

Exploration on Teaching Reform of Nutrition and Health Course in Higher Vocational Colleges

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Abstract: “Nutrition and health” belongs to the specialty of nutrition, is a medical fringe science discipline, to cultivate the ability to evaluate, manage and guide human nutrition and dietary nutrition. This article will explore the teaching content, teaching methods, homework and other teaching contents of this course, and put forward some suggestions.

Keywords: Higher vocational colleges; Nutrition and Health; Curriculum teaching reform

Introduction:

The course “Nutrition and Health” is mainly to train students to apply the knowledge about nutrition and health into real life; To carry out dietary nutrition guidance to prevent common and nutrition-related chronic diseases; Applied higher vocational and technical personnel with the ability to investigate and analyze dietary nutrition status, design and evaluate the development of nutritious food. It can be seen that this course is widely used in practice, and the traditional course arrangement is no longer suitable for modern teaching. Therefore, this paper carries out reform of the teaching of this course to facilitate students’ application in practice.

1. The goal of teaching reform of Nutrition and Health course in higher vocational colleges

1.1 Conform to the development of modern education

In order to adapt to the development of modern education and give students a better education, any curriculum needs to be reformed constantly.

The reform of “nutrition and health” can not only help teachers to update the teaching content, so that the knowledge taught by teachers can be close to modern life, convenient for students to learn and understand; In addition, it can help students stimulate their interest in learning, strengthen their understanding of life and diet, facilitate students to find suitable jobs after graduation, and quickly adapt to social life. Therefore, it can be seen that the reform of “nutrition and health” curriculum conforms to the development of modern education and is conducive to the development of modern education.

1.2 Strengthen students’ understanding of learning

In modern education, students’ thinking and knowledge are constantly updating. Facing this situation, only by updating teaching methods can students strengthen their understanding and learn more knowledge.

In learning “nutrition and health” course, modern students and the original students have different concerns, in this case, we must change the focus of teaching content and teaching methods, to find a teaching method to adapt to modern students, so that students are willing to learn, learn fast, flexible application after learning.

2. Contents of teaching reform of Nutrition and Health in higher vocational colleges

2.1 Optimize teaching content and improve teaching efficiency

2.1.1 Determine the teaching content with the goal of improving the quality of talents

In the process of optimizing the teaching content of this course, it is necessary to combine the hot, key and difficult topics of the current diet life, so that students can solve the problems related to diet in daily life through learning theoretical knowledge, effectively

apply the theoretical knowledge to daily life, improve the knowledge quality of students, so that students can successfully find a job in the corresponding major after graduation.

2.1.2 Connect with hot life issues to stimulate students' interest in learning

Interest is the best teacher. Since the course Nutrition and Health is very close to life, teachers can effectively make use of hot topics about diet in life, which are closely related to People's Daily life. Find relevant hot topics and use them as examples of specific knowledge. It not only allows students to have a certain sense of participation in the learning process, but also facilitates students to learn and understand. Through teachers' teaching, students can analyze professional knowledge, so as to stimulate students' interest in learning, so as to improve students' performance and teachers' teaching level.

2.2 Improve teaching methods and promote teaching results

2.2.1 Make full use of modern teaching means to improve teaching effect

The basic content of Nutrition and Health has a long change cycle, but the content related to nutrition and health in real life is updated very fast. In the teaching process, teachers need to learn and apply relevant content in real life from time to time, so it has a certain dependence on multimedia teaching, so as to improve students' performance. Improve the teaching effect of teachers.

2.2.2 Classroom teachers actively interact with students to mobilize the classroom atmosphere

In the course of Nutrition and Health, teachers can also choose to use the teacher-student interaction teaching method to improve the teaching effect. Due to the particularity of this course, it is very close to real life. Many professional theoretical knowledge in books can be seen everywhere in real life, which is convenient for students to understand and remember. Therefore, it is very convenient and effective for teachers to adopt teacher-student interactive teaching method in class.

2.3 Reform homework mode and improve learning efficiency

2.3.1 Homework reform in class

In the course "Nutrition and Health", the knowledge points are relatively boring, the teaching content will make many students not interested, the teaching effect is not so good. In the teaching process, if different homework is designed for different knowledge points, students must listen to the class carefully when facing the homework, in order to solve the homework, through such effective interaction, not only improve the teaching effect of teachers, but also reduce the pressure of students' homework.

2.3.2 Nutritional status survey

In daily life, the topic of overnutrition is often heard, and the problems caused by overnutrition are gradually increasing. Faced with this situation, when learning this course, the teacher can ask students to investigate the nutritional status, which is convenient for students to apply the knowledge learned in the textbook into practice, and also let students understand the current nutritional status of people.

After class, there are homework about investigation. Teachers can use the collective investigation method to group students into different groups to investigate the nutritional status of different groups, and then communicate and discuss in class in groups, so as to reduce the difficulty of investigation, enhance the cooperation ability of students, and increase the content of students' learning. After the investigation, the nutritional status of modern residents can be analyzed and discussed, and reasonable suggestions can be given for the existing nutritional problems.

2.3.3 Healthy recipe design

With the continuous improvement of people's living standards, people are more and more in favor of nutritious and reasonable healthy recipes. In the face of the pursuit of healthy recipes in the diet circle, teachers can assign relevant homework after class, asking students to investigate health-related food on the basis of the knowledge in class, design relevant recipes according to the knowledge they have learned, and explain the significance of food collocation, so as to consolidate the knowledge they have learned in the textbook and achieve the teaching effect of applying what they have learned.

2.3.4 Nutrition publicity consultation

When assigning homework for this course, we can also close to real life and find some hot topics as homework assignment, which can not only arouse students' interest, but also facilitate students' investigation. Students can make full use of their professional knowledge to help students around or others answer questions about nutrition, and can organize students to publicize nutrition related topics, so that more people understand nutrition knowledge and improve people's quality of life.

3. The significance of the teaching reform of Nutrition and Health in higher vocational colleges

3.1 Improve the teaching efficiency of the school

With the development of The Times, the progress of teaching and the popularization of modern education, many courses need to be reformed to adapt to the new practical requirements. Through the reform of the teaching content, teaching method and homework of Nutrition and Health, the teaching efficiency has been greatly improved, which is conducive to the course adapting to modern education and providing students with more efficient and useful learning methods.

3.2 Enhance students' understanding ability

In order to adapt to the development of modern education, the only way to reform curriculum education, teaching content and real life closely combined, so that students more convenient contact, easier to understand, more convenient memory, so as to enhance students' understanding ability. By enhancing students' understanding ability, this course can give full play to its real strength and reflect the real value of this course, which can not only help students to complete the learning content of this course more smoothly, but also help students to better career development.

Conclusion:

Through the reform and exploration of the teaching content, teaching method and operation mode of the course "Nutrition and Health", this article makes the teaching content closer to life and combines with the practice content, which is more conducive to the cultivation of talents. Through the reform and exploration of teaching methods, say goodbye to traditional teaching methods and use modern teaching methods, so that teachers can actively interact with students in class, fully mobilize the classroom atmosphere, so that learning is no longer boring; For homework reform exploration, from the practical application, based on the learning situation of students, so that students can consolidate the knowledge through homework. For the reform and exploration of this course, this paper explores the reform with all aspects and multiple angles, so as to truly realize the reform of "nutrition and health" course.

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