

***T&L 2900—Nutrition Education for
the School Aged Child***

Course at a Glance

Instructor/Presenter: Julie Zikumnd

Length: 30 hours

Dates: Enroll Anytime – Complete in 4 months

Number of Graduate Professional Development Credits: 2

Introduction

Nutrition for the School Age Child is a course designed for teachers of all grade levels. In this course, the participant will learn fundamental nutrition concepts including the Dietary Guidelines, ChooseMyPlate, Nutrients, Label Reading, Energy Balance, and effective teaching strategies to teach these concepts to youth.

Learning Objectives

At the end of this course, you should be able to accomplish the following objectives:

- State the definitions of nutrition and nutrition education
- State reasons for including nutrition education in the elementary curriculum
- Define the members of a nutrition education team and their roles
- Explain why variety is important in the diet
- Share how nutrition education can be integrated into other subjects matter areas
- Identify factors which influence food availability and food preferences
- Explain how the recommended Dietary Allowances relate to the food grouping system
- Identify components and alternatives of the school lunch and breakfast meal patterns
- Assist students in developing behavior change goals and strategies
- Assist elementary students in planning a daily food intake
- Evaluate foods using nutrient labels
- Use nutrient comparison cards, nutrient density and food composition tables
- Explain the body's need for energy for growth and activity
- Develop a food related activity for their classes
- Explain the basis for current recommendations about the role of diet in promoting and

maintaining health

- Adjust menus to alter risk factors associated with diet
- Select suitable information about current issues in nutrition for classroom study
- Give examples of methods for safe handling of food
- Explain the role of food intake and activity in energy balance
- List the warning signs of eating disorders
- State strategies for encouraging a positive body image
- Modify a menu to increase or decrease caloric content
- Outline the basic components of a safe, effective weight loss program for adults, children and adolescents
- List and explain 4 nutritional concerns of school age children
- List 5 nutrition recommendations for the child
- Identify some common food and nutrition fallacies and their factual answers
- Identify sources of accurate nutrition information
- Evaluate advertising claims for appeal used and fallacies implies and/or presented

Required Textbook and Materials

Each lesson has a recorded lecture in Tegrity that is posted within the Blackboard site. In addition to the lecture materials, there is a teaching resource for each lesson that provides you with multiple ideas for lesson plans. There are websites that are referenced throughout the course that enhance learning for the participants. There is no textbook for this course.

Assignments

Assessment	Points possible per Assessment	Total Points Possible
Online Quizzes at the end of each Unit	4 quizzes @ 10 points each	40 points total
Nutrition Education Unit/ Lessons Assignment	4 lessons @ 25 points each 10 points for Teaching Unit	110 points total
Total Points Possible		150 points total

Grading

You have the option of selecting the type of grading for this course – **Satisfactory/Unsatisfactory** or **Letter Grading (A – F)**. Please be aware that once you've selected the type of grading option, you cannot request a change after the course has begun.

Participants will need to earn 105 or more points to earn an S grade.

105–150 - Satisfactory

Below 104 – Unsatisfactory

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A letter grade option is also available if needed for teacher certification. Letter grades will be assigned as follows:

A - 135-150

B - 120-134

C - 105-119

D - 90-104

F – Below 89

Scholastic Dishonesty

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life; Appendix IIIa-3, at:

<http://und.edu/student-affairs/code-of-student-life/>