

Course syllabus and outline

Course name:	Certificate of Childhood Diet and Nutrition
Course code:	NUT07
Accreditation:	30 CPE points from Australian Tradition Medicine Society (ATMS) 8 CECs Fitness Australia 18 CPE from the National Herbalists Association of Australia (NHAA) May be eligible for points for massage, midwives, nursing and pharmacy bodies
Mapping:	Mapped to 'Community Services Training Package (Unit CHCCN3C)'
Length:	18 weeks (approximately 2 hours study per week)
Cost:	\$420 + GST completely inclusive of all materials and access
Commencement:	Weekly

Learning outcomes

A number of elements from the National Training Package (Community Health and Child Care Nutrition - Prepare nutritionally balanced food in a safe and hygienic manner CHCCN3C) are mapped in this course. Such elements form a part of Certificate III in Children's Services and the Diploma of Children's Services.

Students shall, by the end of the course, be competent in

- Demonstrating a thorough understanding of the principles to childhood nutrition
- Applying nutrition principles to common dietary health issues and needs in childhood
- Assessing dietary intakes and make basic recommendations for improvement
- Preparing age and culturally relevant foods, snacks and drinks to meet children's preferences and needs
- Maintain food safety standards

Methodology (all included in course fee)

- Self-paced
- Self-testing study guide and answers
- CD resource disk
- Audio lecture (CD)
- Course texts
- Access to qualified staff via email and telephone
- Additional NZ health and nutrition booklets and resources within course pack
- Online student resource facility (optional)
- EClassroom (optional)

Assessments

Final examination, designed to assist students in applying their newly gained knowledge to real life situations, is an open book format representing 100% of course assessment, consisting of:

- Multiple-choice questions
- True or false questions
- Short answer questions
- Case study section

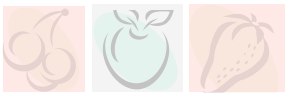
Course requirements

- Completion of course with a grade of 50% or greater

Pathways for further learning and training

Excellent for those currently working in or planning to work within a childcare setting including Early Learning staff, cooks, canteen staff, directors, as well as health care professionals who deal with children for example nutritionists, naturopaths, nurses, midwives, teachers, coaches and so on.

Students completing the course successfully may wish to study further by undertaking the Paediatric Nutrition course.



Course summary

Cadence Health 2008

Certificate of Childhood Diet and Nutrition

INTRODUCTION

What influences our child's eating habits?
How do I establish positive eating habits for my children?
How can you tell when a child is eating well?
Principles of a good diet
Cultural considerations
How are our children faring?

NUTRITION FUNDAMENTS

Nutrition and diet
Introduction to the Australian dietary guidelines for the young
Updates on food groups and pyramids
Classification of nutrients
Development of the digestive system in babies

GROWTH AND DEVELOPMENT IN BABIES AND CHILDREN

Age groups
Growth charts
Regulation of hunger and satiety (fullness)
Normal eating
Importance of physical activity

FOOD SAFETY

How does food poisoning occur?
Hazardous foods and food safety
Storing food
Cooling and reheating foods safely
Cleanliness and safety
Foods and safe eating in early childhood

FEEDING BABY

Breastfeeding baby
Milk production and stage of breastmilk
Baby's growth and development
Maternal influences on breastmilk - diet, caffeine, alcohol, smoking and foods
Allergies and the breastfed infant
Caring for breastmilk
Infant formulas for feeding baby
 Types of formula, terminology and choosing
 Whole cow's milk for infant feeding
 Other 'milks'
The importance of iron for infants
Feeding premature babies
Weaning
Nurturing healthy eating habits
Introducing solids
 When to start solids
 Signs of readiness for solids
 Introducing solids in pre-term infants
 How long does it take to introduce solids?
 Starting out- What foods to start with
 What foods at what age?

- Quantity and frequency of food
- Foods not suitable for infants and toddlers
- Moving toward meal routines
- Fluids, fruit juice and milk
- Home-made vs. commercial baby foods
- The importance of lumpy foods
- Adverse reactions
- What to do when bub say 'thanks, but no thanks'

DIETARY RECOMMENDATIONS, GROWTH AND DEVELOPMENT

- Ensuring adequate food intake
- Growth in young children
- A hungry child

NUTRIENTS IN OUR FOODS

- Are carbohydrates that complex?
 - Simple sugars
 - Reading food labels for sugar content
 - Glycaemic Index (GI and Glycaemic Load (GL))
 - Complex carbohydrates and fibre
 - Suggestions for including cereals and meeting the requirements
- Introduction to dietary fats
 - Saturated fats Monounsaturated fats Polyunsaturated fats
 - Essential fatty acids Omega fatty acids
 - Trans-fatty acids
 - Dietary fat requirements for children and adolescents
 - Problems with low-fat diets in young children
- Protein
 - Sources of dietary protein
 - Protein requirements for the young
 - Vegetarian children
- Fruit and vegetables
 - Plant compounds - what is ORAC?
 - What are legumes?
 - Fruit
- Fluid
 - Fruit juice and health issues and tooth decay

VITAMINS AND MINERALS

- Water-soluble vitamins
 - Functions in the body
 - Deficiency signs of vitamin C
 - Foods dense in nutrients
- Fat-soluble vitamins (Vitamins A, D, E and K)
- Recommended intake in childhood (as adequate intake figures or AI)
- Minerals
 - Calcium
 - Sodium
 - Iron
- Antioxidants and free radicals
- How can you tell if your child is nutrient deficient?
- Supplements for childhood

CREATING HEALTHY EATING HABITS IN CHILDREN

- Development of eating patterns
- How do taste preferences develop?
- How learning happens

- influences over Eating patterns and eating concerns
 - The influence of parents
 - Suggestions for encouraging healthy eating habits
 - The influence of television
 - Children in daycare
 - Canteens
- Eating patterns of concern
 - Food finickiness
 - Causes of food fussiness
 - The importance of introducing 'lumpy' foods
 - Suggestions for coping with food rejection
 - Picky eaters and food neophobia
 - Strategies to reduce the health impact of food neophobia
- Encouraging children to the stuff they don't like

HEALTH AND EATING HABITS

- Diet, nutrition and teeth
- Iron deficiency and anaemia in children
- Example meals that meet the RDI of iron
- The vegetarian child
- Allergies and intolerances
- Identifying food allergies
 - Peanut allergy
 - Food additives and health
 - Some common problem additives
- Additives
- Pesticides and other chemicals
- Nutrition and behaviour
 - Attention-deficit hyperactivity disorder (ADHD)
 - Nutrients and hyperactivity
 - What does the research say about food substances and hyperactivity?
 - Managing ADHD
 - Disordered eating
 - Anorexia nervosa
 - Bulimia nervosa
 - Signs and signals of eating disorders
 - What causes eating disorders?
 - Body image
 - Where to go for help
 - Sports nutrition for sporty kids
 - Hydration
 - Fuelling strategies
 - Recovery techniques
 - Planning for events
- Overweight, obesity, dieting and physical activity in childhood
 - The role of 'extra foods'
 - Children, teens and dieting
 - The importance of being active
- Creating and planning Healthy meals
- Meal planning for children
 - Applying servings to meals
 - Calories vs nutrients
- Evaluating serving sizes and intake
 - Infants: serving requirements
 - Toddlers: serving size requirements
 - Preschoolers and children: serving size requirements
- Being a discerning 'feeder'
 - Learning how to read food labels