

How to Feed Children



Overall Goal of Course

To make parents aware of very practical and common sense nutritional lifetime changes that would improve their children's health and school performance. Such changes would also prevent overweight while fostering weight loss.

This course is offered in English and Spanish.

The course is imparted in three different sessions; each lecture to last 3 hours with a 15 minute break.

Session 1 – Module 1 and 2

Session 2 – Module 3

Session 3 – Module 4, 5, and 6

Learning Opportunities

A combination of dynamic and engaging power point presentations, discussions, and workout materials, will be used to deliver the session contents to the class participants.

The course is divided into 5 modules:

- Module 1 – Eating Out and Portions
- Module 2 – Family Meals Fosters Good Nutrition
- Module 3 – Cutting back on fat and cholesterol
- Module 4 – Eating more fruits and vegetables and cutting back on salt
- Module 5 – Carbohydrates, soft drinks and sugar
- Module 6 – Physical Activity



Module 1 - Portions

- Childhood malnutrition has health consequences
- Benefits of nutritious meals

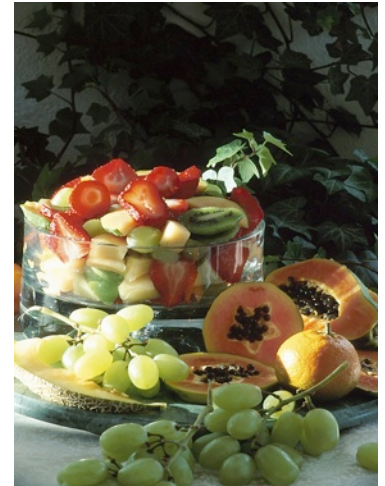
- Eating out and portion distortion
- Questions and answers

Module 2 – Family Meals Protect Your Child

- The magic of family meals
- Benefits of family meals
- Family meal planning
- Making family meals enjoyable
- Questions and Answers

Module 3 – Cutting Back on Fat and Cholesterol

- Basic concepts of fats and cholesterol
- Saturated fat
- Trans fats
- Cholesterol
- Monounsaturated fat
- Polyunsaturated fat
- Reading food labels for fat and cholesterol
- Questions and answers



Module 4 – Fruits and Vegetables, Medicine of the Future

- Fruits, vegetables and antioxidants
- Fruits, vegetables and hypertension
- Servings
- Questions and answers

Module 5 – Carbohydrates, Soft Drinks, and Sugar

- Complex carbohydrates: fruits, vegetables, whole grains, legumes
- Simple carbohydrates: refined grains, industrial bakery
- Reading food labels for carbohydrates
- Questions and answers

Module 6 – Physical Activity

- Basic concepts of overweight, malnutrition and academic performance
- The role of physical activity in weight loss, and overall health
- Lifestyle physical activity
- Programmed physical activity
- Questions and answers

Participants will receive a handout with highlights of the information presented

For additional information please contact:

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