

**Course name - Child Care Nutrition**

**Duration - 2 months**

**Content -**

**Module 1: Introduction to Child Nutrition**

- Overview of the importance of nutrition in child development
- Understanding the nutritional needs of children at different stages of growth
- Factors influencing children's dietary habits and preferences
- Introduction to key nutrients essential for children's health and development

**Module 2: Nutritional Requirements for Infants**

- Understanding the unique nutritional needs of infants from birth to 12 months
- Breastfeeding vs. formula feeding: benefits, challenges, and recommendations
- Introduction to infant feeding schedules and introducing solid foods
- Common nutritional concerns and feeding challenges in infants

**Module 3: Toddler and Preschooler Nutrition**

- Nutritional requirements for toddlers and preschoolers aged 1-5 years
- Building healthy eating habits and positive mealtime environments
- Strategies for introducing new foods and promoting variety in the diet
- Addressing common nutrition-related issues in toddlers and preschoolers, such as picky eating and food refusal

**Module 4: Balanced Diets for School-Aged Children**

- Understanding the nutritional needs of school-aged children (6-12 years)
- Importance of balanced meals and snacks for sustained energy and concentration
- Teaching children about nutrition and fostering healthy food choices
- Practical tips for packing nutritious school lunches and snacks

**Module 5: Adolescent Nutrition**

- Nutritional requirements during adolescence (13-18 years)
- Addressing the impact of puberty on nutritional needs and dietary habits
- Understanding the role of nutrition in supporting physical growth, cognitive development, and overall well-being
- Discussing common nutrition-related concerns in adolescents, such as disordered eating and nutrient deficiencies

**Module 6: Special Dietary Considerations**

- Dietary considerations for children with allergies, intolerances, or medical conditions
- Understanding special diets (e.g., vegetarian, vegan) and ensuring adequate nutrient intake
- Strategies for accommodating dietary restrictions in childcare settings and schools
- Collaborating with parents and healthcare professionals to support children with special dietary needs

### **Module 7: Meal Planning and Food Safety**

- Principles of meal planning for children of different ages and dietary needs
- Creating balanced and nutritious meal plans that meet dietary guidelines
- Importance of food safety in childcare settings and at home
- Strategies for preventing food-borne illnesses and promoting safe food handling practices

### **Module 8: Promoting Healthy Eating Behaviors**

- Understanding the role of caregivers and educators in shaping children's eating behaviors
- Creating supportive environments that promote healthy food choices
- Encouraging positive mealtime experiences and family-style dining
- Implementing nutrition education and cooking activities to engage children in learning about food

### **Module 9: Evaluating and Monitoring Nutritional Status**

- Methods for assessing children's nutritional intake and growth
- Recognizing signs of malnutrition, nutrient deficiencies, and excess intake
- Collaborating with healthcare professionals to monitor children's nutritional status and address concerns
- Importance of ongoing observation and documentation in identifying changes in dietary patterns and nutritional needs

### **Module 10: Parent and Community Engagement**

- Strategies for promoting parent involvement in supporting children's nutrition
- Providing resources and education to empower families to make healthy food choices
- Building partnerships with community organizations and local resources to enhance nutrition initiatives
- Advocating for policies and practices that support children's access to nutritious foods in childcare settings and schools



Caption