

Code	10228		
Class name	Children's Food and Nutrition		
Semester	1st	Lecture target	3
Unit Classification	Elective	Unit count	2
Charge teacher	KOIKE Kieko		
Category	Professional education subjects		
Class style	Seminar		
Class time	Wed/3		
NO.	Bc31086w		

Professional career-experienced

- a course taught by a teacher with practical experience

On practical contents related to class

In this class, based on my experience working as a nutrition teacher at a school, I will share with students the current status and challenges of modern dietary habits.

Languag

- using languages other than Japanese

Active learning elements

- problem-solving-learning in cooperation with external organizations based on agreements
- discussion,debate
- group work
- presentation
- practical training,fieldwork

Class outline,goal

The purpose of this course is for students to understand that nutrition and diet in childhood are the basis for lifelong health and life, and to understand the significance of a consistent diet from childhood to adulthood.

In addition, through learning about the problems that occur in children's dietary habits, students will gain an understanding of modern dietary habits and social background, as well as the fact that "food" is the basis for children's healthy development.

Class plan

1. Orientation  
Class plan. Review of students' own eating habits.

2. Dietary habits of adults (1)  
Students will learn about dietary habits that take into account the prevention of lifestyle-related diseases and think about their own dietary habits.

3. Dietary habits of adults (2)

Learn about dietary habits to prevent lifestyle-related diseases and think about basic lifestyle habits.

4. Basic knowledge about nutrition (1) (cooking practice)

Learn the basics of how to eat, prepare menus, and cook for healthy growth, maintenance, and promotion of health.

5. Basic knowledge about nutrition (2)

Students will learn the basics of how to eat well, prepare menus, and cook to maintain and improve their own health.

6. Eating habits in infancy

To deepen understanding of how to wean children and how to snack.

7. Children's health and eating habits

Learn about children's physical development, the development of eating functions, and how to monitor their nutritional status.

8. Children's physical and mental development and dietary habits

To consider the current state of children's dietary habits and the issues they face.

9. Food and nutrition for children with special needs

To learn how to deal with children with illness, poor health, food allergies, etc.

10. Eating habits of school-aged children and adolescents (cooking practice)

To understand the rhythm of children's life: "Early to bed, early to rise, early to eat".

11. Food and nutrition at home

Learn how to support children to form the basis of their eating habits.

12. Basics and contents of nutrition education

Understand what nutrition education is, and learn about the considerations for promoting nutrition education.

13. Contents and planning of nutrition education

Understand that nutrition education in nursery schools is planned based on the Basic Law on Nutrition Education and the Child Care Guidelines.

14. Environment for Nutrition Education

To understand how we can support children's growth and parents' child rearing through food.

15. Practice of nutrition education (cooking practice)

To understand how to create an environment for enjoyable meals and support child rearing.

Grading method

The goals of this course are to

(1) understand that dietary habits in childhood lead to the establishment of sound eating habits and independence in eating behavior in children.

(2) acquire the basic knowledge to provide appropriate meals and dietary guidance according to the developmental stage.

Assigned books

*Dietary habits and nutrition for children during development*, Sono Sugawara et al.(Gakuin

<p>Syoin)[Translated from Japanese.]  <i>Children's Food and Nutrition Practice Book</i>, supervised by Mineo Matsumoto (Minerva Shobo)[Translated from Japanese.]  <i>Children's Food and Nutrition</i>, by Kiyoko Mizuno (Sindan to Chiryousya)[Translated from Japanese.]</p>
Classroom equipment
projector
Advice on preparation and review
Preparation: Review the contents of the previous lecture. (about 30 minutes) Review: Review the handouts to deepen your understanding. (about 30 minutes)
Class rules
The use of cell phones is prohibited.
Grading Criteria
<p>Evaluation will be made from the following three perspectives.</p> <ol style="list-style-type: none"> <li>1. Attitude toward the class (30/100)</li> <li>2. Preparation of material files (30/100)</li> <li>3. Reports (40/100)</li> </ol> <p>Submission of material files and reports will be notified as appropriate.</p>
Feedback method
In this class, the teacher will comment on the assignments and the results of the work.
Note
<p>Questions are welcome during and after class.</p> <p>I value communication with students.</p>
Office hour
None.
Improvements from the results of the previous year's class evaluation questionnaire
None.