

**NFS 2120---NUTRITION of the INFANT and CHILD**  
**SPRING SEMESTER 2010**  
**Tues-Thurs 10:00 - 11:15 a.m.**  
**GC 201**

<b>DATE</b>	<b>TOPIC</b>	<b>CHAPTERS</b>
Jan. 5	Introduction and Overview	
Jan. 7	All About Feeding--- Basic Secrets You and Your Eating Assign: MyPyramid.gov exploration	"Child" Ch. 1 "How" Ch. 1 & 2 MWS Ch. 1
Jan. 12	Food for Health--- MyPyramid & Dietary Guidelines Nutrition Review <b>MyPyramid.gov exploration due</b> Assign: Prenatal nutrition position paper	MyPyramid.gov MWS Appendix B Handouts
Jan. 14	It Begins With Pregnancy <b>Prenatal Nutrition Position Paper Assignment Due</b>	ADA Position Paper: Nut. & Lifestyle for a Healthy Pregnancy Outcome <a href="http://www.eatright.org">http://www.eatright.org</a> Handouts
Jan. 19	"Haven't you had that baby yet?" More tidbits about prenatal nutrition  Role of the WIC program Assign: Promoting Breastfeeding Position Paper Assignment	Handouts <a href="http://www.health.u tah.gov/wic">http://www.health.u tah.gov/wic</a>
Jan. 21	"Now I'm Here, What Do You Feed Me?" Assign: Infant Formula Worksheet  <b>Promoting Breastfeeding Position Paper Assignment Due</b>	ADA Position Paper: Promoting & Supporting Breastfeeding <a href="http://www.eatright.org">http://www.eatright.org</a> "How" Ch. 7 "Child" Ch. 3 & 4 MWS pp. 17-20; 27-28
Jan. 26	Successful Breastfeeding	"Child" Ch. 5 <a href="http://aappolicy.aap publications.org/poli cy_statement/index. dtl">http://aappolicy.aap publications.org/poli cy_statement/index. dtl</a> <a href="http://www.health.u tah.gov/wic">http://www.health.u tah.gov/wic</a> Handouts

Jan. 28	The Choice to Formula Feed Weaning <b>Infant Formula Worksheet Assignment Due</b>	"How" pp. 18-19 "Child" Ch. 6 MWS pp. 21-26; 36-37 Handouts
Feb. 2	Infant Feeding: What, When, How, How Much & Why? Assign: Lunch Observation Paper	"How" Ch. 8 & pp. 19-22 "Child" Ch. 7 MWS pp. 29-35
Feb. 4	More on Infant Feeding Homemade Baby Food	Handouts
Feb. 9	Growth and Physical characteristics	"How" Ch. 13 and pp. 63-64 "Child" Ch. 2 Handouts
Feb. 11	<b>*Exam 1</b>	
Feb. 16	The Toddler--- age 1 to 3	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
Feb. 18	The Toddler (contintued)	"How" Ch. 6
Feb. 23	The Preschooler--- age 3 to 5	"How" Ch. 10 & pp. 24-25 "Child" Ch. 9 MWS pp. 42-47
Feb. 25	Case studies and parental concerns Observation discussion <b>*Lunch Observation Paper Due</b>	
Mar. 2	Menu Writing and Recipe files CACFP Guidelines  Assign: Cycle menu and Recipe file AND 3 recipes to share	Website: 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> Class Webpage

Mar. 2 (cont)

<http://www.suu.edu/faculty/grady/courses/2120Packet.html>  
"How" pp. 375-380  
MWS Ch. 3, 4, &5  
Handouts

Mar. 4 Snacks and Fun Foods  
Questions & help with Menu Writing  
**\*3 recipes to share due**

Handouts  
Class Web Links  
ADA Position Paper:  
Benchmarks for Nut.  
Programs in Child  
Care

Mar. 9 Food Safety

MWS Ch. 6

Mar. 11 Planning a Child Friendly Lunch or Breakfast  
**\*Shopping List and Lab plan due** (groups, done in-class)  
i [Bring recipes and menu ideas for your group]

Handouts

Mar. 15-19 **SPRING BREAK**

Mar. 23 Putting It Into Practice--- Come Eat with Us  
**\*\*Cycle Menu and Recipe File Due**

Mar. 25 The School-age Child--- Breakfast and Lunch

"How" Ch. 11  
Handouts

Mar. 30 **\*Exam 2**

Apr. 1 Current Issues: Family Mealtime  
Assign: Kids TV Commercials

Handouts

Apr. 6 Current issues: Childhood Weight

"How" Ch. 3, 4 &  
14  
"Child" Ch. 2  
Handouts

Apr. 8 More on the Tender Topic of Childhood Weight Issues

Apr. 13 Current Issues: Exercise & Fitness

Handouts

Apr. 15 Current Issues: Impact of Television  
**Kids TV Commercials Assignment Due**

"How" pp. 208-209

Apr. 20 Feeding the Child with Special Needs

"How" Ch. 16  
MWS Appendix C

Apr. 22 Review and Wrap-up

Apr. 29-Thur **\*FINAL EXAM --- 11:00 to 12:50 a.m.**