

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: HEALTH AND NUTRITION

Code No.: ED 111-3

Program: EARLY CHILDHOOD EDUCATION

Semester: WINTER

Date: JANUARY 1989

Author: KATHY NIELSEN

New: _____ Revision: X

APPROVED: *N Koch* N. Koch
Chairperson

January 5/89
Date

COURSE DESCRIPTION:

This course involves 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, Jeannette Brakhane Endres,
Robert E. Rockwell.

SYLLABUS:

- A. Five 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

Instructor: Kathy Nielsen

Assignments:

- assigned readings from text and other sources
- research on assigned topics
- projects

MID-TERM TEST

- B . Five 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 & assignments	-	15%
Seminar research and presentations	-	20%
Mid-term test	-	15%
Final	-	35%

Grading:

A+	95 - 100
A	- 85 - 94
B	- 75 - 84
C	- 60 - 74
R	- Repeat Course

*** PLEASE NOTE: STUDENTS ARRIVING MORE THAN 10 MINUTES AFTER CLASS BEGINS (WITHOUT PRIOR APPROVAL FROM INSTRUCTOR) WILL NOT BE ADMITTED TO CLASS.