

# 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, hybrid 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

Scheduled: Fall (even)

### 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 Evaluation**

- 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 the 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 Evaluation**

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 Evaluation**

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 Evaluation**

A combination of traditional classroom and online instruction will be utilized, such as 1) Traditional classroom: 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. 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, menu plan for children. 2) Online: Asynchronous and synchronous discussions, online quizzes and exams. Students will be expected to complete assignments and activities equivalent to in-class assignments and activities.

**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 Television 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**

Each semester a minimum of 17 hours will be taught face-to-face by the instructor and the other 34 hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of lectures, visual aids, and group presentations. Online delivery will consist of participation in forum-based discussions and posts, web links, email communications, lecture posts, and online lectures.

**VIII. Representative Texts and Supplies**

Robertson, Cathie, *Safety, Nutrition and Health in Early Education*, 6th edition, 2016, Cengage Learning, ISBN: 9781305088900

**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: 10/20/2020