



## John C. Stalker Institute of Food and Nutrition Spring 2012 Professional Development

The following is a four credit  
ONLINE graduate course

(90 PDPs) - Tuition: \$995.00

January 19 - May 3, 2012

Register at:  
[www.framingham.edu/dgce](http://www.framingham.edu/dgce)

NUED 914  
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.

Prerequisite: NUTR 910 (34.760) Nutrition Science in the Classroom or previous nutrition course completed in the last five years.

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](http://www.johnstalkerinstitute.org) or  
e-mail us at:  
[johnstalker@framingham.edu](mailto:johnstalker@framingham.edu)  
to be added to our mailing list or to request information about bringing information to your school.

*All courses one graduate credit (22.5 PDPs) • All courses online  
All courses \$169.00*

To register go to: <http://www.framingham.edu/opdce>

March 5 – March 30, 2012

### **PRDV 71021 Hydration and Beverages**

**Instructor: Vanessa Cavallaro, 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 Doak, M.S., RD**

An investigation of childhood obesity for teachers, school nurses, school nutrition directors 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 73019 Preventing Eating Disorders in Schools**

**Instructor: Vanessa Cavallaro, M.S., RD, LDN**

Designed for teachers, school nurses, school psychologists, and other school professionals to discuss the role schools can play in the prevention of eating disorders. Resources such as curricula that support healthy body image will be presented along with other creative ways to incorporate eating disorder prevention and awareness activities in schools.

### **PRDV 73422 National Nutrition Initiatives**

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

A current examination of National Nutrition Initiatives, including the 2010 Dietary Guidelines for Americans and the statewide Youth Risk Behavior Survey, for teachers, school nutrition directors, school nurses, and other school professionals. Participants will become familiar with these initiatives and data, learning to use them as tools for policy change and nutrition education in their schools.

**PRDV 76518 Culture and Food: Mexico, Central America and the Caribbean**

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

Explores the differences in Hispanic culture and lexicon through the context of food and addresses the impact of geography on food choices. The content is specifically aligned with the Grade 4 Learning Standards of the Massachusetts Curriculum Frameworks in History and Social Science and will focus on Mexico, Central America and the Hispanic countries of the Caribbean. Material may be adapted for grades 1-6.



**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 University**

**[www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org)  
E-mail: [johnstalker@framingham.edu](mailto:johnstalker@framingham.edu)**