



Lifelong
Learning
Programme



WOMEN'STEC
Enabling women into non-traditional employment

Using Modern Technology to increase student's knowledge of Healthy Diet

I) Introduction

The aim of this syllabus is to guide the students towards navigating to modern technologies to the best of their advantage to find out about healthy food. Modern Technology is a natural part of students' lives and for many of them it has been that way since before they could walk. It's their natural environment for watching movies and TV programmes, accessing music, communicating with friends and organising their daily lives. It's not surprising that these digital natives don't consider online learning as such a risky venture. 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?

Target Group- Teachers and students

Duration- 4 hours

Useful links: -

<http://www.ncbi.nlm.nih.gov/pubmed/19453662>

<http://getfitgetlife.org/2012/08/04/technologys-role-in-a-healthy-lifestyle/>

<http://www.webmd.com/mental-health/addiction/features/when-technology-addiction-takes-over-your-life>

<http://www.shape.com/lifestyle/mind-and-body/5-digital-coaches-help-you-reach-your-health-goals>

ii) Course overview and objectives

- Understand impact of technology on children
- Pros and cons of modern technology on healthy food
- To enhance students learning experience within technology.

iii) Content of course

1. PowerPoint presentation

An overview what the course entails. A presentation on how the pros and cons of using technology can enhance learning activities.

2. Workshop discussions about impact of technology

Round the table group talks about how we think technology effects the learning capacity in today's society.

3. How we can use technology safety and correctly when learning about healthy diets.

Tips and hints on getting the most out of modern devices.

iv) Learning Activities

- Workshops
- Presentations
- Dialogues.

v) Recommendations

<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/>