

# *Research on Teaching Design of Nutrition and Food Hygiene from the Perspective of Curriculum Ideology and Politics*

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**Abstract:** In the context of ideological and political education in the curriculum, based on the characteristics and teaching status of nutrition and food hygiene courses, the ideological and political elements in nutrition and food hygiene courses are excavated and organized. Combined with the latest progress in social development and technological innovation, the ideological and political elements of the curriculum are integrated. Through teaching methods such as case analysis, hot topic discussions, and current affairs comments, ideological and political education is integrated into the nutrition and food hygiene courses. For this purpose, this article will conduct relevant research and propose teaching design suggestions for nutrition and food hygiene from the perspective of curriculum ideology, hoping to provide reference and assistance.

## 1. Introduction

Curriculum ideological and political education is an organic combination of ideological and political education and professional knowledge education, which is a comprehensive, comprehensive, and comprehensive ideological and political work. Integrating ideological and political education into the teaching of nutrition and food hygiene courses can help students establish a correct outlook on life, values, and the world, enhance their sense of responsibility and mission towards the country and society, and improve their overall quality. By reforming and innovating the course content, teaching methods, and teaching methods, integrating ideological and political education elements into the ideological and political education of the course, the teaching quality of nutrition and food hygiene courses can be improved. Through the infiltration of ideological and political courses, students' enthusiasm and initiative in learning have been improved, their ability to analyze, solve problems, and self-development has been improved, and their comprehensive and professional qualities have been cultivated, laying a solid foundation for future careers in related industries.

## **2. The importance of ideological and political teaching design in nutrition and food hygiene courses**

Firstly, integrating ideological and political education into the teaching of nutrition and food hygiene courses is beneficial for cultivating students' patriotism, responsibility, and mission awareness. By combining ideological and political education with professional knowledge education, ideological and political elements are integrated into professional knowledge, and the learning of professional knowledge drives the integration of ideological and political elements, enhancing students' interest and enthusiasm in learning related professional knowledge[1].

Secondly, integrating ideological and political education into the teaching of nutrition and food hygiene courses can guide students to understand the latest developments in food safety at home and abroad, analyze the causes of food safety incidents, and propose preventive measures. It can also guide students to pay attention to the development needs of the country, society, and industry, enhance their sense of social responsibility and mission, and strengthen their ideal belief in building socialism with Chinese characteristics and realizing the great rejuvenation of the Chinese nation[2].

In addition, the goal of the ideological and political curriculum is to cultivate professional talents with comprehensive development, patriotism, and social responsibility. It should not only focus on the cultivation of students' professional knowledge and skills, but also cultivate students' correct outlook on life, values, and the world. Therefore, during the teaching process, teachers should fully explore the ideological and political elements contained in the curriculum and integrate them into the teaching content, achieving the integration of professional knowledge and ideological and political education, and achieving the goal of cultivating talents and educating people[3].

## **3. Suggestions for teaching design of nutrition and food hygiene based on ideological and political education in the course**

### **3.1. Preliminary introduction, explaining the relationship between nutrition, food hygiene, and ideological and political education**

At the beginning of classroom teaching, teachers can guide the class in a relatively short period of time, during which they can explain the relationship between nutrition, food hygiene, and ideological and political education. They first help students establish preliminary concepts for subsequent teaching work. The relationship between nutrition and food hygiene and ideological and political education is as follows: firstly, "Nutrition and Food Hygiene" is a compulsory course for the major of food quality and safety, which belongs to the field of food hygiene and nutrition and involves the basic theoretical knowledge and skills of nutrition. Therefore, this course is a comprehensive subject that includes content on nutrition, food processing, packaging, transportation, sales, and use. This course is closely related to ideological and political education. It not only enhances students' understanding and application abilities of basic knowledge of nutrition, but also guides them to establish a correct outlook on life, values, and the world; Secondly, nutrition and food hygiene courses involve a large amount of relevant professional knowledge. For example, nutritional analysis is the design of a food based on the nutrients, food ingredients, and dietary combinations required by the human body; Nutritional value evaluation is the process of evaluating different foods to determine whether a particular food has nutritional value; The pollution and control methods of pollutants during food processing are all related to ideological and political education. The course 'Nutrition and Food Hygiene' involves a large amount of safety related content, such as food additives, pesticide residues, heavy metals and other hazardous substances, as well as safety issues such as foodborne diseases and food poisoning; Thirdly, integrating ideological and political education into the teaching of Nutrition and Food Hygiene can cultivate students into composite talents with high professional ethics, strong

sense of social responsibility, and the courage to innovate. Integrating ideological and political education into this course can stimulate students' interest in learning, enable them to have a deeper understanding of the basic knowledge of nutrition, and cultivate their correct values and professional literacy[4-5].

### **3.2. Combining examples to showcase ideological and political elements**

Nutrition and Food Hygiene "is a core course for medical majors. Based on the characteristics of medical students, teachers can combine the life stories of famous Chinese nutrition and food hygiene scientists, achievements in related disciplines, and ideological and political elements advocated and practiced by them when teaching the course content. For example, when introducing the section on "Food Toxicology", it can be combined with the achievements of Chinese scientists in the study of biological toxins. For example, Chinese scientists discovered "chlorpyrifos" in 1956, followed by "tetramine", and by the early 1980s, biological toxins such as "triazole compounds" and "hexachlorocyclohexane" were successively discovered; In the early 1990s, Chinese scientists successively discovered biological toxins such as "clenbuterol" and "melamine"; Finally, microbial toxins such as Salmonella were discovered. By introducing the research process and significant achievements of scientists, students can cultivate their patriotism and national pride, and stimulate their sense of responsibility and mission towards the country and society[6].

### **3.3. Student led and guided teaching**

In the integration of ideological and political education into curriculum teaching, teachers should guide students to learn the knowledge points in the curriculum from multiple aspects, understand the purpose and significance of ideological and political education in the curriculum, improve students' awareness of nutrition and food hygiene professional knowledge, and enhance students' ideological and moral cultivation. Teachers should integrate professional knowledge of nutrition and food hygiene into ideological and political content through case analysis, scenario simulation, discussion and communication, so that students can better understand knowledge through observation, discussion, and communication. While mastering professional knowledge, they should also establish a correct outlook on life, values, and the world. For example, when students are studying the chapter "Food and Disease", teachers can introduce the relationship between food and disease in recent years, let students understand the importance of food to health, and then ask some questions, especially about the physical health status of children and adolescents. Children and adolescents are the most vigorous and critical period for growth and development, and are also prone to various diseases. If you have insufficient or excessive nutrition intake, it can cause harm to your physical health. Therefore, assuming you are already an excellent practitioner, how can you do your best through your own efforts can we change this situation. Through questions, students will think and realize that social groups must attach importance to students' dietary issues. As practitioners, they must ensure food safety and participate in promotional activities related to nutritional diets. When students realize this, it means that their thoughts and values are changing in the right direction[7].

In addition, teachers can also talk about diseases caused by unhealthy dietary habits. This can enhance students' understanding of professional knowledge in nutrition and food hygiene, while stimulating their thinking and exploration of scientific knowledge, social responsibility, humanistic spirit, and other aspects.

### **3.4. Adhere to scientific concepts and use diverse methods for teaching**

By integrating ideological and political education with "nutrition and food hygiene" teaching, not

only can the knowledge system of "nutrition and food hygiene" be improved, but also the integrity of ideological and political education can be ensured. In the process of teaching design, teachers should adhere to scientific concepts, carefully screen and organically integrate ideological and political elements of the curriculum according to the requirements of the teaching syllabus, and actively explore new teaching methods and means [8].

Based on this concept, teachers can consider selecting several methods, as shown in Table 1.

Table 1: Possible teaching methods to consider

Serial Number	Name
1	Case analysis method
2	Situational Teaching Method
3	Project-based teaching method

Through relevant teaching methods, teachers can stimulate students' interest in learning and improve their overall quality and professional abilities in teaching. In the selection of ideological and political elements in the curriculum, it is necessary to fully combine the characteristics of the curriculum knowledge system and extract ideological and political education resources from social hotspots and current events, and guide students to think from multiple perspectives by analyzing relevant events.

### 3.5. Pay attention to the learning situation and do a good job in evaluating ideological and political learning in the curriculum

In the ideological and political education curriculum, the focus of student learning evaluation is on process evaluation, and the main indicators in the evaluation are shown in Table 2.

Table 2: Main indicators for the evaluation of ideological and political learning in courses

Serial Number	Name
1	Achievement
2	Stage test results
3	Class Performance
4	Experimental operation ability
5	Comprehensive ideological and political literacy

Based on Table 2, daily grades include attendance, homework, classroom performance, and experimental skills. Stage tests are mainly evaluated based on students' final exam scores, and experimental operation abilities include experimental reports and open-book exams. In ideological and political education, emphasis is placed on guiding students to discover and solve problems, and improving their ability to analyze and solve problems. By evaluating the learning effectiveness of students, it can stimulate their interest in learning, enhance their enthusiasm and initiative in learning, and cultivate their ability to analyze, solve problems, and develop themselves. The reform and innovation of the ideological and political education model in the curriculum is of great significance for promoting the development of ideological and political education in universities [9-10].

## 4. Conclusion

In summary, guided by the ideological and political concepts of the curriculum, university teachers should continuously optimize teaching methods, combine the characteristics of the courses taught, and from the perspective of moral education, explore the ideological and political elements of the curriculum, and integrate ideological and political education into the teaching of nutrition and food

hygiene courses. Teachers should timely integrate ideological and political education into curriculum teaching based on the actual situation of students and social development, and implement the fundamental task of "cultivating morality and cultivating talents".

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