


Snacks Design and Preparation for Young Children 幼兒點心設計 與製備

Instructor: Shih. Shing- Shing (phone #)

2 Credits/ 2 hours per week for Undergraduate Year Two students

Course Description:

This course provides a general introduction to the planning and preparation of snacks for children aged 3-6 : The course comes in 2 parts: 

A: introduce principles of planning the snacks and drinks for child (from infant, to toddler and beyond) .

B: preparing the snacks and drinks 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 snacks and drinks.

Course Objectives:

Students shall, by the end of the course, be competent in

1. Demonstrating a thorough understanding of the principles of planning the snacks and drinks for child
2. Applying principles to common dietary health issues and needs in childhood
3. Preparing snacks and drinks to meet children's preferences and needs
4. Maintain food safety standards