



Division:	Science/Mathematics	Area:	Early Childhood Development
Course Number:	ECDV 150	Course Name:	Nutrition, Health & Safety for Early Childhood Education
Prerequisite:	ENGL 090 and RDG 090 or qualifying scores on ACT or COMPASS tests		
Corequisite:	NONE		
Hours Required:	Class: 45	Lab: 0	Credits: 3

Course Description/Purpose

Best practices in health, safety and nutrition are presented. Students develop specific competencies in these areas including establishing and maintaining a healthy, safe child care program, planning nutritional meals and snacks and teaching children and their parents about health, safety, and nutrition. Communicable diseases, government-funded child/family food and nutrition programs, playground and toy safety and resources for the child care provider are included.

Major Units

- Infection Control and Sanitary Practices in Child Care
- Health Policies
- Creating Safe Environments Indoors and Outdoors
- Emergency Response Procedures
- Menu Planning
- Curriculum Planning for Safety, Health, and Nutrition

Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

- Cognitive** Each student will be expected to *Identify/Recognize*. . .
- common risks or potential hazards in the child care environment
 - developmental delays, signs of abuse, disabilities, and other possible health problems
 - assess a child's health status using health appraisal tools
 - signs and symptoms of infectious diseases and illness in children using common primary indicators
 - plan of action for the isolation of children who might be contagious
 - proper procedures for responding to emergencies
 - promote good nutrition in child care
 - nutritional policies to aid in menu planning, food selection and food preparation

Performance Each student will be expected to *Demonstrate/Practice*. . .

- write safety policies based on licensing regulations to protect children from harm
- promote the use of safety practices in the child care environment
- anticipate, modify and monitor the environment to minimize risk
- knowledge of basic emergency response procedures
- the use of nutritional guidelines in providing adequate nutrition for growth and maintenance of health
- how to identify infectious diseases and know when to exclude children from care
- how to prevent the spread of infectious disease