

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: COLLEEN CROWLEY-STROM

DATE: JANUARY, 1996 PREVIOUS OUTLINE: JANUARY 1995

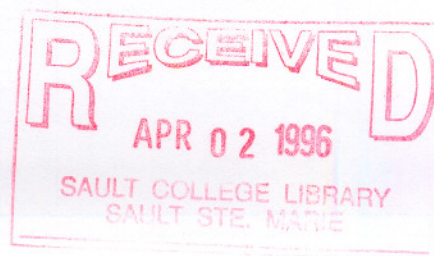
NEW: _____ REVISED: X

APPROVED:

Kitty DeRosario
Kitty DeRosario, Dean
School of Human Sciences and
Teacher Education

Jan. 2/96
Date

NOTE: Please do not discard this outline. It will be required by other educational institutions if you are attempting to obtain credit for this course.



Health and Nutrition**ED 125****Instructor: Colleen Crowley-Strom****PHILOSOPHY/GOALS:**

This course involves the study of health, safety, and nutrition in relation to the needs of young children. Health and nutritional status, combined with the learning environment greatly influence a child's achievement of optimal physical, emotional, and intellectual development. This course will include a focus on health promotion and preventative health measures. Students will gain knowledge and resources to assist children to develop health-enhancing lifestyle habits and attitudes, and to eventually assume lifelong responsibility for their own level of wellness.

LEARNING OUTCOMES:

Upon successful completion of this course the student should be able to:

1. Explain the importance of modeling appropriate behaviours in the areas of health, safety, and nutrition when caring for young children.
2. Describe effective techniques to manage and prevent both chronic and acute ill-health conditions among young children.
3. Identify the critical elements involved in ensuring child safety in child care facilities.
4. Outline the nutritional guidelines for young children and plan nutritional meals for children in a child care setting.
5. Explain several key issues involved in the planning and serving of food in child care facilities.

TOPICS TO BE COVERED:

1. Introduction to Health and Wellness of the Young Child and the Early Childhood Educator
2. Diseases and Conditions Affecting Young Children - Management and Prevention
3. Issues Related to Child Safety in Child Care Settings
4. Nutritional Guidelines for Young Children
5. Planning and Serving Nutritious Food for Young Children

Health and Nutrition**ED 125****Instructor: Colleen Crowley-Strom****LEARNING OBJECTIVES:****1.0 Introduction to Health and Wellness of the Young Child and the Early Childhood Educator**

Upon successful completion of this unit, the student should be able to:

- 1.1 Define health/wellness and explain how this definition has evolved.
- 1.2 Identify six dimensions of wellness and ways to enhance each of them.
- 1.3 Explain how heredity influences an individual's health status.
- 1.4 Explain how a child's environment can greatly influence health, both positively and negatively.
- 1.5 Explain why it is essential for Early Childhood Educators to be good role models of health enhancing behaviours.
- 1.6 Demonstrate understanding of the many benefits of a healthy lifestyle which includes proper nutrition, regular physical activity, and avoidance of health-robbing behaviours.

2.0 Nutritional Guidelines for Young Children

Upon successful completion of this unit, the student should be able to:

- 2.1 Identify three circumstances which may cause malnutrition.
- 2.2 Identify the three types of nutrients that supply energy and the number of calories each nutrient supplies.
- 2.3 Identify good sources of carbohydrate, protein, and fat.
- 2.4 Differentiate between non-essential and essential amino acids.
- 2.5 Identify sources of complete and incomplete proteins and give examples of complementary incomplete proteins.
- 2.6 Explain why vitamin and mineral supplements cannot replace an adequate diet.
- 2.7 Differentiate between saturated and unsaturated fat.
- 2.8 Identify sources of cholesterol in the diet.
- 2.9 Outline the four basic food groups in the Canada Food Guide and classify foods according to the guide.
- 2.10 Identify the nutrient strengths and weaknesses of each of the four food groups.
- 2.11 Identify calorie-dense and nutrient-dense foods.
- 2.12 Identify the dietary guidelines established to maximize health and reduce the risk of chronic disease.

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Upon successful completion of this unit the student should be able to:

- 3.1 Outline the key responsibilities of the caregiver in feeding young children.
- 3.2 Describe four health problems related to unhealthy eating habits acquired during early childhood.
- 3.3 Discuss common feeding concerns during the toddler and preschool years.
- 3.4 Identify strategies to promote good eating habits among young children.
- 3.5 Identify the criteria for adequate menus and serving sizes for young children.
- 3.6 Plan meals and snacks which meet a young child's nutritional requirements.
- 3.7 Identify ways to ensure sanitation and avoid contamination of food.

4.0 Diseases and Conditions Affecting Young Children - Management and Prevention

Upon successful completion of this unit, the student should be able to:

- 4.1 Explain ways to prevent posture problems among children and their caregivers.
- 4.2 Describe several chronic health conditions and identify the Early Childhood Educator's role in dealing with children with these conditions.
- 4.3 Identify three factors necessary in the spreading of a communicable illness.
- 4.4 Identify four methods of transmission of infectious agents and explain why child care facilities are conducive to germ transmission.
- 4.5 Explain the critical measures that child care facilities must use to reduce the spread of communicable illness.
- 4.6 List several observable warning signs of impending acute illness.
- 4.7 Describe the steps to correct handwashing procedures.
- 4.8 Describe the proper management of children who are displaying signs of several common acute illnesses.

5.0 Issues Related to Child Safety

Upon successful completion of this unit, the student should be able to:

- 5.1 Describe recommendations for ensuring a safe environment in child care facilities.
- 5.2 List the most common causes of accidental death among young children.
- 5.3 Identify conditions which increase the likelihood of accidents in child care facilities.
- 5.4 Describe appropriate guidelines for selecting toys, play equipment, and activities for children.
- 5.5 Identify several common life-threatening conditions and state the emergency treatment for each.
- 5.6 Identify several common conditions requiring first aid and outline the appropriate treatment for each.

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METHODS OF EVALUATION:

Your grade will be determined by the following:

Written Test 1	10%
Written Test 2	20%
Written Test 3	20%
Assignments	50%
	100%

COLLEGE GRADING SYSTEM:

90 TO 100%	A+
80 TO 89%	A
70 TO 79%	B
60 TO 69%	C
Less Than 60%	R (Repeat Course)

NOTE: If you miss a written test you will receive a grade of zero on the missed test unless you comply with the following requirements. If you are ill or experiencing some extreme circumstances, you must call your instructor on the day of the test and explain your absence. Your instructor may request official documentation from a physician to confirm your excuse for your absence. If you cannot reach your instructor in person, leave a detailed message on her voice mail. When you return to the college you must meet with your instructor immediately to discuss possible "make-up" requirements.

College Phone #: 759-2554

Instructor's Extension: 552

Office #: A2201

Late assignments will be penalized 10% per day late and will not be accepted beyond seven days after the due date.

REQUIRED STUDENT RESOURCES:

1. "The Day Nurseries Act"
2. "The Healthy Young Child", by Sari F. Edelstein
3. "Nutritious Ideas for Day Nurseries", Durham, Northumberland Day Nurseries Nutrition Committee

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

NOTE: Your instructor reserves the right to modify the course and/or course outline as he/she deems necessary to meet the needs of students.

