

## 4-14 Child Nutrition online course

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The *Child Nutrition* course covers the unique nutrition needs of children. Certifiers must complete this course before they can certify or counsel children.

### What you need to do

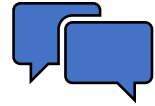
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1. Work with your training supervisor to determine a time to complete the *Child Nutrition* online course. It takes about 2 hours to complete.  
Date and time \_\_\_\_\_
2. Complete the *Child Nutrition* online course, learning activities and posttest.
3. Make note of any questions or concerns you have about information in the module.
4. Schedule a time to discuss what you learned with your training supervisor using the *Talk it over* section below.  
Date and time \_\_\_\_\_

## Talk it over

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1. Review your notes and ask any questions you have about the course.
2. How does child nutrition differ from basic nutrition?
3. How do the recommendations on child physical activity and screen time compare to what you have heard before?
4. What child nutrition information is the most important to consider when working with caregivers?
5. What are the most common child nutrition issues seen in your area?

## References

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[Child Nutrition](#) – from USDA

