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 Almanac, John D. Kirschmann, Director
McGraw-Hill Book Company

St. John Ambulance First Aid
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, 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 require 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 & Assignments 15
Seminar Research & presentation 20
Mid Term Test 15
Final 35

Grading

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