In preparation for the assessment test, you are required to read the following articles and resources. Note that while the learning activities may not require reading these resources in their entirety, the assessment test may be based on the content described in any of the readings.

### Learning Activity 1
**Growth/Development and Nutritional Needs of Healthy Toddlers, Children, and Adolescents**


Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Proposed Rule


Smart Snacks in School - USDA’s “All Foods Sold in Schools” Standards


### Learning Activity 2
**Overview and Prevalence of Obesity in the Pediatric Population**


### Learning Activity 3
**Medical Assessment and Treatment of Obesity and Co-morbidities in the Pediatric Population**


Daniels SR, Greer, FR and the Committee on Nutrition. Lipid Screening and Cardiovascular Health in Childhood. *Pediatrics*. 2008;122(1):198-208. This article has free access at http://pediatrics.aappublications.org/content/122/1/198.long.


Overview of the CDC Growth Charts. Center for Disease Control and HRSA’s Maternal and Child Health Bureau.

Physical Activity Guidelines for Americans


United States Department of Agriculture Dietary Reference Intakes:


Learning Activity 4
Counseling


Learning Activity 5
Environmental Approaches to Prevention

Committee on Obstetric Practice Opinion. Weight Gain During Pregnancy. The American College of Obstetricians and Gynecologists. 2015.


National Heart, Lung and Blood Institute. We Can! (Ways to Enhance Children’s Activity & Nutrition).
