

# Louisiana Delta Community College

## Academic Affairs Master Syllabus

**Course Name:** NUTRITION FOR CHILDREN

**Course Number:** CDYC 1140

**Credit Lecture hours:** 3      **Credit Lab Hours:** 0      **Contact Hours:** 45

**Textbook, Author, and Publisher:** To be provided by College Campus

**Instructor Information:** To be provided by College Campus

**Class Location:** To be provided by College Campus

**Course Description:** Application of the principles of nutrition to children with emphasis on prenatal nutrition, the special requirements of various age levels from birth through adolescence, and problems related to children and nutrition. Menus that meet nutritional needs for all children are planned and prepared.

**Prerequisites:** None

**Co-requisites:** None

### **Learning Outcomes:**

On completion of this course, the student will be able to:

- I. Describe the nutritional needs of the pregnant woman, the breast feeding mother and child, the infant, toddler, preschooler, and the school-age child to maintain good health and promote appropriate development.
  - a. Explain the importance of good nutrition as it relates to the total development of the young child.
  - b. List the food groups and foods, as well as daily servings of each, found in each group.
  - c. Identify the nutritional needs of the pregnant woman, the breast-feeding mother and child, the infant, toddler, preschooler and the school-age child.
  
- II. Plan and prepare menus for meals commonly served in early childhood centers that meet nutritional requirements for the different age groups.
  - a. Plan meal and snack menus for infants, toddlers, preschoolers, and school-agers.
  - b. Prepare nutritious snacks and/or meals for infants, toddlers, and preschoolers.
  - c. Perform appropriate sanitation practices and food storage, preparation, serving, and clean-up procedures.
  - d. Describe appropriate snack and meal-time routines for the different age groups.

**Assessment Measures:** To be provided by the College Campus.

**Library Resource Center:**

The Delta Library and Learning Resource Center is committed to providing quality information and learning resources and services, including technology, in supporting the overall mission of Delta Community College and its commitment to lifelong learning.

**Special Accommodations:**

Louisiana Delta Community College complies with Section 504 of the Rehabilitation Act, as well as the Americans with Disabilities Act. Students with disabilities who attend the Monroe campus may make a request by contacting the Director of Counseling and Disability Services (See College Directory for contact information.) at the beginning of each semester. Reasonable accommodations will be attempted for students with documented disabilities. If an impairment is identified later in the semester, a non-retroactive accommodation plan will be developed. Students at satellite campuses should contact the Coordinator of Student Affairs at their particular campus.

**Title IX:**

Louisiana Delta Community College is committed to protecting the rights of students, which includes compliance with Title IX requirements. As such, the institution and members of our community will not tolerate the offenses of dating violence, domestic violence, sexual assault, and stalking. Students with Title IX concerns should contact the College's Title IX Coordinator (See College Directory for contact information.) Students are required to complete Sexual Assault Awareness and Prevention Online Training. Access to this online course will be sent out through the Delta email account.

**Student Code of Conduct:**

Louisiana Delta Community College encourages an environment of academic integrity and mutual respect. Students should read and follow both academic and behavioral expectations identified in the Code of Student Conduct that can be found online at [www.ladelta.edu](http://www.ladelta.edu). Students are expected to act with integrity, respect the rights of others, and conduct themselves in a professional manner. The Honor Code prohibits academic misconduct such as cheating, engaging in unauthorized collaboration, and plagiarism. Violations of the Code of Student Conduct may result in disciplinary action as provided in the Code. Incidents are reported through the online Student Conduct system.