



Waldorf Early Childhood Educator Training

NUTRITION

Instructor: Kim Hunter

COURSE OUTLINE

Description of Course Content: This course offers an introduction to nutrition, relating it to the development of human consciousness, as a guide to understanding the most suitable foods for young children. The grains will be introduced and their different qualities discussed. In this way the preparation of snack, including the different preparation of grains and bread will be presented. Recipes will be given.

Learning Objectives: Upon completion of this course the student will have reliably demonstrated the ability to:

- make proper choices for healthy nutrition for young children in their Early Childhood classroom
- understand many of the benefits and influences working through the health-giving food that can be provided for the young child.

Required text: None

All materials for in-class activities are supplied

Recommended texts:

Foodwise by Wendy E Cook

Cooking with Grains by Emma Graff

Nutrition by Rudolf Hauschka M.D.

Nutrition by Eugene Kolisko M.D.

Nutrition and Stimulants - lectures and extracts by Rudolf Steiner pub. by B.D. Farming and Gardening Association

Nutrition and Education by Gerhard Schmidt

What Are We Really Eating by Otto Wolf

Method of Instruction: lecture and discussion.

Method of Student Evaluation: attendance, quality of discussion and classroom participation

2 classes of 1.5 hours (3 hours)

Ruth Ker and Debbie Laurin
Program Directors
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