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| <b>Title:</b>  | Child Health and Nutrition <b>APPROVED</b>  |
| <b>Long Title:</b>   | Child Health and Nutrition  |
| <b>Module Code:</b>  | CHLD 7010   |
| <b>Duration:</b>   | 1 Semester  |
| <b>Credits:</b>  | 5   |
| <b>NFQ Level:</b>  | Intermediate  |
| <b>Field of Study:</b>   | Childcare   |
| <b>Valid From:</b>   | Semester 1 - 2022/23 ( September 2022 )   |
| <b>Module Delivered in</b>   | <a href="#">1 programme(s)</a>  |
| <b>Next Review Date:</b>   | September 2018  |
| <b>Module Coordinator:</b>   | Cian O'Neill  |
| <b>Module Author:</b>  | Judith Butler   |
| <b>Module Description:</b>   | This module will provide students with an understanding of the nutritional and health needs of children attending ECEC services.  |
| <b>Learning Outcomes</b>   |   |
| <i>On successful completion of this module the learner will be able to:</i>  |   |
| LO1  | Explain the epidemiology of childhood illnesses.  |
| LO2  | Implement health promotion strategies within an early education setting applying national frameworks, guidelines and regulations. |
| LO3  | Analyse and advise on the dietary needs of children aged from birth.  |
| LO4  | Plan a well-balanced meal for young children.   |
| LO5  | Prepare and serve a variety of food dishes appropriate to children.   |
| <b>Pre-requisite learning</b>  |   |
| <b>Module Recommendations</b>  |   |
| <i>This is prior learning (or a practical skill) that is strongly recommended before enrolment in this module. You may enrol in this module if you have not acquired the recommended learning but you will have considerable difficulty in passing (i.e. achieving the learning outcomes of) the module. While the prior learning is expressed as named MTU module(s) it also allows for learning (in another module or modules) which is equivalent to the learning specified in the named module(s).</i> |   |
| <b>Incompatible Modules</b>  |   |
| <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module. You may not earn additional credit for the same learning and therefore you may not enrol in this module if you have successfully completed any modules in the incompatible list.</i>   |   |
| No incompatible modules listed   |   |
| <b>Co-requisite Modules</b>  |   |
| No Co-requisite modules listed   |   |
| <b>Requirements</b>  |   |
| <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed. You may not enrol on this module if you have not acquired the learning specified in this section.</i>   |   |
| No requirements listed   |   |

**Module Content & Assessment**

**Indicative Content**

**Epidemiology of Childhood Illnesses**

Infectious diseases and infections. Infestations. Disease transmission, immunity. Genetics. Preventing illness, identification of children at risk, care of sick children in the work setting.

**Nutrition and Food Science**

Nutrition and food science. The study of individual food nutrients and the role they play in ensuring a healthy diet. Relating national guidelines, frameworks and regulations.

**The Diet**

The role that diet plays in preventing/causing disease with an emphasis on children's eating habits from birth. Breastfeeding and formula feeding. Balanced diet and food portions. This module segments the different age group dietary requirements from birth to 12 years, healthy snacks, breakfast clubs.

**Specialised Diets**

Specialised diets and eating disorders. How to manage specialised diets, e.g. coeliac, diabetes. Obesity, hyperactivity, autism, food allergies and intolerances, allergens which must be labelled.

**Food Safety**

To equip the student with the knowledge, skills and attitude to work with food in a hygienic and safe way, and to understand food safety legislation, FSAI, Safer Food Ireland.

**Food and Society**

An awareness of the factors which affect what we eat. Our ideas about food. Food image, resources, religious cultural geographic and lifestyle influences.

**Energy and Food**

Energy and food. A child's energy requirements and the need to provide a healthy diet which best fulfills these needs.

**Food Costing**

Food costing. Providing a balanced nutritional diet within a budget.

**Assessment Breakdown**

|             | %       |
|-------------|---------|
| Course Work | 100.00% |

**Course Work**

| Assessment Type        | Assessment Description                          | Outcome addressed | % of total | Assessment Date |
|------------------------|---|-------------------|------------|-----------------|
| Presentation           | Presentation on dietary needs and meal planning | 2,3,4,5           | 25.0       | Every Week      |
| Project                | Kitchen/lab health project                      | 3,4,5             | 25.0       | Week 10         |
| Short Answer Questions | In class exam                                   | 1,2,3             | 50.0       | Week 13         |

No End of Module Formal Examination

**Reassessment Requirement**

**Coursework Only**

*This module is reassessed solely on the basis of re-submitted coursework. There is no repeat written examination.*

**The institute reserves the right to alter the nature and timings of assessment**

**Module Workload**

| <b>Workload: Full Time</b>                    |                             |              |                  |  |
|---|-----------------------------|--------------|------------------|--|
| <i>Workload Type</i>                          | <i>Workload Description</i> | <i>Hours</i> | <i>Frequency</i> | <i>Average Weekly Learner Workload</i> |
| Lecture                                       | Health lecture              | 1.0          | Every Week       | 1.00                                   |
| Lab   | Nutrition/Kitchen           | 2.0          | Every Week       | 2.00                                   |
| Independent & Directed Learning (Non-contact) | Independent Study           | 4.0          | Every Week       | 4.00                                   |
| Total Hours                                   |                             |              |                  | 7.00                                   |
| Total Weekly Learner Workload                 |                             |              |                  | 7.00                                   |
| Total Weekly Contact Hours                    |                             |              |                  | 3.00                                   |

| <b>Workload: Part Time</b>                    |                             |              |                  |  |
|---|-----------------------------|--------------|------------------|--|
| <i>Workload Type</i>                          | <i>Workload Description</i> | <i>Hours</i> | <i>Frequency</i> | <i>Average Weekly Learner Workload</i> |
| Lecture                                       | Health lecture              | 1.0          | Every Week       | 1.00                                   |
| Lab   | Nutrition/Kitchen           | 2.0          | Every Week       | 2.00                                   |
| Independent & Directed Learning (Non-contact) | Independent Study           | 4.0          | Every Week       | 4.00                                   |
| Total Hours                                   |                             |              |                  | 7.00                                   |
| Total Weekly Learner Workload                 |                             |              |                  | 7.00                                   |
| Total Weekly Contact Hours                    |                             |              |                  | 3.00                                   |

## Module Resources

### Recommended Book Resources

- Musgrave, J 2017, *Supporting Children's Health and Wellbeing*, Sage London [ISBN: 9781473930322]
- Rose, J., Gilbert, L., & Richards, V. 2016, *Health & Wellbeing in Early Childhood*, Sage London [ISBN: 9781446287309]

### Supplementary Book Resources

- Mulberries, P. & Albon, D 2008, *Food and Health in Early Childhood: A Holistic Approach*, Sage Publications Los Angeles
- Drew, M 2022, *Uncovering Food Poverty in Ireland A Hidden Deprivation*, Policy Press Bristol [ISBN: 978-144736153]
- Mindell, E., & Mundis, H. 2011, *Earl Mindell's New Vitamin Bible*, Grand Central Life & Style New York [ISBN: 0446561983]
- Mortimore, S.E., Wallace, C. & Cassianos, C 2013, *HACCP: A Practical Approach*, 3rd Ed., Springer New York [ISBN: 9781461450276]
- Rowell, K & McGlothlin, J 2015, *Helping Your Child with Extreme Picky Eating: A Step-by Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders*, New Harbinger Publications United States [ISBN: 162625110X]
- Schuh, M.C. 2012, *Healthy snacks on my plate*, Capstone Press United States [ISBN: 1429694181]

### Recommended Article/Paper Resources

- Bord Bia 2022, *Nutrition for 1 – 4 year olds*  
<https://www.bordbia.ie/nutrition/early-years/>
- Tusla 2018, *Quality and Regulatory Framework*  
<https://www.tusla.ie/services/preschool-services/early-years-quality-and-regulatory-framework/>
- Health Promotion Unit *Food and Nutrition Guidelines for Preschool Services*  
<https://www.gov.ie/en/publication/0252ea-food-and-nutrition-guidelines-for-preschool-services/?referrer=http://www.health.gov.ie/wp-content/uploads/2014/03/Food-and-Nutrition-Guidelines-for-Pre-School-Services.pdf>

### Other Resources

- Website: First 1000 Days 2020, *Nutrition Now, Matters Forever*  
<http://www.first1000days.ie>
- Website: Government of Ireland 2020, *Food and Nutrition Guidelines for Pre-School Services*  
<https://www.gov.ie/en/publication/0252ea-food-and-nutrition-guidelines-for-preschool-services/?referrer=http://www.health.gov.ie/wp-content/uploads/2014/03/Food-and-Nutrition-Guidelines-for-Pre-School-Services.pdf>
- Website: Safefood <http://www.safefood.eu>

**Module Delivered in**

| <b>Programme Code</b> | <b>Programme</b>   | <b>Semester</b> | <b>Delivery</b> |
|-----------------------|--|-----------------|-----------------|
| CR_HECEC_7            | <a href="#">Bachelor of Arts in Early Childhood Education and Care</a> | 4               | Mandatory       |