

Course Outline

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

Basic Nutrition in Health and Disease
Phyllis Sullivan Howe, W. B. Saunders Co. 1976

Better Homes & Gardens
The Family Guide to Better Food and Better Health
Ronald M. Deutsch Meredith Corporation, 1973

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, 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: project for Nutrition week
research on assigned topics
reading first 9 chapters of Basic Nutrition Health & Diseases

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

Final Exam

Evaluation

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| Class participation | 10 |
| Projects & Assignments | 20 |
| Seminar Research & presentation | 20 |
| Mid Term Test | 15 |
| Final | 35 |

Grading

- A - 80%+
- B - 70 - 79
- C - 60 - 69
- R - repeat course