

CDE A127: HEALTH, SAFETY, AND NUTRITION

Item	Value
Curriculum Committee Approval Date	09/22/2021
Top Code	130500 - Child Development/Early Care and Education
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

Course Description

Introduction to the laws, regulations, standards, policies and procedures and early childhood curriculum related to child health, safety, and nutrition. The key components that ensure physical health, mental health and safety for both children and staff will be identified along with the importance of collaboration with families and health professionals. Focus on integrating the concepts into everyday planning and program development for all children. Formerly known as EC A127. PREREQUISITE: CDE A180 or HMDV A180 or concurrent enrollment. Transfer Credit: CSU. C-ID: ECE 220. **C-ID:** ECE 220.

Course Level Student Learning Outcome(s)

1. Assess strategies to maximize the mental and physical health of children and adults in programs for all young children.
2. Distinguish aspects of quality in programs for young children as related to health and safety.

Course Objectives

- 1. Demonstrate effective strategies for evaluating health and safety policies and procedures.
- 2. Compare and contrast various methods of collaboration with teachers and families to promote health and safety in settings for children ages 0-5.
- 3. Compare and contrast various health assessment tools and policies.
- 4. Identify environmental health and safety risks for children ages 0-5.
- 5. Identify symptoms of common communicable diseases and other health conditions that effect children young children.
- 6. Identify and discuss common health and safety issues in early childhood settings.
- 7. Identify characteristics of abuse and neglect and demonstrate knowledge of mandated child abuse reporting procedures.
- 8. Differentiate the nutritional needs of various ages of children and plan economical and nutritional meals and snacks based on the individual needs of children.
- 9. Write appropriate early childhood curriculum on the topics of health, safety, and nutrition appropriate for families and all children.

- 10. Recognize a caregivers role and responsibility to model good health, safety and nutrition habits.
- 11. Research current health issues related to children and families.
- 12. Review laws and regulations (e.g., Title 22, Title 5, Fire Code) supporting health, safety, and nutrition in childrens programs.

Lecture Content

Promote good health with families, teachers and children involved in culturally linguistically and developmentally appropriate ways Under all conditions utilize developmentally appropriate practices (DCLAP) Conditions affecting childrens health Health appraisals and health assessment tools Communicable and acute illnesses: Identification, the infectious process, and effective control Creating safe environments Safety management for all children Injury prevention and care Considerations for children with special needs, medical needs and interventions Policies and prevention strategies related to child abuse and neglect Common health issues (i.e. obesity, asthma, autism, allergies) Planning for childrens health, safety, and nutrition education Nutrition guidelines Physical fitness Diet analysis Meal time policies Special considerations for infants and toddlers Food safety Menu planning considering culture, tradition and family choices Responsibilities of teacher as role model of best health, safety and nutrition practices Collaboration with health care professionals

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

1. Video and slide lectures to illustrate concepts
2. Paired and small group exercises

Reading Assignments

Assigned reading from text (3-4 hours/week).

Writing Assignments

Assignments (2-3 hours/week) may include: Menu plans Diet analysis Physical fitness curriculum plans Health, safety and nutrition curriculum plans appropriate for children and families Health and safety evaluation of a classroom Article review on current health issues related to children and families. Child health appraisal and assessment

Out-of-class Assignments

Health topic presentation board, playground safety observation, major/minor injury guide, nutrition/snack planning, menu plan (1-2 hours/week).

Demonstration of Critical Thinking

observations, research, class participation and attendance

Required Writing, Problem Solving, Skills Demonstration

Assignments may include: Menu plans Diet analysis Physical fitness curriculum plans Health, safety and nutrition curriculum plans appropriate for children and families Health and safety evaluation of a classroom Article review on current health issues related to children and families. Child health appraisal and assessment

Eligible Disciplines

Child development/early childhood education: Masters degree in child development, early childhood education, human development, home economics/family and consumer studies with a specialization in child development/early childhood education, or educational psychology with a specialization in child development/early childhood education OR bachelors degree in any of the above AND masters degree in social work, educational supervision, elementary education, special education, psychology, bilingual/bicultural education, life management/home economics, family life studies, or family and consumer studies OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Marotz, L... Health, Safety, and Nutrition for the Young Child, 9 ed. Stamford: Cengage, 2015