

Course Outline

PROGRAM: Early Childhood Education

Course Title: Health and Nutrition

Course Number: ED 111-3

Course Instructor: Kathy Nielsen

Date: Jan. 1982

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.

Course Goals

1. To help the student develop an understanding of the basic principles of normal nutrition.
2. To help the student develop an understanding of the relationship of good nutrition to good health.

Course Objectives

The student must:

1. Demonstrate an awareness and understanding of nutrition needs of the human body.
2. Demonstrate a knowledge of basic health in relationship to good nutrition.

Methodology

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

Texts

- Nutrition Almanac, John D. Kirschmann, Director, McGraw-Hill Book Co.
- *Cooking in the Classroom* - Bruner DeKen

Syllabus

A. 5 weeks Basic Nutrition

- An introduction to nutrition and its relationship to good health
- Nutrients, calories, carbohydrates, fats, proteins 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 acquire food acceptance and food misinformation
- Health guidelines 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
Community projects

FINAL EXAM

Evaluation

Class participation	15
Projects and assignments	15
Seminar research and presentations	20
Mid-term Test	15
Final	35

Grading

- A - 85%
- B - 75 - 84%
- C - 60 - 74%
- R - Repeat Course

K. Nilsson