

# Food and Nutrition for Children

Syllabus Number

CHS-302

Elective

2 credit

SHINZAWA, Kayo

## 1. Course Description

The eating habits and the nourishment of the time of the child are extremely important from not only healthy development but also the viewpoint of the foundation of future health and healthy lifestyles.

We will learn about dietary life and nutrition required at the childcare site.

For example, the significance of healthy eating habits, basic knowledge on nutrition, the relationship between growth and eating habits at each stage of growth, importance of food education (Shokuiku), etc.