition Labels
- D. Promoting Healthy Habits
  1. Appropriate Servings
  2. Introducing New Foods
  3. The Caregiver's Role in Helping Children Develop Healthy Eating Habits
  4. Snacks That Make a Difference
  5. Making Food Fun

6. Integrating Learning Activities with Healthy Eating
7. Cooking with Children
- E. Health and Safety
  1. Food Preparation and Handling
  2. Partnership for Food Safety Education
  3. Serving Meals to Children
  4. Disinfecting and Sanitizing
  5. Choking Prevention
  6. Allergies
  7. Hand Washing
- F. Movement and Physical Activity
  1. Why Being Active Matters
  2. A Statement of Physical Activity for Children from Birth to Five
  3. Physical Health and Development
  4. Types of Movement and Physical Activity in Childcare Settings
  5. Amount of Movement
  6. Incorporating Movement into Daily Routines
  7. Planning for Physical Activity
  8. Taking It Outside
- G. Childcare Providers and Parents Partnering to Prevent Childhood Obesity
  1. The Child's First Teachers
  2. Supporting Healthy Habits
  3. Helping Families Be More Active

### Learning Assessments:

Course competencies will be assessed by use of discussions, discussion board posts, written assignments, pre-test and post-test.

### Instructional Materials:

Online instructional materials will be provided by the instructor.

#### **Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be

provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:

<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.