

Course Outline            Health and Nutrition

Instructor:    Kathy Nielsen

ED 111-3

Course Description

The study of health and nutrition relating to the needs of preschool children. Food composition, selection and preparation will be studied as well as the health care of children in preschool centres. St. John Ambulance Emergency First Aid Certificate instruction is also included.

Course Goals

To help the student develop Emergency First Aid principles and practices.

To help the student develop an understanding of the basic principles of normal nutrition.

To help the student develop an understanding of the relationship of good nutrition to good health.

Course Objectives

The student must demonstrate that he/she has the technique and knowledge necessary to apply emergency first aid to both adult and child.

The student must demonstrate an awareness and understanding of nutrition needs of the human body.

The student must demonstrate a knowledge of basic health in relationship to good nutrition.

Methodology

The first part of this course is instruction in St. John's Ambulance Emergency First Aid. Through instruction and participation, the student will develop the skills necessary to administer Emergency First Aid.

The student will gain the knowledge and understanding of Health and Nutrition through research presentations, projects, class participation, lectures and audio-visual presentations.

Texts

Nutrition for the Growing Years

Margaret McWilliams

Wiley

St. John Ambulance First Aid

Fixing and Eating, Food Activities for Young Children  
Harriet A. Stevens the University of Iowa 1974

# Cooking and Eating with Children, A Way To Learn

Oralie McCafee, Evelyn W. Haines

Barbara Bullman Young, Association for Childhood Education International

## Syllabus

### A: 3 weeks First Aid

- St. John's Ambulance Emergency First Aid Course Testing for Certificate

### B: 5 weeks Basic Nutrition

- An introduction to nutrition and it's relationship to good health
- Nutrients, calories, carbohydrates, fats, protiens and their function in the life cycle
- The process of digestion, absorption and metabolism
- Vitamins, mineral elements and body deficiencies
- Food habits and Canadian Nutrition

Assignments: assigned readings, from text and other sources  
research on assigned topics  
projects

### Mid Term Test

### C: 5 weeks Health and Nutrition

- Snacks and Meal Planning for Preschool Centre in relation to Provincial regulations and requirements
- Cultural and religious food habits and how they can affect preschool children
- How people require food acceptance, and food misinformation
- Health Guidleines for operators of Day Nurseries and communicable diseases among children
- Food Legislation consumer education, budgeting and the care of food
- Student Research Seminars

Assignments: - research projects  
- research essays  
- assigned readings

### Final Exam

## Evaluation

Class participation	15
Projects & Assignments	15
Seminar Research & presentation	20
Mid Term Test	15
Final	35

## Grading

- A - 85%+
- B - 75 - 84%
- C - 60 - 74%
- R - repeat course