

DIET-2420: LIFE CYCLE NUTRITION - NUTRITION FOR CHILDREN

Cuyahoga Community College

Viewing: DIET-2420 : Life Cycle Nutrition - Nutrition for Children

Board of Trustees:

January 2021

Academic Term:

Fall 2021

Subject Code

DIET - Dietetic Technology

Course Number:

2420

Title:

Life Cycle Nutrition - Nutrition for Children

Catalog Description:

The study of special nutritional needs, physiology, and nutrition related health concerns from the toddler years through adolescence. Examine evidence-based practices and nutrition tools, promotion of health, and nutrition intervention to reduce risk of nutrition-related concerns.

Credit Hour(s):

1

Lecture Hour(s):

1

Requisites

Prerequisite and Corequisite

DIET-1200 Basic Nutrition or departmental approval.

Outcomes

Course Outcome(s):

Use evidence-based resources to assess nutrition-related concerns for various stages in childhood.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Identify the screening tool used for assessing adequate growth and weight status.
2. Assess the normal growth of children and adolescents using best practices and age-appropriate growth charts.
3. Discuss impacts of cultural food-related beliefs and practices.
4. Define the term life cycle and explain why nutrition needs change during the life cycle.
5. Describe the components of individual-level nutrition assessment.
6. Identify public food and nutrition programs which can impact children.
7. Translate nutritional requirements of children and adolescents into nutritionally adequate menus.
8. Modify menus for acceptability and affordability that promote health for toddler through adolescent populations.
9. Review United States Department of Agriculture (USDA) standards of the School nutrition programs.
10. Review nutritional concerns relating to school-age children/adolescents and summarize nutrition intervention strategies for each.
11. Describe prevention strategies for overweight/obesity in school-age children.

12. Review evidence- based practices for nutrition related medical conditions for toddlers through adolescents.
13. Discuss the role of government programs in disease prevention and health promotion of children.

Course Outcome(s):

Generate education plans for parents/caregivers to include answers to common questions about child and adolescent nutrition issues.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Apply use of nutrition label to determine nutritional value of foods.
2. Plan age-appropriate serving sizes utilizing current food guides.
3. Examine the impact of environments on the nutritional status of children and adolescents.
4. Describe the components of a healthy diet during toddler/preschool, middle childhood and adolescence years.

Methods of Evaluation:

1. Quizzes
2. Examinations
3. Written reports
4. Participation and discussion
5. Case studies
6. Assignments

Course Content Outline:

1. Normal nutrition beginning during the toddler/preschooler years through school-age
 - a. Growth expectations
 - i. Assessing growth
 - ii. Development of growth charts
 - b. Energy and nutrient needs
 - i. Carbohydrate
 - ii. Protein
 - iii. Fat
 - c. Vitamins and minerals
 - i. Calcium
 - ii. Vitamin D
 - iii. Iron
 - iv. Vitamin supplements
 - v. Potassium
 - vi. Fluoride
 - d. Nutritional considerations during formative years
 - i. Water
 - ii. Milk
 - iii. Foods at 1 year
 - iv. Weaning
 - v. Toddler/preschool mealtime concerns and best practices
 - vi. Introduction of new foods
 - vii. Menu Planning for Children
 - viii. Hunger and behavior
 - ix. Picky eating
 - x. Failure to thrive
 - xi. Lactose intolerance
 - xii. Media and screen time influence
 - xiii. Learning through participation
 - xiv. Choking prevention

- xv. Snacks
 - xvi. Dental health
 - xvii. Nutrition at school
 - xviii. Excessive weight gain
 - xix. Inadequate weight gain
2. Role of adults in promoting healthy nutrition in early childhood
 - a. Eating is a learned behavior: acquisition of flavor and food preferences
 - b. Meal-time strategies
 3. Food preferences
 - a. Development of feeding skills
 - b. Feeding behaviors
 - c. Media and environmental influences
 4. Menu planning
 - a. Guidelines and recommendations
 - b. Cross cultural considerations
 - c. Child-care nutrition standards
 5. Nutritional problems in preschoolers
 - a. Iron-deficiency anemia
 - i. Supplemental program for women, infants and children (WIC)
 - ii. The WIC food package
 - b. Constipation
 - c. Oral health
 - i. Dental caries
 - ii. Nursing bottle syndrome
 - iii. Tooth sealants
 - d. Cardiovascular health
 - e. Vegetarianism
 6. School-age children
 - a. Growth patterns
 - i. Assessing growth
 - ii. Growth charts
 - b. School breakfast programs
 - c. School lunch programs
 - d. After school care and meal programs
 7. Nutritional problems of the school-age child
 - a. Type 2 diabetes
 - b. Obesity
 - c. Poor oral health
 - d. Physical activity
 8. The teenager
 - a. Growth patterns
 - b. Gender differences
 9. Nutritional problems
 - a. Eating disorders
 - b. Poor food choices
 - c. High fat intake
 - d. High sodium intake
 - e. Iron-deficiency anemia
 10. Government programs
 - a. The Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
 - b. Head Start and Early Head Start
 - c. Supplemental Nutrition Assistance Program
 - d. USDA School Meals programs: School Breakfast, Lunch, Child and Adult Care Food Programs

Resources

Grosvenor, M.B. and Smolin, L.A. (2017) *Visualizing Nutrition: Everyday Choices*, 4th Danvers, MA: John Wiley Sons.

Brown, J.E. (2020) (2019) *Nutrition Through The Life Cycle*, Boston: Cengage.

The Academy of Nutrition and Dietetics. (2020) *The Academy of Nutrition and Dietetics Nutrition Care Manual*, Chicago: The Academy of Nutrition and Dietetics. <https://www-nutritioncaremanual-org.libauth.tri-c.edu/ncm-toc>

Duyff, R. (2017) *American Dietetic Association: Complete Food and Nutrition Guide*, New York: Mifflin Harcourt Publishing Co.

Resources Other

1. Government website on the Supplemental Nutrition Women, Infants and Children program: <http://www.fns.usda.gov/wic/>
2. <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/> (<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/>)
3. National School Lunch and Breakfast Program. U.S. Department of Agriculture. <https://www.fns.usda.gov/nslp>
4. <https://www.fns.usda.gov/cacfp> (<https://www.fns.usda.gov/cacfp/>) (The Child and Adult Care Food Program)

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