

## 26514 - Childhood, Health and Food

### Información del Plan Docente

<b>Academic Year</b>	2017/18
<b>Faculty / School</b>	107 - Facultad de Educación 202 - Facultad de Ciencias Humanas y de la Educación 301 - Facultad de Ciencias Sociales y Humanas
<b>Degree</b>	302 - Degree in Nursery School Education 301 - Degree in Nursery School Education 303 - Degree in Nursery School Education
<b>ECTS</b>	6.0
<b>Year</b>	2
<b>Semester</b>	First semester
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

### 1.General information

#### 1.1.Introduction

##### Brief presentation of the subject

Preschool preservice teachers learning in the field of Science Education is broached in two compulsory subjects: 'Natural Science in Early Childhood Education' and 'Health and nutrition in childhood'. The latter, which is the reason for this guide, tends to lead the students for getting the competences related to the contents and cross curricular methodologies for taking care their health and their own body.

##### List of topics

###### 1st TOPIC: HEALTH

- **Health** . Promotion and Health Education in the child stage.
- Aspects to consider in the design of activities in education and health promotion in the early childhood. Review of some regional projects about Health Education.

###### 2nd TOPIC: FOOD

- **Food and nutrition** : health implications. Conceptions of early children on the body and on food. Growth childhood periods. Feeding during the school stage and most frequent mistakes.
- **Concepts of food and nutrition** . Nutrients. Food. The balanced diet and the unbalanced diet. Consequences (obesity, anorexia, bulimia, etc.). Review of programs and studies that prevent childhood obesity as Thao Program, Aladino Study, Naos Strategy, etc.

###### 3rd TOPIC: HYGIENE AND HEALTH CARE

- **Hygiene habits related to health** . Hygienic habits of school children. Health disorders and diseases in childhood.

## **1.2.Recommendations to take this course**

## **1.3.Context and importance of this course in the degree**

## **1.4.Activities and key dates**

## **2.Learning goals**

### **2.1.Learning goals**

The following results are essential for passing the subject:

1. The student gives an overview about the meaning and the importance of Health Education in School.
2. The student has to know, understand and analyze about the theoretical and scientific bases needed for the practice of Promotion and Health Education.
3. The student points the methodology to work with the contents related to health in the child stage.
  
4. The student develops the knowledge, attitudes and skills for working in different Health Promotion issues and areas, from a scientific and social approach.
  
5. The student uses the methodology of programming and evaluation for activities and projects.
6. The student applies educational methods and techniques for the teaching-learning about Health Education in the child stage.
  
7. The student analyzes and uses the media and other information and social communication resources, as well as those which are needed for the development of the Health Promotion.
8. The student uses a proper vocabulary from both scientific and grammar and spelling points of view.

### **2.2.Importance of learning goals**

## **3.Aims of the course and competences**

### **3.1.Aims of the course**

### **3.2.Competences**

## **4.Assessment (1st and 2nd call)**

### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

## **5.Methodology, learning tasks, syllabus and resources**

### **5.1.Methodological overview**

### **5.2.Learning tasks**

### **5.3.Syllabus**

### **5.4.Course planning and calendar**

### **5.5.Bibliography and recommended resources**