

John C. Stalker Institute of Food and Nutrition Spring 2009 Professional Development

The following is a four credit ONLINE graduate course (90 PDPs) - Tuition: \$849

Register at:
www.framingham.edu/dgce

January 20 - May 5

Contemporary Nutrition Issues for Schools

Sharon Gallagher, M.Ed., RD, CDE

An update for teachers and other school personnel on current topics in nutrition. Research and curricula related to child and adolescent nutrition are explored in depth.

Specific topics include: nutrition and learning, eating disorders, prevention of chronic disease, food allergies, sports nutrition, food safety, and biotechnology. Development of original curriculum is required. Credit will not be given for this course and 34.763 Contemporary Nutrition Issues for the Classroom. This course cannot be applied to graduate or certificate programs for nutrition professionals. Prerequisite: NUTR 910 (34.760) Nutrition Science in the Classroom or previous nutrition course completed in the last five years.

FRAMINGHAM STATE COLLEGE

The John C. Stalker Institute of Food and Nutrition offers programs designed to improve the nutrition environment in schools.

Visit us at:
www.johnstalkerinstitute.org or email us at: johnstalker@framingham.edu to be added to our mailing list or to request information about bringing information to your school.

Tel: 508.626.4756



Massachusetts Department of
ELEMENTARY & SECONDARY
EDUCATION

All courses one graduate credit • All courses online • All courses \$169.00
To register go to: <http://www.framingham.edu/dgce/opdce.htm>

March 2 – March 27

PRDV 70818 Using Nutrition and Physical Activity Messages in Middle School Curriculum

Instructor: Sharon Gallagher, M.Ed., RD, CDE

A study of the integration of nutrition concepts into middle school curriculum using *Planet Health*. *Planet Health* is an interdisciplinary curriculum focused on improving the health of 6-8th grade students while building and reinforcing skills in physical education, language arts, math, science, social studies, health, and family and consumer sciences. The *Planet Health* curriculum is aligned with the Massachusetts Curriculum Frameworks in these areas.

PRDV 71021 Hydration and Beverages

Instructor: Kendrin Sonnevile, M.S., RD, LDN

An overview of hydration including basic requirements for children and adolescents, and hydration needs for student athletes. Topics addressed in the course include: the current beverage environment; common ingredients and additives; beverage guidelines for schools; and the role of beverage marketing and beverages in the school environment.

PRDV 71120 Childhood Overweight: Exploring an Epidemic

Instructor: Alison Rainey Dock, M.S., RD

An investigation of childhood obesity for teachers, school nurses and other school professionals concerned with this emerging issue. Participants investigate how overweight is assessed and explore data on the prevalence. Health implications of overweight in children and strategies that schools are using in and out of the classroom to address this complex issue will be presented. A variety of resources for schools and families will be shared.

PRDV 72019 Managing Eating Disorders in Schools

Instructor: Kendrin Sonnevile, M.S., RD, LDN

An overview of eating disorders for teachers, school nurses, school psychologists, and other school professionals. This course covers signs, symptoms, and risk factors of classic eating disorders such as Anorexia Nervosa and Bulimia Nervosa, differentiating eating disorders and disordered eating. This course discusses school intervention and covers the management of students, with special emphasis on student athletes with eating disorders.

PRDV 78317 Exploring Food Allergies

Instructor: Christanne Smith Harrison, M.P.H., RD

An in-depth review of food allergies for teachers, nurses and other school personnel. Participants will examine the issues facing children with food allergies including the causes, symptoms, diagnostic tools, treatment, prevention, current research, and food labeling.

PRDV 78417 Managing Life Threatening Food Allergies in Schools

Instructor: Christanne Smith Harrison, M.P.H., RD

An overview of the Massachusetts Department of Education *Allergy Guidelines* used by school personnel working to accommodate the increasing number of children with food allergies. Participants assess the needs of their students and review current policies to develop an appropriate future action plan for their schools. School-wide team planning and implementation are examined. *Prerequisite:* 17.783 Exploring Food Allergies or permission of the instructor

PRDV 7xxx Children with Special Dietary Needs: A School Perspective*

Instructor: Christanne Smith Harrison, M.P.H., RD

Reviews regulations for schools concerning the special dietary needs of children, including school food service regulations. Participants examine selected disabilities, issues that impact nutrition, intervention strategies and environmental considerations.

* **Please note:** This course is also available for CEUs only (cost: \$169). To register for CEUs only, please contact Nancy Proulx at 508.626.4034 or nproulx@framingham.edu.



**The John C. Stalker Institute of Food and
Nutrition is a partnership of the
Massachusetts Department of Elementary and
Secondary Education, Nutrition, Health
and Safety
and
Framingham State College**

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