Child Nutrition and Food Preparation on Early Childhood Education
幼兒餐點與營養

Instructer: Shih. Shing- Shing (phone #)
2 Credits/ 2 hours per week for Undergraduate Year One students

Course Description:

This course provides a general introduction to the nutritional needs of the child , planning and preparation of meals for children aged 0-6, *:* The course comes in 2 parts:

A: introduce participants to the changing nutritional needs of the child (from infant, to toddler and beyond).

B: planning and preparing the meals to meet children's preferences and needs

Course material designed for childcare's responsible for feeding infants , toddlers, and older children, which includes: nutritional competences required , planning and preparation a balanced meals

Course Objectives:

Students shall, by the end of the course, be competent in
1. Demonstrating a thorough understanding of the principles to childhood nutrition
2. Applying nutrition principles to common dietary health issues and needs in childhood
3. Preparing meals to meet children's preferences and needs
4. Maintain food safety standards