



# The John C. Stalker Institute of Food and Nutrition Framingham State Online Professional Development Fall 2017 Session: October 2 – October 29



The John C. Stalker Institute  
of Food and Nutrition  
AT FRAMINGHAM STATE UNIVERSITY

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

The John C. Stalker  
Institute of Food and  
Nutrition is a partnership  
of the  
Massachusetts Department  
of Elementary and  
Secondary Education,  
Office for Food and  
Nutrition  
and  
Framingham State  
University



Massachusetts Department of  
ELEMENTARY & SECONDARY  
EDUCATION

## *Nutrition, Health & Wellness Courses*

*All courses provide one graduate credit*

*15 PD hours for School Nutrition, 15 CPEUs for RDs  
or 22.5 PDPs for Teachers*

*All courses online • All courses \$205.00*

*To register go to: [www.framingham.edu/opdce](http://www.framingham.edu/opdce)*

### **PRDV 73321 Diabetes in Schools**

**Instructor: Alison Doak, MS, RD, LDN**

An overview of diabetes and its impact in schools for teachers, school nutrition directors, school nurses and other school professionals. Topics addressed in this course include: basic understanding of type 1 and type 2 diabetes; dietary management of diabetes and basic carbohydrate counting; and strategies to create a safe environment for students with diabetes. Participants will explore available resources to promote nutrition, physical activity, and student safety.

### **PRDV 78317 Exploring Food Allergies**

**Instructor: Chastanne Harrison, MPH, RD**

An in-depth review of food allergies for teachers, nurses, and other school personnel. To better understand the issues facing children with these allergies, the course includes: causes, symptoms, diagnostic tools, treatment, prevention, current research and food labeling.

### **PRDV 71124 Move More, Learn More: Linking Physical Activity to Academic Performance**

**Instructor: Sarah Benes EdD, CHES, ATC**

An exploration of how movement improves academic performance, classroom behavior, attention span, and the social-emotional development of students. Using evidence-based research, students explore types of physical activities for the classroom and the importance of physical education for students in grades K -12. This course includes strategies for increasing movement in schools with well-designed, effective and sustainable movement opportunities for the classroom and the broader school community.

### **PRDV 73019 Preventing Eating Disorders**

**Instructor: Vanessa Cavallaro, MS, RD, LDN**

An overview of how to prevent eating disorders in schools. Topics include: background and statistics on the four diagnosable eating disorders; disordered eating signs and symptoms; the role schools can play in the prevention of eating disorders. Resources and curricula that support healthy body image and media literacy are presented along with other creative ways school staff can incorporate awareness and prevention of eating disorders in schools. The course is intended for teachers, school nurses, school psychologists, and other school professionals.