

Level 2 Child Nutrition

The Basics

Level 2	All CPA’s must complete
Type	Online – Workday Learning Oregon
Completion time	2 hours
Complete	Within 6 months of hire
Certifiers Guide	Lesson 4-14
Posttest	Online – Workday Learning Oregon
Completion	Form



Course Objectives

The *Child Nutrition* online course focuses primarily on building knowledge on nutrition concepts specific to children between the ages of 1 and 5. The following objectives are organized by the modules in which they are covered within this course.

Upon completion of this course, the learner will be able to:

Introduction to child nutrition

- Describe normal growth patterns for children ages 1-5.
- Understand eating behaviors common in the preschool years (e.g., refusal to eat, playing with food, “food jags”, and food preferences).
- Describe how developmental skills impact feeding children ages 1-5.
- Utilize ChooseMyPlate for Preschoolers.
- List three techniques parents can use to prevent choking in young children.
- Explain how snacks can play an important role in the diet of young children.
- Identify three healthy snacks to offer children.
- Describe physical activity recommendations for children ages 1-5.
- List three ways to promote physical activity for children.
- Describe the recommendations for screen time for children ages 1-5.

Beyond basics

- List two ways milk, juice, and other fluids can impact a child’s appetite.
- List at least four responsibilities of the parent in the feeding relationship.

- List two responsibilities of the child in the feeding relationship.
- Be able to support the parents' role in maintaining a healthy feeding relationship.
- List three mealtime strategies that positively shape a child's early food experience.
- Identify three factors that would place a young child at risk for iron-deficiency anemia.
- Describe two practices for preventing lead exposure and poisoning.
- List three recommendations for oral health in children.
- Describe two food safety practices to help prevent food-borne illness in children.

Learning activities



Learners can complete this course one module at a time or all at once. We recommend offering to meet with the learner after each module to discuss any questions or concerns the learner may have. There are a couple of activities in particular to review with the learner.

Module 1: Nutrition Basics for 1 to 5 Year-Olds

Module 2: Key Nutrients for Healthy Children

Here the learner is provided with information on Ellyn Satter's Division of Responsibility. Discuss this model with the learner. For more information, visit [Ellyn Satter's webpage](#) or review this [document](#).

Module 3: Developing Healthy Food Habits

Here the learner is provided with information on Ellyn Satter's Division of Responsibility. Discuss this model with the learner. For more information, visit [Ellyn Satter's webpage](#) or review this [document](#).

Module 4: Growth and Weight in Young Children

Module 5: Preventing and Managing Common Nutrition Problems.

Review the Oregon Health Authority webpage on [protecting your family from lead](#).

Posttest Questions and Answers



Scoring of the *Posttest* will be completed for you electronically.

1. Which of these statements highlights why healthy eating habits are important for children one to five years of age? Select 2
 - **Helps children develop fine motor skills.**
 - **Healthy eating habits last a lifetime**
 - Parents must force kids to eat healthy foods while they are young.
2. How should a parent respond when a one-year-old child wants to use a spoon to eat?
 - **Let the child use the spoon to eat so they can learn to feed themselves.**
 - Take the spoon away.
 - Wait until they are 3 until letting them use a spoon.
3. **True** or False. Young children who drink more than 16 ounces of milk per day are more likely to feel full at mealtimes and be less interested in eating other nutritious foods.
4. Which of the following are symptoms of iron-deficiency anemia in children?
 - **Fatigue**
 - **Pale appearance**
 - **Loss of appetite**
 - Sore throat
 - High energy
5. What are the 2 key components of the division of responsibility?
 - Children are served special foods.
 - Parents make children “clean their plate.”
 - **Parents decide what to serve and when meals and snacks are served.**
 - **Children decide how much to eat.**
6. **True** or False. The most common reason toddlers’ appetites decrease is because the rate of growth slows down after infancy.
7. **True** or False. Juice should be limited to 4 – 6 ounces a day and should be 100% fruit juice.

8. What are ways to prevent choking in young children? Select 3.

- **Cut hot dogs in strips before serving.**
- **Cut grapes in quarters before serving.**
- **Avoid nuts, popcorn and hard candy.**
- Serve only pureed food until the child is 4 years old.

9. **True** or False. Children may need to be offered a new food several times before they try it.

10. **True** or False. WIC encourages parents to involve children with grocery shopping and preparing food.