

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: HEALTH AND NUTRITION

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CODE NO.: ED 111-3

SEMESTER: WINTER

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PROGRAM: EARLY CHILDHOOD EDUCATION

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AUTHOR: KATHY NIELSEN

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DATE: FEBRUARY, 1990

PREVIOUS OUTLINE DATED: JANUARY, 1990

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APPROVED:

*K. W. Kusaria*  
CHAIRPERSON

DATE

*Feb. 8/90*

HEALTH & NUTRITION

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TOTAL CREDIT HOURS \_\_\_\_\_

PREREQUISITE(S): \_\_\_\_\_

**I. PHILOSOPHY/GOALS:**

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.

The goals include:

- 1) To help the student develop an understanding of basic principles of normal nutrition.
- 2) To help the student develop an understanding of the relationship of good nutrition to good health.
- 3) To help the student develop an understanding of the health, safety and nutritional needs of the preschooler.

**II. STUDENT PERFORMANCE OBJECTIVES:**

Upon successful completion of this course the student will:

- 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.
- 3) Demonstrate the awareness and understanding of health and safety in the preschool environment.

**III. METHODOLOGY**

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

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IV. SYLLABUS:

A. \_\_\_\_\_

1. An introduction to nutrition and its relationship to good health
2. Nutrients, calories, carbohydrates, fats, proteins and their function in the life cycle
3. The process of digestion, absorption and metabolism
4. Vitamins, mineral elements and body deficiencies
5. Cultural and religious food habits and how they can effect preschool children
6. Food habits and Canadian nutrition

Assignments:

- . Assigned readings from text and other sources
- . Research on assigned topics
- . Projects

B. \_\_\_\_\_

1. Introduction to Day Nurseries Act and legislation required for the health, safety and nutrition of preschools
2. Health and safety education of the preschooler and their family
3. Role of the school in illness and emergency care
4. Snacks and meal planning for the preschool centre
5. Health guidelines for operators of Day Nurseries and communicable diseases among children
6. Food legislation - consumer education, budgeting and care of food
7. Student research seminars

Assignments:

- . Research Projects
- . Research Essays
- . Assigned Readings
- . Community Projects

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**V. EVALUATION METHODS:**

Class Participation	15%
Projects and Assignments	15%
Seminar Research and Presentations	20%
Mid-term Test	15%
Final Exam	35%

**GRADING:**

90 - 100%	= A+
80 - 89%	= A
70 - 79%	= B
60 - 69%	= C
Below 60%	= R (Repeat of the Course)

**NOTE:**

Students arriving more than ten minutes after class begins (without prior approval from instructor) will not be admitted to class.

**VI. REQUIRED STUDENT RESOURCES**

Health, Safety and Nutrition For The Young Child,  
Lynn Marotz, Jeanettia Rush, Marie Cross

**VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY:**

Book Section

Periodical Section

Audiovisual Section

\*\* Please Note: The instructor reserves the right to make changes to the course outline.