EASTERN ARIZONA COLLEGE  
Health, Safety, and Nutrition  
Course Design  
2013-2014

Course Information  
Division: Social Sciences  
Course Number: ECE 105  
Title: Health, Safety, and Nutrition  
Credits: 3  
Developed by: JoAnn Morales  
Lecture/Lab Ratio: 3 Lecture/0 Lab  
Transfer Status:  
<table>
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<th>ASU</th>
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<td>(ECD 220 (2) &amp; Elective Credit (1)) OR NTR Dept Elective (3)</td>
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Activity Course: No  
CIP Code: 13.1210  
Assessment Mode: Pre/Post Test (75 Questions/75 Points)  
Semester Taught: Fall  
GE Category: None  
Separate Lab: No  
Awareness Course: No  
Intensive Writing Course: No

Prerequisites:  
None

Educational Value  
This course will be helpful to students who are interested in providing childcare in a home environment, a childcare center, private preschools, and early education careers. The information provided is based on current theories and research. Early childhood educators, administrators, advocates, and parents will find practical information that can be put to immediate use to promote the highest-quality care and education possible for children.

Description  
Nutrition education, menu planning, childhood diseases and illness, and sanitation and safety in group settings will be introduced. Protecting the health and safety of young children and promoting the development of lifelong health habits. Communication with health professionals and parents on health, safety, and nutrition issues will be included for children birth through age eight.
Supplies
None

Competencies and Performance Standards
1. Demonstrate an understanding of children's well-being.
   
   Learning objectives
   
   What you will learn as you master the competency:
   
   a. Discuss health, safety and nutrition and the interdependent relationship.
   b. Promote healthy lifestyles.
   c. Discuss the importance of daily health observations and observations as a screening tool.

   Performance Standards
   
   Competence will be demonstrated:
   
   o in the completion of selected activities
   o in the completion of a chapter test

   Criteria - Performance will be satisfactory when:
   
   o learner participates in discussions and activities assigned.
   o learner provides acceptable written responses to questions.

2. Develop processes to assess children's health.

   What you will learn as you master the competency:
   
   a. Describe how teachers can use information in children's health records to improve learning.
   b. Identify and describe five screening procedures that can be used to assess children's health.

   Performance Standards
   
   Competence will be demonstrated:
   
   o in the completion of selected activities.
   o in the completion of a chapter test

   Criteria - Performance will be satisfactory when:
   
   o learner participates in discussions and activities assigned.
   o learner provides acceptable written responses to questions.


   Learning objectives
   
   What you will learn as you master the competency:
   
   a. Explain why it is important for teachers to have an understanding of common chronic diseases and medical conditions that affect children's health.
   b. Discuss why some chronic conditions are difficult to identify in children.
   c. Name and describe the symptoms and management strategies for common medical conditions that children may experience.
Performance Standards
Competence will be demonstrated:
- in the completion of selected activities.
- in the completion of a chapter test
Criteria - Performance will be satisfactory when:
- learner provides acceptable written responses to questions.
- learner participates in discussions and activities assigned.

4. Provide and maintain a safe indoor and outdoor environment for the children in your care.

Learning objectives
What you will learn as you master the competency:

- Clarify how to provide both challenge and safety for children.
- List the features of high quality programs.
- Describe basic guidelines for safe environments.
- Understand the importance of Licensing.

Performance Standards
Competence will be demonstrated:
- in the completion of selected activities.
- in the completion of a chapter test
Criteria - Performance will be satisfactory when:
- learner provides acceptable written responses to questions.
- learner participates in discussions and activities assigned.

5. Demonstrate knowledge of the procedures for dealing with emergencies that might occur in an early childhood program and the steps to be prepared for such emergencies.

Learning objectives
What you will learn as you master the competency:

- Review and become familiar with the program’s written policies and procedures for accidents, illnesses, and emergencies.
- List the materials, books obtained to use as quick guides for dealing with emergencies.
- Beware of the location of first aid kits, emergency numbers and information for the children in the program.
- Define unintentional injury.
- Understand the importance of risk management and preventive measures.
- Create a system for keeping children’s emergency information readily available.

Performance Standards
Competence will be demonstrated:
- in the completion of selected activities.
- in the completion of a chapter test
Criteria - Performance will be satisfactory when:
- learner provides acceptable written responses to questions.
- learner participates in discussions and activities assigned.
6. Demonstrate an understanding of the indications of possible child abuse and neglect, and the procedures to follow if child abuse or neglect is suspected.

Learning objectives
What you will learn as you master the competency:
- a. Discuss the importance of being knowledgeable about child abuse and neglect.
- b. Understand the difference between discipline and punishment.
- c. Understand the difference between abuse and neglect.
- d. Review the state’s regulations regarding the reporting of child abuse or neglect.
- e. List protective measures for programs and teachers.

Performance Standards
Competence will be demonstrated:
- in the completion of selected activities.
- in the completion of a chapter test

Criteria - Performance will be satisfactory when:
- learner provides acceptable written responses to questions.
- learner participates in discussions and activities assigned.

7. Provide opportunities for the children and parents to learn and practice safety concepts and skills.

Learning objectives
What you will learn as you master the competency:
- a. Understand the importance of family involvement in health and safety education.
- b. Determine the role of teachers in-service in health and safety education.

Performance Standards
Competence will be demonstrated:
- in the completion of selected activities
- in the completion of a chapter test

Criteria - Performance will be satisfactory when:
- learner provides acceptable written responses to questions.
- learner participates in discussions and activities assigned.

8. Define basic nutrition principles.

Learning objectives
What you will learn as you master the competency:
- a. Outline the steps required to evaluate the nutrient content of a meal or meals.
- b. Use the Dietary Guidelines for Americans to achieve your personal nutritional goals.
- c. Classify foods according to “Choose My Plate”.
- d. Identify nutrient strengths that provide energy, promote growth, and regulate body functions.
- e. Evaluate the nutritional quality of a food from its package label.

Performance Standards
Competence will be demonstrated:
9. **Understand basic feeding principles used for infant, toddler, and young children.**

**Learning objectives**

*What you will learn as you master the competency:*

a. Discuss the advantages of breastfeeding.

b. Describe the proper way to feed an infant.

c. Describe ways to feed the breast-fed infant in a child care setting.

d. Name recommended safe foods to use as first semi-solid foods.

e. Evaluate nutrient contributions of different types of commercial baby food and make appropriate choices.

**Performance Standards**

*Competence will be demonstrated:*

- in the completion of selected activities.
- in the completion of a chapter test

*Criteria - Performance will be satisfactory when:*

- learner provides acceptable written responses to questions.
- learner participates in discussions and activities assigned.

10. **Plan nutritious and economic meals for young children**

**Learning objectives**

*What you will learn as you master the competency:*

a. Identify the criteria for adequate menus for young children.

b. Describe where information can be obtained regarding licensing requirements for food and nutrition services.

c. Plan meals and snacks for toddlers, preschoolers, and school-aged children that meet their nutritional requirements.

d. Outline a simple cost control plan.

**Performance Standards**

*Competence will be demonstrated:*

- in the completion of selected activities.
- in the completion of a chapter test

*Criteria - Performance will be satisfactory when:*

- learner provides acceptable written responses to questions.
- learner participates in discussions and activities assigned.
11. Understand the importance of food safety.
   
   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. State aspects of personal hygiene that relate to food safety.
   b. Describe methods of sanitizing food preparation areas and equipment.
   c. Explain how to prevent contamination of food.
   d. Cite examples of food-borne illnesses.

   **Performance Standards**
   
   *Competence will be demonstrated:*
   
   o in the completion of selected activities.
   o in the completion of a chapter test

   *Criteria - Performance will be satisfactory when:*
   
   o learner provides acceptable written responses to questions.
   o learner participates in discussions and activities assigned.

12. Develop strategies for implementing nutrition education concepts and activities.

   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. Identify the primary goal of nutrition education for young children.
   b. List four basic topics important to nutrition education.
   c. Explain the various roles that teachers play in children’s nutrition education.
   d. Describe four ways that nutrition education activities contribute to child development.
   e. Describe the general safety principles that must be observed in planning children’s nutrition education activities.

   **Performance Standards**
   
   *Competence will be demonstrated:*
   
   o in the completion of selected activities.
   o in the completion of a chapter test

   *Criteria - Performance will be satisfactory when:*
   
   o learner provides acceptable written responses to questions.
   o learner participates in discussions and activities assigned.

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**Types of Instruction**

Direct instruction
Discussion
Collaborative Group Projects
Multi-Media Presentations
Grading Information

Grading Rationale
Grades will be determined with the following criteria being considered.
Class attendance / participation - Weight - 5%
Assignments – Weight - 45%
Examinations / tests - Weight - 35%
Post Test 15%
A pre and post test will be given. Pre-test will not count.

Grading Scale
A   90% - 100%
B   80% - 89%
C   70% - 79%
D   60% - 69%
F   Below 60%