



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

Idaho WIC Training **Child Nutrition**



What Will You Learn?

Proper nutrition in childhood can reinforce lifelong eating habits that contribute to a child's overall well-being and help them to grow up to their full potential and a healthy life. Children who don't have healthy diets as young children are likely to continue to make unhealthy choices as teens and adults.

Instruction Level

Prerequisite for taking the Child Nutrition course: Basic Nutrition Course

Items Needed for This Course

- Handout(s) your agency uses which discuss physical activity related to children. (Activity 1)
- Handout(s) your agency uses about oral health. (Activity 2)
- Access to the WIC Works Resource System website: <https://wicworks.fns.usda.gov> for resources about dental health in children. (Activity 2)
- Access to the American Academy of Pediatrics website: www.healthychildren.org for information about dental health in children. (Activity 2)
- Handout(s) your WIC agency uses related to snack ideas and/or the division of responsibility in feeding children. (Activities 3 and 5)

Recommended Time

- Approximate time it takes to complete the Child Nutrition LMS course: 2-4 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 1-2 hours

Module 1: Introduction to Child Nutrition

Begin the LMS Child Nutrition Course. Please complete the steps in the following order:

- Log onto <https://id.train.org/DesktopShell.aspx>
- In the search box type “Idaho WIC”, select “Child Nutrition Online Course – Idaho WIC”
- Register for the course and complete the Child Nutrition Pre-Test (also known as the Assessment or Pre-Assessment).
- Open the Child Nutrition Online Course
- Optional: open the Child Nutrition Course Companion Manual to reference throughout the course. Locate the Course Companion Manual by clicking on the “Resources” button within the LMS course.
- Complete Module 1: Introduction to Child Nutrition
- Complete Child Nutrition Activity 1, either individually, with other learner(s), or with your trainer.
- Meet with your trainer to discuss the Introduction to Child Nutrition Module and complete the discussion section for activity 1.



Complete Activity 1 in your Activities Packet

Module 2: Beyond Basics

Return to the LMS Child Nutrition Course.

- Log back onto <https://id.train.org/DesktopShell.aspx>
- Complete Module 2: Beyond Basics
- Meet with your trainer and/or other learner(s) to discuss Module 2 and complete Child Nutrition Activities 2, 3, 4, and 5.



Complete Activities 2, 3, 4 & 5 in your Activities Packet

Post-Test Completion

Return to the LMS Child Nutrition Course

- Log back onto <https://id.train.org/DesktopShell.aspx>
- Complete the Child Nutrition Post-Test (also known as the Assessment or Post-Assessment).
- Share the results of your Post-test with your trainer.