

Academic Year/course: 2021/22

## 26514 - Childhood, Health and Food

### Syllabus Information

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**Academic Year:** 2021/22

**Subject:** 26514 - Childhood, Health and Food

**Faculty / School:** 107 - Facultad de Educación

202 - Facultad de Ciencias Humanas y de la Educación

301 - Facultad de Ciencias Sociales y Humanas

**Degree:** 301 - Degree in Nursery School Education

302 - Degree in Nursery School Education

303 - Degree in Nursery School Education

**ECTS:** 6.0

**Year:** 2

**Semester:** First semester

**Subject Type:** Compulsory

**Module:**

## 1. General information

## 2. Learning goals

### 2.2. 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.

9. The student reflects on and incorporates training in sustainability reflecting on and linking the goals of the Sustainable Development Goals more closely related to the practical activities carried out.

## 3. Assessment (1st and 2nd call)

## 4. Methodology, learning tasks, syllabus and resources

### 4.1. Methodological overview

The learning process that has been designed for this subject is based on the development of the contents on the three main

blocks (developed in point 4.3): health, food and hygiene / health alterations in childhood both in theoretical sessions as in practical, classroom and laboratory activities. These topics will be deepened by following the structure of the subject in the works that students will present, and which have been described in section 3.1.1. (1. Preparation of various reports on the topics discussed from a theoretical and practical point of view and 2. Final exam of the subject on the official date called).

## 4.2. Learning tasks

The program offered to the student to help him to achieve the expected results comprises the following activities ...

### Activities and jobs

Students will carry out their work related to:

1. Reading and analysis of documents (scientific articles, etc.)
2. Use of virtual platforms, information search (official web pages of topics related to the contents to be treated), classroom activities.
3. Carrying out practical activities. The practical activities of those included in the program will be carried out in groups or individually (as indicated by the corresponding teacher).

Evaluation and review of Health Education projects

Development of activities related to healthy feeding

Design of activities related to hygiene and / or the alteration of health in the infant stage.

## 4.3. Syllabus

### THEME 1: HEALTH

Health. Promotion and Education for Health in the infant stage. Determinants of health.

Aspects to be taken into account in the design of activities in education and health promotion in childhood.

Health Education Projects.

### THEME 2: FOOD

Food and nutrition: implications for health. The conceptions of children of the infant stage about their own body and about food.

Growth periods in childhood (percentiles). Food during the school period.

Food and nutrition concepts. Nutrients. The food. Balanced diet. The digestion. Review of programs and studies related to healthy eating.

### THEME 3: HYGIENE AND HEALTH

Hygiene habits related to the health of schoolchildren. Health alterations in the school environment, main diseases in children in

the Infant-Primary Education stage.

The Digital Teaching Ring (ADD) site of the course will supply different information in addition to that provided in the class sessions.

## 4.4. Course planning and calendar

The detailed program and the evaluation of the subject, with the specific theoretical and practical sessions, as well as the classrooms in which they will be taught, will be presented to the students during the first week of the corresponding semester.

The activities and key dates of works delivery will be communicated through the Digital Teaching Ring (ADD) at the beginning of the school term of the subject. The dates of the final tests can be consulted on the centre's website.

## 4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26514>