

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: HEALTH AND NUTRITION

CODE NO.: ED 125 SEMESTER: TWO

PROGRAM: EARLY CHILDHOOD EDUCATION

INSTRUCTOR: KATHY NIELSEN/MARILYNN ROBB

DATE: JANUARY, 1993 PREVIOUS OUTLINE: JANUARY 1993
PREVIOUS CODE ED111

APPROVED: L. DeLuca
Dean, Human Sciences and
Teacher Education

Date Jan 5/93

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FEB - 3 1993
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TOTAL CREDIT HOURS: Three

PREREQUISITE(S): None

I. PHILOSOPHY/GOALS:

This course involves 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.

The goals include:

- 1) To help the student develop an understanding of basic principles of normal nutrition.
- 2) To help the student develop an understanding of the relationship of good nutrition to good health.
- 3) To help the student develop an understanding of the health, safety and nutritional needs of the preschooler.

II. STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course the student will:

- 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.
- 3) Demonstrate the awareness and understanding of health and safety in the preschool environment.

III. METHODOLOGY

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

IV. SYLLABUS:

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1. An introduction to nutrition and its relationship to good health
 2. Nutrients, calories, carbohydrates, fats, proteins and their function in the life cycle
 3. The process of digestion, absorption and metabolism
 4. Vitamins, mineral elements and body deficiencies
 5. Cultural and religious food habits and how they can effect preschool children
 6. Food habits and Canadian nutrition

Assignments:

- . Assigned readings from text and other sources
- . Research on assigned topics
- . Projects

B.

1. Introduction to Day Nurseries Act and legislation required for the health, safety and nutrition of preschools
2. Health and safety education of the preschooler and their family
3. Role of the school in illness and emergency care
4. Snacks and meal planning for the preschool centre
5. Health guidelines for operators of Day Nurseries and communicable diseases among children
6. Food legislation - consumer education, budgeting and care of food
7. Student research seminars

Assignments:

- . Research Projects*
- . Research Assignments
- . Assigned Readings
- . Community Projects

*Topics will be chosen and cleared with instructor. Every seminar will, on the day of presentation, have a summary handout for every class member. (See instructor for duplicating permission slip) See attached list for suggestions.

V. EVALUATION METHODS:

Class Participation	15%
Projects and Assignments	15%
Seminar Research and Presentations	20%
Mid-term Test	15%
Final Exam	35%

GRADING:

90 - 100%	= A+
80 - 89%	= A
70 - 79%	= B
60 - 69%	= C
Below 60%	= R (Repeat of the Course)

NOTE:

Students arriving more than ten minutes after class begins (without prior approval from instructor) will not be admitted to class.

VI. REQUIRED STUDENT RESOURCES

Health, Safety and Nutrition For The Young Child,
Lynn Marotz, Jeanettia Rush, Marie Cross

Nutritious Ideas for Day Nurseries, Durham, Northumberland Day
Nurseries Nutrition Committee

VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY:

Book Section

R.N. - 30, Why aren't we protecting our children?

Periodical Section

Food Technology, (November, 1990), "Evaluating Rating Scales for Sensory Testing with Children" 78

Audiovisual Section

VIII. SPECIAL NOTES

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

The instructor reserves the right to make changes to the course outline.

**SUGGESTED LIST OF HEALTH AND
NUTRITION SEMINAR TOPICS**

1. Diabetes - Juvenile
2. Anorexia/Bulimia
3. Asthma - Management in Childcare settings
4. Cancer
5. Nutrition and Pregnancy
6. Alcoholism - Fetal Alcohol Syndrome
7. Childhood Diseases - Hepatitis B, Coxsackie Virus, Giardiasis
8. Fitness - A program for young children
9. Drug Abuse - Effects on Children "Crack Babies"
10. Allergies - Common ones - ie milk, wheat
11. Stress - In Children & its management
12. Advertisements - How they effect children's nutrition
13. Smoking - Second Hand Smoke & children
14. Cancer - Breast/Ovarian
 - Leukemia - in childhood
 - Skin - prevention in childhood
15. Heart and Stroke
16. Anemia
17. Dental Health - in children
18. Food Additives & Preservaties - What are we eating?
19. Headaches
20. Blood Pressure
21. Aids - in children
22. Mental Health

Health & Nutrition Topics cont'd

23. Life-Styles
24. Vegetarianism - It's management in the daycare setting
25. Fast Foods
26. Fad Diets
27. Herbs
28. Childhood Immunizations
29. Infection control in Day Nurseries
30. Poisonous Plants
31. Toy selection - safety
32. Childhood Obesity
33. Hyperactivity & Diet
34. Cooking in the classroom

Note: Students may select alternate topics which must be checked with the instructor.