

# JANUARY 2012

# NFS 2120

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
	Intro & Overview		All About Feeding— Basic Secrets You and Your Eating <b>*Assign:</b> <b>ChooseMyPlate.gov</b> <b>exploration</b> “Child” Ch. 1 “How” Ch. 1 & 2 MWS Ch. 1	
16	17	18	19	20
MLK HOLIDAY	Food for Health— ChooseMyPlate and Dietary Guidelines <b>*DUE:</b> <b>ChooseMyPlate.gov</b> <b>exploration</b> <b>*Assign: Prenatal</b> <b>Nutrition Position Paper</b> ChooseMyPlate.gov MWS Appendix B Handouts		It Begins with Pregnancy  <b>*DUE: Prenatal Nutrition</b> <b>Position Paper Assignment</b>  ADA Position Paper: Nutrition and Lifestyle for a Healthy Pregnancy Outcome <a href="http://www.eatright.org">http://www.eatright.org</a>  Handouts	
23	24	25	26	27
	“Haven’t you had that baby yet?” (More tidbits about prenatal nutrition) Role of the WIC Program  <b>*Assign: Promoting</b> <b>Breastfeeding Position</b> <b>Paper</b>  <a href="http://www.health.utah.gov/wic">http://www.health.utah.gov/wic</a>  Handouts		Now I’m Here, What Do You Feed Me? <b>*DUE: Promoting Brstfdg</b> <b>Position Paper Assignment</b> <b>*Assign: Infant Formula</b> <b>Worksheet</b> “How” Ch. 7 “Child” Ch. 3 & 4 MWS pp. 17-20; 27-28 ADA Position Paper: Promoting and Supporting Breastfeeding <a href="http://www.eatright.org">http://www.eatright.org</a>	
30	31			
	Successful Breastfeeding  “Child” Ch. 5 AAP Policy: Breastfeeding & the Use of Human Milk  <a href="http://www.health.utah.gov/wic/nutredu.html">http://www.health.utah.gov/wic/nutredu.html</a>  Handouts			

# FEBRUARY 2012

# NFS 2120

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			The Choice to Formula Feed Weaning <b>*DUE: Infant Formula Worksheet</b> <b>*Assign: Lunch Observation Paper</b>  “How” pp. 18-19 “Child” Ch. 6 MWS pp. 21-26; 36-37 Handouts	
6	7	8	9	10
	Infant Feeding: What, How, When, How Much, Why?  “How” Ch. 8 & pp. 19-22 “Child” Ch. 7 MWS pp. 29-35		More on Infant Feeding and Homemade Baby Food  Handouts	
13	14	15	16	17
	Growth and Physical Characteristics  “How” Ch. 13 & pp. 63-64 “Child” Ch. 2 Handouts		<b>** Exam 1</b>	
20	21	22	23	24
PRESIDENT’S DAY HOLIDAY	The Toddler—Age 1 to 2  ADA Position Paper: Dietary Guidance for Healthy Children Aged 2 to 11 <a href="http://www.eatright.org">http://www.eatright.org</a> “How” Ch. 5 & 9; pp. 13-18; 23-24 “Child” Ch. 8 MWS pp. 38-41		The Toddler—(continued)  “How” Ch. 6	
27	28	29		
	The Preschooler--- Age 3 to 5  “How” Ch. 10 & pp. 24-25 “Child” Ch. 9 MWS pp. 42-47			

# MARCH 2012

# NFS 2120

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			The School Age Child— Breakfast and Lunch  <b>*DUE: Lunch Observation Paper</b>  “How” Ch. 11 Handouts	
5	6	7	8	9
	CACFP Guidelines/ Menu Writing  <b><i>DO NOT MISS THIS DAY!</i></b>  <b>*Assign: Cycle Menu and Recipe File</b>  Menu Magic for Children <a href="http://www.fns.usda.gov/tn/Resources/menu_magic.pdf">http://www.fns.usda.gov/tn/ Resources/menu_magic.pdf</a>  “How” pp. 375-380 MWS Ch. 3, 4, & 5 Handouts		Snacks and Fun Foods Questions and Help with Menu Writing Sharing of Recipe Ideas  ADA Position Paper: Benchmarks for Nutrition Programs in Child Care <a href="http://www.eatright.org">http://www.eatright.org</a>  Handouts	
12	13	14	15	16
	NO CLASS--- SPRING BREAK		NO CLASS--- SPRING BREAK	
19	20	21	22	23
	Food Safety  MWS Ch. 6		Planning a Child Friendly Lunch or Breakfast  <b>*DUE: Shopping List and Lab Plan (<i>this will be done in class as groups... DO NOT miss this day!</i>)</b>  <b>*DUE: Cycle Menu and Recipe File</b>  Handouts	
26	27	28	29	
	Putting It Into Practice— Come and Eat with Us		<b>**EXAM 2</b>	

# APRIL 2012

# NFS 2120

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Current Issues: Family Mealtime  <b>*Assign: Kids TV Commercials</b>  Handouts		Current Issues: Childhood Weight  “How” Ch. 3, 4, & 14 “Child” Ch. 2  Handouts	
9	10	11	12	13
	Current Issues: More on the Tender Topic of Childhood Weight Issues  Handouts		Current Issues: Exercise and Fitness  Handouts	
16	17	18	19	20
	Current Issues: Impact of television and other ‘screen time’  <b>**DUE: Kids TV Commercials</b>  “How” pp. 208-209		Current Issues: Feeding the Child with Special Needs  Handouts	
23	24	25	26	27
	Current Issues: More on Feeding the Child with Special Needs  <b>*Assign FITS Research Article</b>  “How” Ch. 16 MWS Appendix C Handouts		Current Issues: FITS Study  Final Exam Review and wrap-up  <b>**DUE: Key points from FITS research article</b>  Handouts	STUDY DAY
30				

