

**Module:** Mathematics and Environment

**Number of credits:** 10

**Subjects:**

- 1) Mathematics Education and Methodology 1
- 2) Mathematics Education and Methodology 2
- 3) Environmental Education and Methodology
- 4) Health Education

<b>Name of subject:</b> Health Education	<b>Credits:</b> 2
<b>Subject Classification:</b> Compulsory	
<b>Division of course content in theory and practice:</b> 50% theory + 50 % practice	
<b>Types and number of lessons:</b> 5 lectures +5 seminars per semester <i>Language:</i> English <b>Other methods used during the course:</b> <ul style="list-style-type: none"><li>• course material available electronically</li><li>• use of online internet resources</li><li>• reading secondary literature</li><li>• role play about hygiene routine</li><li>• making a thematic week plan</li></ul>	
<b>Method of assessment:</b> Exam <b>Other means of learning evaluation:</b> <ul style="list-style-type: none"><li>• continuous, active participation during lessons</li><li>• oral assessment</li><li>• preparation of ppt presentations for use in classroom</li><li>• completion of preschool activity plans</li></ul>	
<b>Place of subject in the curriculum:</b> 2 <sup>nd</sup> semester	
<b>Prerequisites:</b> none	

**Course description:**

The health status of Hungarian children. The structure of the human body and healthy living. Using energy. Phases of the child's physical development. Early childhood as a critical period of the life course. The factors affecting early childhood health. Prevention and Early Intervention, The role of nutrition in the holistic development children. Food sensitivity. Food additives. Obesity. Health inequalities and children's nutrition. Promoting positive attitudes towards food in early years settings. Epidemic and Infectious Diseases. The nursery environment and hygiene.

**Required and recommended literature:**

- John Krebs: Food. A Very Short Introduction. OXFORD 2013, pp. 65-79, 96-112.
- Pat Brunton & Linda Thornton: *Science in the Early Years*. SAGE 2010. Chapter 5. "Structure of the Human Body" and "Healthy Living," pp. 70-78.

- Deborah Albon & Penny Mukherji: *Food and Health in Early Childhood: Holistic Approach*. SAGE 2008.
- Falus András (szerk.): Sokszíni egészség tudatosság, Eduvital, 2015.  
<http://mek.niif.hu/15900/15974/15974.pdf>
- Az egészséges életmód: tudatos epigenetika 23-27.
- Táplálkozás 30-42.
- Mindennapi mérgeink 54-65.
- Beteg gyermek a családban 68-77.
- Védőoltások 102-105.
- Evészavarok 192-200.
- Deborah Albon-Penny Mukherj: *Food and Health in Early Childhood: Holistic Approach* SAGE 2008. ISBN 978-1-4129-4721-3
- Angela Underdown: *Young Children's Health and Well-being*. Open University Press Maidenhead New York 2007. ISBN-10 0 335 21906 3
- Emma Croghan: *Promoting Health in schools. A practical guide for teachers and school nurses working with children aged 3 to 11*. SAGA 2007. ISBN 978-1-4129-21374
- Egészségfejlesztés Szerk.: Barabás Katalin *Medicina* 2006 ISBN 963 226 034 0

**Required competencies and competency elements that this subject contributes to and helps to develop**

**a) Knowledge**

- Possess the expert knowledge and teaching methodology which help to develop the health and personality of children aged 3-7 in a harmonious and complex way.
- Know the basic documents of preschool education and show awareness of the general aims and responsibilities of preschool education as well as the content of the different activity forms, and the connections between all these.

**b) Capabilities**

- Adapt their pedagogical, psychological, sociological and methodological expertise as well as a holistic approach to preschool education with consideration to the characteristics of the child and the child's age group.
- Can support the harmonious personality development of children aged 3-7, and the shaping of their physical, social, and mental skills age-specifically.
- Know and understand the professional, ethical, and legal documents regulating preschool education, and can apply the relevant passages in their everyday work.

**c) Attitude**

- Show commitment to developing strategies, methods and activities promoting the organization and expansion of the experience and knowledge of children aged 3-7, and to creating an environment promoting the success of English language communication in educational activities while inspiring, confirming the development of the child's personality.
- Show commitment to the complete health development of children aged 3-7.

**d)Autonomy and Responsibility**

- Take responsibility for the personality development of children aged 3-7 in a harmonious and complex way, and for all the staff and equipment arrangements necessary to enhance healthy mental and physical development.
- Take responsibility for their decisions and the consequences of their pedagogical activity during the educational process.

**Responsible for course: Both Mária** college professor, PhD

**Other teacher involved in course: Katalin Palkóné Tabi** college associate professor PhD