

# NCP 401A: NURTURING HEALTHY CHOICES I: EARLY YEARS

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	0
<b>Hours:</b>	8 lecture per quarter (8 total per quarter)
<b>Degree &amp; Credit Status:</b>	Non-Degree-Applicable Non-Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	None
<b>Grade Type:</b>	Non-Credit Course (Receives no Grade)
<b>Repeatability:</b>	Unlimited Repeatability
<b>Formerly:</b>	NCP 401

## Student Learning Outcomes

- Students will be able to identify basic nutrition information.
- Students will use developmentally appropriate feeding practices with young children.
- Students will identify available local family, community and educational resources.
- Students will be able to describe appropriate health and wellness practices to promote child wellness.

## Description

Introduces families and caregivers to healthy feeding and eating practices and best practices in parenting, and links students to resources focused on the Early Years (birth through 8 years). Emphasis placed on family wellness, nutrition and healthy feeding dynamics as related to the child's developmental stages. This course helps prepare students for credit classes in Child Development. May be offered bilingually.

## Course Objectives

The student will be able to:

- describe appropriate health and wellness practices to promote child and family wellness
- identify basic nutritional information
- use developmentally appropriate feeding and eating practices with children
- identify family, community and educational resources

## Course Content

This course will encompass several parenting education areas focused on the Early Years of Development:

- Health and Wellness
  - Immunizations, children's health and wellness doctor visits
  - Exercise and physical activity in daily routines
  - Oral health
- Nutritional Information
  - Sugars, fats and whole grains
  - Reading food labels

- Portion sizes
- Feeding Practices for Healthy Eating
  - 5 Keys to Raising Healthy Eaters: Division of responsibility for adult and child
  - Developmental stages guiding feeding practices
  - Healthy, affordable and culturally appropriate snacks and family meals
- Family, Community and Educational Resources
  - Local health agencies and services
  - Food banks and food programs - Women, Infants and Children (WIC)
  - Health and nutrition websites
  - Children's health insurance
  - Family and community events

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

None.

## Method(s) of Evaluation

- Student participation in discussions and activities
- Journal writing and reflections
- Individual, team and small group demonstrations and role plays
- In class writing assignments

## Method(s) of Instruction

Lecture, Discussion, Demonstration, Group work

## Representative Text(s) and Other Materials

Handouts, articles, instructor-developed materials, online open resources, videos, DVDs.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

A. Example reading assignment: In "Division of Responsibility in Feeding: 5 Keys to Healthy Eating," Ellyn Satter Toolkit Article: "Parents/Adults are responsible for: 1). What Food Is Served; 2). When Food Is Served; 3). Where Food Is Served. Children are responsible for: 4). How Much To Eat; 5). Whether To Eat or Not."

B. Example writing assignment: Read article, practice the 5 Keys to Healthy Eating, and reflect in writing about how it promoted healthy eating in your family.

## Discipline(s)

Parent Education: Noncredit