

# Postgraduate Certificate Child Nutrition and Health





## Postgraduate Certificate Child Nutrition and Health

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/education/postgraduate-certificate/child-nutrition-health](http://www.techtitute.com/pk/education/postgraduate-certificate/child-nutrition-health)

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# 01

# Introduction

School is the place where children learn to read and write, learn knowledge and theories, but it is also the space where they can delve into their hygiene and eating habits, a responsibility that falls on teachers. For this reason, TECH Technological University has designed this program in which professionals can acquire the necessary skills to teach healthy living habits.





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*Acquire the necessary skills to teach your students everything related to food and health”*

Life habits nowadays are influenced by the socio-cultural and economic conditions of each individual's environment, and, for this reason, nutrition education should be approached from a community point of view, that is, understanding the school as another element for teaching habits, attitudes, knowledge and values in a systematic and progressive way.

Likewise, Nutrition Education is framed as a discipline within the area of Health Education, understood as one of the major factors that influence health.

In this Postgraduate Certificate, will delve into the relationship between health and hygiene and nutritional aspects, providing information and guidelines for teachers to help their students to become aware of the importance of achieving good hygiene and eating habits, and to detect various disorders.

This program is distinguished by the fact that it can be taken in a 100% online format, adapting to the needs and obligations of students, in an asynchronous and completely self-manageable manner. Students will be able to choose which days, at what time and how much time to dedicate to the study of the contents of the program, always in tune with the abilities and aptitudes dedicated to it.

The order and distribution of the subjects and their units is specially designed to allow each student to choose their own schedule and self-manage their time. For this purpose, you will have at your disposal theoretical materials presented through enriched texts, multimedia presentations, exercises and guided practical activities, motivational videos, master classes and case studies, where you will be able to evoke knowledge in an orderly manner and work on decision making that demonstrates your high level education within this field of teaching.

This **Postgraduate Certificate in Child Nutrition and Health** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ The development of practical cases presented in simulated scenarios by experts in the field of study, where the student will evoke in an orderly manner the knowledge learned and demonstrate the acquisition of the competencies
- ♦ The graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ The latest developments in child nutrition and health
- ♦ Practical exercises where the students undergo the self-assessment process to improve learning, as well as activities at different skill levels
- ♦ Special emphasis on innovative methodologies and teaching research
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*If you are looking to excel in your profession, don't think twice, at TECH Technological University we offer you the most complete education of the moment"*

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*The program invites us to learn and grow, to develop as teachers, to learn about educational tools and strategies in relation to the most common needs in our classrooms”*

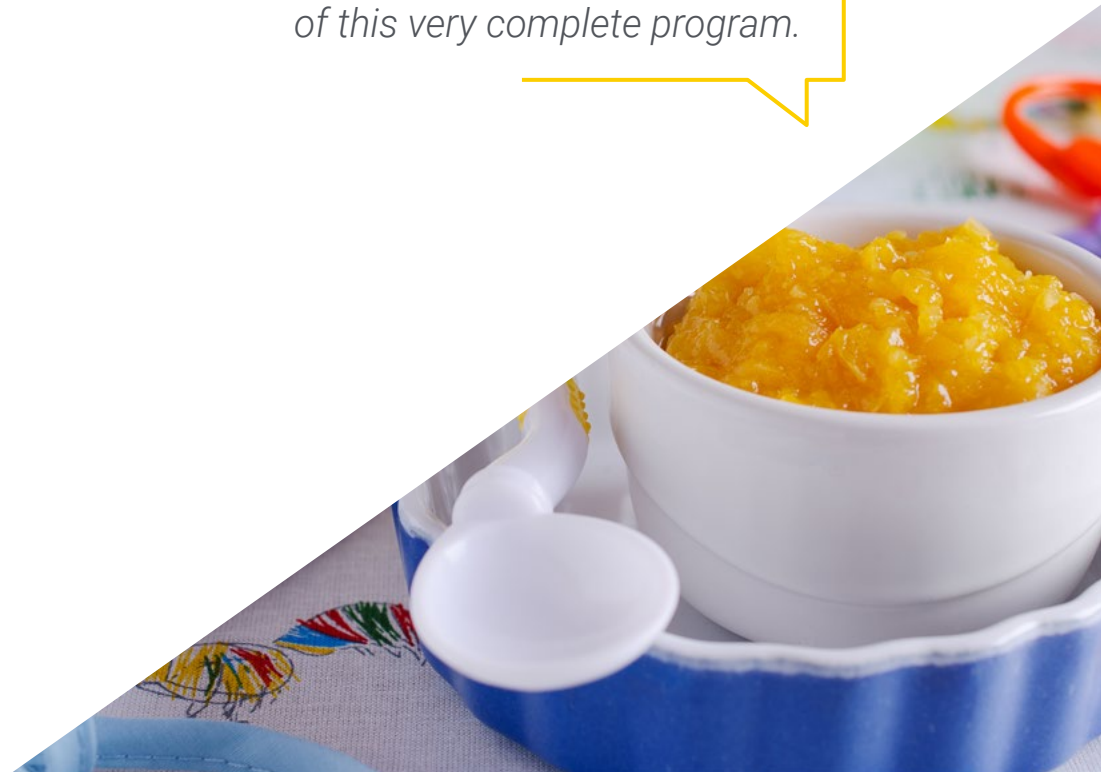
Its teaching staff includes professionals belonging to the field of education, who contribute their work experience to this program, as well as renowned specialists from reference societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive education programmed to prepare in real situations.

The design of this program focuses on Problem-Based Learning, by means of which teachers must try to solve the different professional practice situations that are presented to them throughout the program. To do so, they will be assisted by an innovative interactive video system created by renowned experts in the field of child nutrition and health, with extensive teaching experience.

*We offer you the best teaching methodology with a multitude of practical cases so that you can develop your study as if you were facing real cases.*

*Acquire a higher professional level that will allow you to compete with the best thanks to the completion of this very complete program.*



02

# Objectives

The Postgraduate Certificate in Child Nutrition and Health is aimed at developing in students the skills required for the practice of their profession. For this purpose, TECH offers the most complete education from the hand of the main experts in the field.







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*We want to develop your skills so that you can, in a short period of time, make the professional leap you deserve”*



### General Objective

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- ♦ Develop in teachers the necessary competencies to develop correct eating and hygiene habits in their students

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*Our goal is to achieve academic excellence and to help you achieve it too”*





## Specific Objectives

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- ♦ Get to know the necessary guidelines on nutrition and hygiene
- ♦ Gain knowledge about the information and spaces for reflection so that in the future they can help their students to be aware of the importance of acquiring good eating and hygiene habits
- ♦ Put good healthy eating habits into practice in the Pre-School Education classroom
- ♦ Understand both the positive and negative consequences of following or not following healthy eating habits in the Pre-School Education classroom
- ♦ Gather information about the eating habits of the students in the family environment
- ♦ Identify how food digestion works

03

# Structure and Content

The structure of the contents has been designed by top level professionals within the educational panorama, with a wide trajectory and recognized prestige in the profession, endorsed by their experience, and with a wide command of the new technologies applied to teaching.





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*The best content to create  
the best teachers”*

## Module 1. Nutrition, Hygiene and Education

- 1.1. Nutrition and Health
  - 1.1.1. Definition of Health
  - 1.1.2. Health Promotion and Health Education
  - 1.1.3. Food and Nutrition: Main Concepts
- 1.2. Nutrients and Energy
  - 1.2.1. Energy and its Origin
  - 1.2.2. Energy in Food
  - 1.2.3. Components of Energy Expenditure
  - 1.2.4. The Energy Balance: Needs and Recommendations
- 1.3. Macronutrients and Micronutrients
  - 1.3.1. Macronutrients: Carbohydrates, Lipids and Proteins
  - 1.3.2. Micronutrients: Vitamins
  - 1.3.3. Micronutrients: Minerals, Water and Dietary Fiber
- 1.4. Food Groups
  - 1.4.1. Food and its Classification
  - 1.4.2. Cereals and Derivatives
  - 1.4.3. Fruits, Vegetables, Legumes and Dried Fruits and Nuts
  - 1.4.4. Milk and Dairy Products
  - 1.4.5. Meat, Fish and Eggs
  - 1.4.6. Fatty Foods
- 1.5. Digestion of Food
  - 1.5.1. The Digestive System: Digestive Tract and Adjacent Glands
  - 1.5.2. Regulation of the Digestion by Means of the Hormones
  - 1.5.3. Practical Consequences, Emotions and Education
- 1.6. Healthy Eating
  - 1.6.1. Balance of Nutrients and their Daily Distribution
  - 1.6.2. Dietary Guidelines: The Food Pyramid
  - 1.6.3. The Mediterranean Diet
  - 1.6.4. Factors Influencing Nutrition
  - 1.6.5. Eating Habits and their Modification





- 1.7. Food Labeling
  - 1.7.1. Labelling and its Characteristics
  - 1.7.2. Mandatory Labeling of Foodstuffs
  - 1.7.3. Nutritional Labeling
  - 1.7.4. Additives in Food and their Sanitary Guarantees
  - 1.7.5. Functional Foods and their Types
- 1.8. Nutritional Assessment and Nutritional Disorders
  - 1.8.1. Malnutrition
  - 1.8.2. Obesity
  - 1.8.3. Children Who Do Not Eat
  - 1.8.4. The Diabetic Child's Nutrition
  - 1.8.5. Eating Disorders
  - 1.8.6. Cardiovascular Diseases
- 1.9. Food Hygiene
  - 1.9.1. Food Allergies and Intolerances
  - 1.9.2. Foodborne Diseases
  - 1.9.3. Food Hygiene
- 1.10. Child Hygiene
  - 1.10.1. Body Hygiene
  - 1.10.2. Pediculosis in Schools
  - 1.10.3. Oral and Dental Hygiene
  - 1.10.4. Postural Hygiene
  - 1.10.5. Sleep as an Educable Habit
  - 1.10.6. Education of Hygienic Habits



*This program is the key to advancing your professional career, don't let this opportunity pass you by"*

04

# Methodology

This training program offers a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Education School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

*With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



*It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.*

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Educators who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*Educators will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 85,000 educators with unprecedented success in all specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialist educators who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Educational Techniques and Procedures on Video

TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises: so that they can see how they are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



05

# Certificate

The Postgraduate Certificate in Child Nutrition and Health guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Child Nutrition and Health** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, a, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Child Nutrition and Health**

Official N° of hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



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