

Early Childhood, Health and Food

Code: 102005
ECTS Credits: 4

Degree	Type	Year	Semester
2500797 Early Childhood Education	FB	3	2

Contact

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Use of Languages

Principal working language: catalan (cat)
Some groups entirely in English: No
Some groups entirely in Catalan: Yes
Some groups entirely in Spanish: No

Teachers

Monica Pujol Canadell
Nuria Armentano Oller

Prerequisites

Not applicable.

Objectives and Contextualisation

The subject of "Childhood Health and Food" is important for the training of graduates in Early Childhood Education, and their future professional activities

The objectives of the course are:

- To learn the basic issues on nutrition safety for children
- To understand how to conduct a correct health education since the earliest years of the childhood
- To understand the basic principles of nutrition and food safety
- To improve understanding on general organization of the human body

Competences

- Accept that the exercise of the teaching function must be refined and adapted lifelong to scientific, educational and social changes.
- Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.
- Collaborate with specialized professionals to solve these problems.
- Demonstrate knowledge of the evolution of the basics of children's dietetics and hygiene.
- Detect emotional, nutritional and wellness needs that hinder the proper physical and mental development of pupils.

- Guide parents regarding family education in the 0-6 period.
- Identifying disorders in sleep, feeding, psychomotor development, attention and auditory and visual perception.
- Learn the basic principles of healthy development and behaviour.
- Maintain a respectful attitude for the environment (natural, social and cultural) to promote values, behaviours and practices that address gender equality, equity and respect for human rights.

Learning Outcomes

1. Being aware of the constant renewal of scientific knowledge related to health, and understanding the importance of permanent updating and continuous training.
2. Critically analyse the principles, values and procedures that govern the exercise of the profession.
3. Detect emotional, nutritional and wellness needs that hinder the proper physical and mental development of pupils.
4. Identifying disorders in sleep, feeding, psychomotor development, attention and auditory and visual perception.
5. Know the basic principles of nutrition and the composition of a balanced diet.
6. Know the main habits to maintain good children's health.
7. Know the resources and networks that exist to establish partnerships between health professionals and educators.
8. Learn the basic principles of human physiology, including child growth and development and human diversity.
9. Learn the basics of healthy eating.
10. Understand that certain individual attitudes can have effects on the health of the people around us and foster responsible practices.
11. Understand that promoting health in children includes the whole family.

Content

Basic principles of human physiology. Human diversity. Child development. Hearing and vision. Developmental delay.

Basic principles of nutrition. Nutrients classification. Caloric needs. Healthy diet. Nutritional disorders: undernutrition, obesity, metabolic syndrome, dental caries.

Main health disorders during childhood. Psychomotor disorders and sleep disorders.

Good personal hygiene. Disease prevention.

Methodology

The protagonist in the process of learning is the student and is under this premise that methodology of the subject is proposed.

The planning of the subject is in face-to-face teaching mode. However, our teaching approach and assessment procedures may be altered if public health authorities impose new restrictions on public gatherings for COVID-19.

Teachers should allocate approximately 15 minutes of some class to allow their students to answer the surveys for the evaluation of teaching performance and the evaluation of the subject or module.

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Seminars	10	0.4	10, 6, 8, 7, 3, 1
face-to-face teaching	20	0.8	10, 6, 8, 7, 3, 1
Type: Supervised			
Academic tutoring	15	0.6	10, 6, 8, 7, 3, 1
Evaluation	5	0.2	10, 6, 8, 7, 3, 1
Type: Autonomous			
student's autonomous work	50	2	10, 6, 8, 7, 3, 1

Assessment

To pass the course, a minimum average grade of 5 must be obtained.

In this note, the average mark of the controls (written and individual) will be considered if it is equal or higher than 4 (to be considered for the final average mark of the exams, the minimum mark of each control must be 4). Two controls will be made; the final one will take place the 14th of June of 2023. On the 28th of June, there will be a recovery control for the students who have suspended or have not submitted to one of the two controls.

There will be 10 hours of seminars throughout the course. Although the work methodology in each one of them can be individual or in a group, a final document must be submitted for its individual evaluation. The average of the activities derived from the seminars must reach 4 to be considered for the final average grade of the subject.

For the compendium of the activities done, only the evidence presented during the period indicated by the professor will be considered. For this evidences no recovery is possible.

To pass this subject, the student must show good general communicative competence, both orally and in writing, and a good command of the language or languages detailed in the teaching guide (very important: classes will be in Catalan, although exams and tasks are accepted both in Catalan and Spanish). In all the activities (individual and in group) will take into account, therefore, the linguistic correction, the writing and the formal appearances of presentation. Students must be able to express themselves fluently and correctly and must show a high degree of comprehension of academic texts. An activity can be returned (not evaluated) or suspended if the teacher considers that he / she does not meet these requirements.

Class attendance is mandatory: the student must attend at least 80% of classes (both theory and seminars), otherwise it will be considered as "absent". The same qualification will be obtained if the student does not perform any of the two partial examinations.

Obtained scores will be published in a period with a maximum limit of three weeks, at the same time scores will be published a period of ten days for revision will start.

The activities in the classroom will be given throughout the semester and will be returned in a period not exceeding 1 month. Tasks will be preferentially delivered by using the online mechanism of the Virtual Campus, but in the case of seminars deliveries at the end of the session will also be required.

During the evaluation of controls, the copy will result in the qualification of a zero in the activity. In the case of recidivism, the whole course will be considered as failed.

During the evaluation of the autonomous activities, the copying or plagiarism of material constitutes a serious infraction, that will result in a qualification of zero. In case of recidivism, the whole course will be considered as failed.

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Compendium of the activities carried out during face-to-face teaching (activities proposed at theory classes will be individual, whereas those from seminars will be either individual or by pairs)	50%	0	0	2, 10, 6, 8, 5, 7, 9, 3, 11, 4, 1
Examination of the first part of the subject	25%	0	0	6, 8, 5, 9, 3, 4
Examination of the second part of the subject (individual)	25%	0	0	6, 8, 5, 9, 3, 4

Bibliography

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Estivill, E., Pin, G. (2016) *Pediatría con sentido común*. (1ª Edición). Madrid: Debolsillo

Lissauer, T., Clayden, G. (2008). *Texto ilustrado de Pediatría*. (3ª Edición) Madrid: Elsevier España, S.L.

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Stuart I.F. . (2008). *Fisiología Humana*. (10ª Edició). Madrid: Mac Graw-Hill interamericana.

Omeda. *Enfermedades infantiles*. Recuperat de: https://www.onmeda.es/enfermedades/enfermedades_infantiles.html Openstax *Anatomy & Physiology*. <https://openstax.org/details/books/anatomy-and-physiology> (on-line open access)

Software

No specific software is required