

Chemeketa Community College
4000 Lancaster Drive NE
PO Box 14007
Salem, Oregon 97309-7070

Course Outline

Course Identification ECE155 **Credits** 2 **Date** 3/06

Course Title: Child Nutrition

Total Instructional Hours, for Course, per Term:

 22 Lecture Hours = 2 Credit(s)
 0 Laboratory Hours = 0 Credit(s)

Prerequisite Course(s):

None

Required Text(s):

Endres, *Food Nutrition and the Young Child*, 3rd Edition, 1990

Course Description:

Introduces human nutrition and health with emphasis on the nutritional needs and food experiences of the young child. Includes practical application to the day care setting, planning for snacks and meals for preschool children.

Performance Based Learner Outcomes:

Upon successful completion of the course, students should be able to:

1. Evaluate and apply sound nutritional principles to one's own diet.
2. Assist children to develop positive attitudes and habits about nutrition and food.
3. Plan for nutritionally adequate meals and snacks in a preschool or day care center.

Course Content Outline:

- I. Introduction to Nutrition
- II. Nutrients
- III. How the Body Utilizes Food
- IV. Dietary Needs
- V. Children and Food