

Course Outline

PROGRAM: Early Childhood Education

Course Title: Health and Nutrition

Course Number: ED 111-3

Course Instructor: Kathy Nielsen

Date: Jan. 1984

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.

Course Goals

1. To help the student develop an understanding of the basic principles of normal nutrition.
2. To help the student develop an understanding of the relationship of good nutrition to good health.

Course Objectives

The student must:

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.

Methodology

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

Texts

Food Nutrition, and the Young Child.

- ~~Nutrition Almanac, John D. Kirschmann, Director, McGraw-Hill Book Co.~~

Syllabus

*Jeanette Brakhane Endres
Robert E. Rockwell*

A. 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

STUDENT: _____

DATE: _____

MARKS:

Order, container	10
Categories	20
Quantity	10
Special Ideas	10
Content	25
Cross-references	25
	<u>100</u>

COMMENTS: