

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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Teaching groups languages

You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject. Please note that this information is provisional until 30 November 2023.

Teachers

Monica Pujol Canadell

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

In order to pass the subject, a minimum average grade of 5 must be obtained.

In this grade, the average grade of the controls (individual and in test-type format) will be counted whenever this is equal to or greater than 4 (to be considered in the calculation of the average of the controls the minimum grade of each control must be of 4). The final exam will be on June 12, 2024. On June 26 there will be a make-up test, for students who have failed or who have not taken any of the two tests.

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

In relation to the evidence of the activities carried out in face-to-face classes, these will only be collected during the period indicated by the teacher. For these evidences there will be no recovery.

To pass this subject, the student needs to show good general communication skills, both orally and in writing, and a command of the language or vehicular languages listed in the teaching guide. In all activities (individual and group), linguistic correction, writing and formal aspects of presentation will therefore be taken into account. Students must be able to express themselves fluently and correctly and must show a high degree of understanding of academic texts. An activity can be returned (not evaluated) or suspended if the teacher considers that it does not meet these requirements.

Class attendance is compulsory: the student must attend a minimum of 80% of classes, both theory and seminars. Otherwise it will be considered Not Submitted. You will also be graded Not Presented if you do not attend any of the two controls.

The activities carried out in the classroom will be delivered throughout the semester and will be returned in a period not exceeding one month. The online delivery tools available on the Virtual Campus will be used preferentially, but the seminars will also have face-to-face deliveries at the end of the session.

During the performance of the evaluation controls, the copying of another classmate will result in the qualification of a zero in the activity. In case of recidivism, the entire subject will be suspended.

In the evaluation of autonomous activities, copying or plagiarism of material constitutes a serious infraction, which will result in the activity being graded zero. In case of recidivism, the entire subject will be suspended.

Single assessment: It will take place on 12 June 2024, there will be a face-to-face exam in which the theoretical content of the entire course will be assessed (80% of the mark) and all seminar activities will be delivered individually (20 % of the grade) through the virtual campus. The minimum grade to be able to average the exam and the seminar assignments must be equal to or higher than 4 in each of the parts. On June 26, there will be a make-up test for students who have failed the theory exam.

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)	20%	0	0	2, 10, 6, 8, 5, 7, 9, 3, 11, 4, 1
Examination of the first part of the subject	40%	0	0	6, 8, 5, 9, 3, 4
Examination of the second part of the subject (individual)	40%	0	0	6, 8, 5, 9, 3, 4

Bibliography

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

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Software

No specific software is required