

# NCP 401B: NURTURING HEALTHY CHOICES II: ADOLESCENT YEARS

## Foothill College Course Outline of Record

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

## Student Learning Outcomes

- Students will be able to identify basic nutrition information.
- Students will use developmentally appropriate family eating practices with children and adolescents that promote healthy eaters.
- Students will identify available local family, community and educational resources.
- Students will be able to describe appropriate health and wellness practices to promote child and adolescent wellness.

## Description

Introduces families and caregivers to healthy feeding and eating practices and best practices in parenting, and links students to resources. Emphasis placed on family wellness, nutrition and healthy feeding dynamics as related to the child and youth 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 and adolescents
- identify family, community and educational resources

## Course Content

This course will encompass several parenting education areas:

- 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

### C. 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 "Champions For Change Network For A Healthy California" - Guidelines and Activities for Childhood Obesity Prevention: "Fruit and Vegetable Community Assessment - Take a walk through your community and fill out the Fruit and Vegetable Community Assessment. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to get and eat more fruits and vegetables."

B. Example writing assignment: Read article and write about an activity you can do with your family that promotes healthy eating in your community.

## Discipline(s)

Parent Education: Noncredit