

## **ECE370e Introduction to Edible Education for Children**

**Level:** 3

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

**E-Learning:** FULL - Learning is done ENTIRELY online using interactive study materials in Canvas. Students receive guidance and support from online instructors via discussion forums and emails. There are no face-to-face sessions. If the course has an exam component, this will be administered on-campus.

### **Synopsis:**

ECE370e Introduction to Edible Education for Children focuses on the development and evolution of edible education, especially for young children. Since food is in children's everyday lives, consensus is growing in support of the study of food or edible education as a way for learners of all ages to engage their senses and learn about the history, sustainability, economics, bio-ecological relationships and cultures that surround the food that we eat. The course aims to include discussions that are relevant for adults working with infants, toddlers and preschoolers, although much of the curricular design component of this course targets toddlers and pre-schoolers. The course examines how food can be used as a medium to support learning across developmental domains and curricular areas. Besides the theory-based foundations for edible education, the course also emphasises concrete and practical strategies to support learning in classrooms, gardens, kitchens and cafeterias. Guidance is provided on how to set up safe kitchens and gardens for children as well as how to capitalize on existing community resources to create successful food-based programmes that go beyond instructing children the facts about healthy eating. The ultimate aim is for teachers to be able to apply the edible education learnings to their constructivist classroom practice no matter their work environment or context, to nurture in young children a healthy disposition towards eating, being independent, and responsible food-wise.

### **Topics:**

- Defining edible education
- Global history of edible education
- Edible education today: values-focused
- Social and emotional health through edible education
- Physical health, feeding practices and outdoor activities
- Experiential learning
- Collaboration, connection and curriculum design
- The relationship between food and culture
- Facilitating arts exploration through food
- Setting up the kitchen
- Setting up the garden
- Community funds of knowledge and advocacy

### **Textbooks:**

Albon, D., & Mukherji, P.: Food and Health in Early Childhood: A Holistic Approach (eText) 2008  
SAGE

ISBN-13: 9781473902930

**Learning Outcome:**

- Defend the guiding values and principles for edible education in the early childhood context
- Discuss ways in which to nurture children's development through the medium of food
- Examine the role of early childhood educators in facilitating inclusive food-based learning experiences
- Examine the importance of edible education and research-based feeding practices
- Employ edible education strategies to support learning across a range of domains and sub-domain areas
- Develop edible education programmes appropriate for the context and culture of local communities

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	PRE-COURSE QUIZ 1	5
	TUTOR-MARKED ASSIGNMENT 1	40
	DISCUSSION BOARD 1	5
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>