

Description

This six week online course will help you examine the development of eating habits and energy intake patterns of young children in the context of family factors and community outreach.

Prerequisites

- None

Who Should Take This Course?

This course is designed for all Education staff. It is most beneficial to Head Start Teachers, Teacher Aides, Parents, Volunteers and Education Managers. This course will benefit all Staff members who must deal with Head Start children in a classroom setting.

Objectives

- ✓ Understand the role of the preschool and nutrition education.
- ✓ Understand the interaction between child development and nutrition.
- ✓ Integrate food and nutrition concepts into the learning environment.
- ✓ Evaluate parent's roles in raising healthy eaters.
- ✓ Identify and evaluate your programs realm of nutrition.
- ✓ Evaluate the role of the media on children and consumers.

Outline

Nutrition and your School

Breakfast and Lunch Programs

Home to School Nutrition Relationships

Preschool Nutrition Education

Parental Styles

Maternal Control

Involving Parents in Nutrition Programs

Creating a Parent Panel for Nutrition

Media, Commercial and the Toxic Food Environment

Creating Parent Nutrition Education Newsletter

Consumer Awareness and Label Reading Social Programs

WIC

Head Start