

Lassen Community College Course Outline

CD 19 Children's Nutrition, Health and Safety

3.0 Units

I. Catalog 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. This course has been approved for online and correspondence delivery.

Recommended Preparation: Successful completion of ENGL105 or equivalent multiple measures placement.

Transfers to CSU only

C-ID ECE 220

51 hours lecture, 102 hours out-of-class, total student learning hours 153

Scheduled: Fall

II. Coding Information

Repeatability: Not Repeatable, Take 1 Time

Grading Option: Graded only

Credit Type: Credit - Degree Applicable

TOP Code: 130500

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Identify health, safety, and environmental risks in children's programs.
2. Assess strategies to maximize the mental and physical health of children and adults in programs for young children in accordance with culturally, linguistically and developmentally appropriate practices
3. Analyze the nutritional needs of children at various ages and evaluate the relationship between healthy development and nutrition.
4. Recall regulation, standards, policies, and procedures related to health, safety and nutrition in support of young children, families and teachers
5. Define the importance of collaboration between families and the community around the issues of health and safety for children

B. Course Objectives

Upon completion of this course the student will be able to:

1. Identify the classes of nutrients and their functions.
2. Formulate a weekly meal pattern for infants, one to three years of age.
3. Prepare a monthly menu for each age group along with the food purchase list.
4. Prepare a sample monthly menu for a particular age group of children, including food-purchasing list.
5. Demonstrate proper sanitation and storage practices in a childcare setting.
6. Prepare and demonstrate a nutrition lesson for children which include a cooking experience.

7. Describe common nutritional concerns, special nutritional problems and community nutrition resources.
8. Identify, through observation, preventative health and safety practices.
9. Critique mock health, safety and nutrition situations and enable to write an effective action plan.
10. Thoroughly investigate a specific health, safety or nutrition topic and be able to give a group presentation on the topic using a visual aid.

IV. Course Content

Under all conditions utilize developmentally appropriate practices (DAP)

- A. Promote good health with families, teachers and children, involved in culturally, linguistically, and developmentally appropriate ways
- B. Conditions affecting children's health
- C. Health appraisal and health assessment tools
- D. Collaborate with health care professionals
- E. Considerations of infant and toddler needs, children with special needs, medical needs, and appropriate interventions
- F. Communicable and acute illnesses: Identification, the infectious process and effective control

Creating Safe environments

- A. Safety management for all children
- B. Injury prevention and care
- C. Considerations for children with special need, medical needs and interventions
- D. Policies and prevention strategies related to child abuse and neglect
- E. Common health issues(i.e. obesity, asthma, autism, allergies)
- F. Planning for children's health safety and nutrition education

Nutrition Guidelines

- A. Diet analysis, meal time policies, food safety, and menu planning taking into consideration culture, tradition and family choices
- B. Physical fitness

V. Assignments

A. Appropriate Readings

Students will be expected to read college level material which includes the textbook, supplemental reading assignments, and professional journals.

B. Writing Assignments

Written assignments will include critiques of journal articles and written essay assignments on specific topics.

C. Expected Outside Assignments

Outside assignments will include reading and writing assignments and reports related to the subject matter.

D. Specific Assignments that Demonstrate Critical Thinking

Critical thinking will be demonstrated through critiques of journal articles, formulation of a visual aid that demonstrates good health practices, written and oral discussions.

VI. Methods of Evaluation

Traditional Classroom Delivery

- A. Exams (objective and essay) that demonstrate student's ability to define, analyze, and apply basic principles of health, safety, and nutrition in the classroom and at home

- B. Papers and essays demonstrate student's ability to recognize key concepts in the areas of health, safety and nutrition and formulate plans for promoting health, implementing safety practices, and developing nutritionally sound menu plans for children
- C. Peer and instructor evaluation of participation and content of group projects analyzing the most challenging aspects of health, safety and nutrition issues in the classroom.

Correspondence Delivery

Same as face to face with the exception of the desired use of proctored exams and exclusion of participation in classroom activities. Students will be expected to complete assignments and activities equivalent to in-class assignments and activities. Written correspondence and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

Online Delivery

Same as face-to-face instruction with the addition of asynchronous and synchronous discussions, online quizzes and exams. Students will be expected to complete assignments and activities equivalent to in-class assignments and activities. Electronic communication and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

Hybrid Delivery

All quizzes and exams will be administered during the in person class time. Students will be expected to complete online assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

- Traditional Classroom Delivery**
- Correspondence Delivery
- Hybrid Delivery
- Online Delivery

Traditional Classroom Delivery

Lecture, discussion, student presentation, and appropriate audio visual material.

Correspondence Delivery

Assigned readings, instructor-generated typed handouts, typed lecture materials, exercises and assignments equal to face to face instructional delivery. Written correspondence and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

Online Delivery

Assigned readings, online-delivered instructor-generated written activities, lecture material, exercises, and assignments. Web-links to relevant websites and exercises may be used to supplement instructor-generated lecture material. Student and instructor

participation in forum-based discussions. Electronic communication and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

Hybrid Delivery

A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 17 hours, or 1/3 of the lecture hours, will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

VIII. Representative Texts and Supplies

Health, Safety, and Nutrition for the Young Child; Lynn R. Marotz, 2020, Cengage, ISBN: 9780357040775

IX. Discipline/s Assignment

Child Development / ECE, Health

X. Course Status

Current Status: Active

Original Approval Date: 6/1/1990

Revised By: Laura Greer

Curriculum/Academic Standards Committee Revision Date: 10/17/2023