

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: HEALTH AND NUTRITION

CODE NO.: ED ~~111~~-3
125

SEMESTER: TWO

PROGRAM: EARLY CHILDHOOD EDUCATION

AUTHOR: KATHY NIELSEN

DATE: JANUARY, 1991

PREVIOUS OUTLINE: ED111, FEBRUARY/90

APPROVED:

L. DeSantis
Dean, Human Sciences and
Teacher Education

Date

Jan. 7/91

HEALTH & NUTRITION

ED 125-3

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TOTAL CREDIT HOURS: Three

PREREQUISITE(S): None

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 Assignments
- . Assigned Readings
- . Community Projects

*Topics will be chosen and cleared with instructor. Every seminar will, on the day of presentation, have a summary handout for every class member. (See instructor for duplicating permission slip) See attached list for suggestions.

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

R.N. - 30, Why aren't we protecting our children?

Periodical Section

Food Technology, (November, 1990), "Evaluating Rating Scales for Sensory Testing with Children 78

Audiovisual Section**VIII. SPECIAL NOTES**

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

The instructor reserves the right to make changes to the course outline.

SUGGESTED LIST OF HEALTH AND
NUTRITION SEMINAR TOPICS

1. Diabetes
2. Anorexia/Bulimia
3. Asthma
4. Cancer
5. Nutrition and Pregnancy
6. Alcoholism
7. Childhood Diseases
8. Fitness
9. Drug Abuse
10. Allergies
11. Stress
12. Advertisement
13. Smoking
14. Cancer - Breast/Ovarian
 - Leukemia
 - Skin
15. Heart and Stroke
16. Anemia
17. Dental Health
18. Food Additives
19. Headaches
20. Blood Pressure
21. Aids
22. Mental Health
23. Life-Styles
24. Vegetarianism
25. Fast Foods
26. Fad Diets
27. Herbs