

Course Outline

PROGRAM: Early Childhood Education
COURSE TITLE: Health and Nutrition COURSE NUMBER: ED 111-3
COURSE INSTRUCTOR: Kathy Nielsen DATE: Jan. 1981

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

1. To help the student develop Emergency First Aid principles and practices.
2. To help the student develop an understanding of the basic principles of normal nutrition.
3. To help the student develop an understanding of the relationship of good nutrition to good health.

Course Objectives

The student must:

1. Demonstrate that he/she has the technique and knowledge necessary to apply emergency first aid to both adult and child.
2. Demonstrate an awareness and understanding of nutrition needs of the human body.
3. 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 audiovisual presentations.

Texts

- Nutrition Almanac, John D. Kirschmann, Director, McGraw-Hill Book Co.
- Cooking in the Classroom, Janet Bruno & Peggy Dakan, Fearon-Pitman Publishers
- Kids are Natural Cooks
- St. John Ambulance First Aid
- Cooking and Eating with Children, A Way to Learn, Oralie McCafee, Evelyn W. Haines, Barbara B. Young, Assn. for Childhood Education Intern'l.

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 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 presentation	20
Mid-term test	15
Final	35

Grading

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