



Lifelong  
Learning  
Programme



# Modern Technology

WITH-CH Project

Project Number:-LLP-  
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**WOMEN'STEC**



# Introduction



The aim of this syllabus is to guide the students towards navigating modern technologies to the best of their advantage to find out about healthy food.

The internet already empowers our students with unprecedented educational access in ways that we could never have foreseen as teachers in training. The question is - how are we teaching them to use that power?





# Course content



- A presentation on how the pros and cons of using technology can enhance learning activities.
- Workshop discussions about impact of technology
- Roundtable group talks about how technology affects our learning capacity in today's society.
- How we can use technology safely and correctly when learning about healthy diets.
- Tips and hints on getting the most out of modern devices.

# Pros of Technology

- By the combination of technology and education, there is a commensalism happening. The application of technology enhances the students' interest and intimacy towards their lessons through engaging themselves with recorded video tutorials and virtual field trips.
- The use of technology does not only apply to students but also to teachers. Instructions given to the pupils and lesson plans to be covered can be done easily through presentations and recorded tutorials.

# Pros of Technology (cont'd)

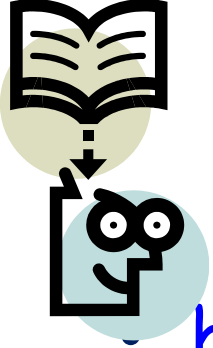
- Technology has facilitated younger minds to develop researching skills. Broadened learning skills regarding certain topics that interest the students are the product of exploration. Furthermore, students can study their lessons anywhere at any time through online surfing or reading presentation prepared by their instructor.
- Students can improve their skills in using computers that will aid in efficient learning through the web. Many companies make use of computers for business and transaction purposes. This will serve as an opportunity for those trained students to engage in computer-related work.

# Cons of Technology

- When technology is misused, it can lead to environmental degradation and even the destruction of the human race. It also increases the gap between developed and third-world countries.
- Access to technology is often limited to those who can afford it. Access to technology determines educational outcomes, for example students who have access to the internet at home can submit more informative assignments. Lack of access to technology because of poverty or isolation can entrench disadvantage.

# Cons of Technology (cont'd)

- Although technology has greatly contributed to the easiness of attaining quality education, students that rely dominantly on technology can bring out laziness in themselves. Taking down notes during class discussion is an important habit to maintain.
- Even a minimal technological assistance is very expensive. The more demanding the technology is, the more finance is necessary to keeping the technology running continuously.



# Recommended Readings

- <http://www.shape.com/lifestyle/mind-and-body/5-digital-coaches-help-you-reach-your-health-goals>
- <http://www.cnet.com/how-to/staying-healthy-with-technology/>
- <http://www.england.nhs.uk/2014/11/13/leaders-transform/>
- <http://lsecities.net/media/objects/articles/healthy-people-in-modern-cities/en-gb/>
- <http://www.familytimes.co.nz/articles/pros-cons-modern-technology-todays-kids/>