

## 26514 - Childhood, Health and Food

### Syllabus Information

**Academic year:** 2023/24

**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

The goal of this subject is to study contents related to health, nutrition and hygiene of schoolchildren.

Therefore, as a fundamental goal of the subject, we can point out that students should know and be critical of the information that is present in society in terms of health and nutrition, bearing in mind that the school is the meeting place for children of early ages where the teacher assumes the role of guide and example in terms of healthy lifestyles, and, therefore, of health promotion.

These approaches and goals are aligned with the Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>): SDGs 2, 3, 4, 4, 6, and 12, so that the acquisition of the subject learning results will provide training and competence to contribute to their achievement.

### 2. Learning results

The student, in order to pass this subject, must demonstrate the following results...

1. Gives an overview of the meaning and importance of School Health Education. (ODS: 3 and 4)
2. Knows, understands and analyzes the theoretical and scientific foundations necessary for the practice of Promotion and Health Education. (ODS: 2, 3, 4, 6 y 12)
3. It provides guidance on the methodology to be followed to work on health-related content in the infant stage. (ODS: 3 y 4)
4. Develops knowledge, attitudes and skills to work on the different topics and areas of intervention in Health Promotion, from a scientific and social approach. (ODS: 3)
5. Uses the methodology of programming and evaluation of activities and projects.
6. Applies the methods and educational techniques necessary for the teaching-learning processes in Health Education in the infant stage.
7. Analyzes and uses the means and resources of information and social communication, as well as those necessary for the development of Health Promotion measures. (ODS: 3 y 12)
8. Uses an appropriate vocabulary both from a scientific point of view and from a grammatical and spellingpoint of view.
9. Knows the evolutionary development of the human body at school age, as well as the basics of first aid.

### 3. Syllabus

-Health. Health Promotion and Education in the infant stage. Health determinants.

Aspects to be taken into account in the design of health education and promotion activities for children. Projects of Health Education.

-Food and nutrition: implications for health. Children's conceptions of their own body and food. Growth periods in childhood

(percentiles). The feeding during the school period. Food and nutrition concepts. Nutrients. Food. The balanced diet. Digestion. Review of programs and studies related to healthy eating.

-Hygiene habits related to schoolchildren's health. Alterations of health in the school environment, main diseases in children in the Infant-Primary Education stage. Within the subject page of the course in the ADD, in the contents of the course will be placed various supporting information that is presented in the class sessions.

#### 4. Academic activities

Master classes: Sessions with teachers in which theoretical issues will be explained in large groups.

Zaragoza (24 hours), Huesca (20 hours), Teruel (20 hours). Personal Study: Work on the part of the student.

Zaragoza (87 hours), Huesca (70 hours), Teruel (82 hours). Problems and Cases: Sessions divided into two sessions at where the resolution of practical cases will be planned. Huesca (10 hours), Teruel (8 hours). Laboratory Practices: Split sessions of laboratory work in small groups. Zaragoza (28 hours), Huesca (27 hours), Teruel (28 hours). Special Practices: Sessions outside the classroom in which we will work on the possibilities didactic in relation to outings to the nearby natural environment. Zaragoza (3 hours), Huesca (3 hours), Teruel (4 hours). Teaching Jobs: Work on the part of the student. Zaragoza (5 hours), Huesca (17 hours), Teruel (5 hours). Evaluation: Delivery, presentation and discussion of papers and/or exams (3 hours).

#### 5. Assessment system

- The student must demonstrate that he/she has achieved the expected learning outcomes through the following evaluation activities: - Elaboration of one or more papers related to the topics covered from the theoretical and practical point of view. This information will be defined by the responsible teacher at the beginning of the subject. The professor will provide information at the beginning of the course about the possibility of taking mid-term exams.

- Final exam of the subject on the official date announced. The final grade will be calculated as follows: 70%: theoretical exam and 30% practical part (practical exam and assignments). In order to average both parts (written exam and practical part) students must reach at least 50% of the total score in each section (i.e. a minimum of 5 points out of 10). Students will have the option of submitting these papers along with the exam on the day of the comprehensive test.

- Attendance to the practical activities is a necessary aspect to obtain the information developed in the practical activities for the to carry out the examination of the practices.

- Global test and second summons: The global test consists of the completion of the theoretical exam, the practical exam and the delivery of the work requested during the subject, in the official calleestablished by the Faculty.

- In all the cases, the partial grades of the written exam or of the practical part passed in the first call will be kept exclusively for the second exam of the same academic year.

- Fifth and sixth call. It will be carried out under the same terms as the global test described in section above.

- Finally, it must be taken into account that the Regulations of the Rules of Coexistence of the University of Zaragoza will apply to irregularities committed in the assessment tests by means of academic fraud, as well as the application of article 30 of the Regulations of the Rules of Learning Assessment in relation to irregular practices other than academic fraud.