

**COURSE DATA****DATA SUBJECT****Code:** 33695**Name:** Infancy, health and foodstuffs**Cycle:** Undergraduate Studies**ECTS Credits:** 4.5**Academic year:** 2026-27**STUDY (S)**

Degree	Center	Acad. year	Period
1304 - Degree in Preschool Education	Facultat de Formació del Professorat	1	First quarter
1324 - Degree in Preschool Education (Ontinyent)	Facultat de Formació del Professorat	1	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1304 - Degree in Preschool Education	Infancy, health and diet	BASIC
1324 - Degree in Preschool Education (Ontinyent)	INFANCY, HEALTH AND DIET	BASIC

COORDINATION

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SUMMARY

This subject has as main objectives:

-To acquire basic knowledge about the biology of the child to distinguish the different pediatric age (infant, preschool, school children and adolescents).

-Know the habits of healthy living for children with special attention to nutrition and promoting physical exercise to prevent chronic nutritional diseases.

-Know the major childhood diseases, ways of prevention and care in schools.



PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

Without any specific requirements.

COMPETENCES / LEARNING OUTCOMES

1324 - Degree in Preschool Education (Ontinyent)

Analyse, create and use educational materials and resources related to health and food.

Collaborate with specialists to treat health problems.

Create healthy environments at school that facilitate the adoption of health-promoting behaviours.

Detect affective, hygienic, nutritional and welfare deficiencies that disrupt the proper physical and psychological development of students.

Identify disorders in sleep, eating, psychomotor development, attention, and auditory and visual perception.

Identify risk factors for the health of school children and seek solutions.

Know the basic principles of healthy development and behaviour.

Work with families to achieve harmonious child development and healthy behavioural patterns.

DESCRIPTION OF CONTENTS

1. Biologic development 0-6 years. Division of childhood. Development and conduct disorders.

It explains the child somatic growth and development of different pediatric age. Explains the criteria for establishing the pediatric age. It explains the major milestones of sensory and psychomotor development of children. Methods of early detection of sensory disturbances and behavior, especially at school.

2. Feeding and food security. Healthy dietary recommendations in infants, scholars and adolescents.

Include the role of nutrition in children and differences with the adult. It specifies the components of energy expenditure and daily caloric needs. Establishing healthy dietary recommendations at different ages.



3. The school canteen

Explains things to consider in developing a school menu, environmental conditions, hygiene, composition, etc. Specific calculations are performed.

4. Physical exercise and sport.

Explains the benefits of sport for children's health, the mechanisms of adaptation to exercise and nutritional needs and recommendations for water.

5. Prevention of the toxic habits

It covers the main toxic habits (alcohol, snuff and other drugs) during the school and adolescent clinical and social consequences and means of prevention.

6. Most common childhood diseases. Vaccination to prevent infectious diseases. Hygiene and home security.

They include:

Infections: Clinical manifestations and forms of presentation. Recognition of signs of severity and activity in schools. Hygiene and vaccination to prevent infectious diseases.

Accidents: Signs of serious illness and first aid in schools. Security tasks.

Poison bites and stings: Signs of serious illness and first aid in schools.

Diabetes. Asthma and other lung diseases. Celiac disease. Heart. Intestinal parasites. Epilepsy. Hematological and oncological diseases. Metabolic diseases phenylketonuria and other defects.

7. The nutritional disorders in childhood. School methodology to health promotion practice.

They include:

Obesity and comorbidities (hypertension, hypercholesterolemia, and liver disorders, orthopedic and psychological). Prevention.

Eating disorders. Prevention.

Malnutrition and specific nutritional deficiencies. Prevention of tooth decay. Prevention of osteoporosis.

8. CP especially children with disabilities. Special forms of nutrition.

Explains the main infantile encephalopathy (particularly cerebral palsy) and the nutritional risk. Care arise in the school of nutrition and psychomotor order.



9. Assistance in emergencies

It explains the basics of CPR and first aid, trauma and injuries, attention to seizure assistance to hypoglycemia in a diabetic child.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theoretical and practical classes	45,00
Total hours	45,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	0,00
Independent study and work	0,00
Preparation of lessons	67,00
Preparation for assessment activities	0,00
Resolution of case studies	0,00
Total hours	67,00

TEACHING METHODOLOGY

Lectures combined with a flipped classroom methodology for continuous assessment and content reinforcement.

Tutorials

Incorporating theoretical content updated in the virtual classroom (<http://aulavirtual.uv.es/>).

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EVALUATION

The evaluation will depend up to 70% of the exam, up to 20% of the continuous evaluation and up to 10% of the group work.

a) The exam will consist of a multiple-choice test carried out through the virtual classroom with face-to-face



character. It will consist of 50 multiple choice test questions, with 4 answers of which only 1 is valid. The wrong ones do not discount. The passing of the exam is situated in 30 questions that corresponds to a score of 5. In the second call, the exam will consist of 30 multiple choice questions of the same characteristics. The exam will be passed with 18 correct questions that correspond to 5 points.

b) The continuous evaluation will consist of questionnaires of 3 questions each of multiple choice, with 4 answers of which only 1 is valid, on the contents of the topic explained in class. These questionnaires will be done at the end of the class through the virtual classroom. They will be carried out randomly throughout the academic year. Each student and group will undergo 3 evaluations.

c) Preparation of group work in relation to the contents of the subject's syllabus.

The score of the group work and the continuous evaluation will be maintained in the second call.

Continuous assessment and group work are non-recoverable activities.

FINAL MARK: EXAM MARK CORRECTED BY 0.7 (MAXIMUM 7 POINTS) + CONTINUOUS ASSESSMENT MARK (MAXIMUM 2 POINTS) + WORK MARK (MAXIMUM 1).

Plagiarism or the improper use of artificial intelligence tools may be sanctioned in accordance with Article 15 of the evaluation and grading regulations of the University of Valencia.

REFERENCES

- -Cruz M. Manual de Pediatría. 4ª Ed. Ergon 2020. ISBN: 978-84-17194-65-9
- 1. Ministerio: <http://www.aesan.msssi.gob.es> <http://www.aesan.msssi.gob.es/AESAN/web/nutricion/nutricion.shtml> http://www.aesan.msssi.gob.es/AESAN/web/sobre_aesan/sobre_aecosan.shtml <http://www.naos.aesan.msps.es/csym/piramide/> 2. Conselleria de Sanitat http://biblioteca.sp.san.gva.es/biblioteca/publicaciones/MATERIAL/PUBLICACIONES/INFAN_MUJER/INFANTIL/BUCODENTAL/C_DOCENTES_07_08_CAST.PDF <http://www.sp.san.gva.es/DgspPortal/docs/ComeSanoComeSeguro.html> Comedores escolares: http://www.perseo.aesan.msps.es/es/profesorado/secciones/comedores_escolares.shtml