



ILLINOIS VALLEY COMMUNITY COLLEGE

COURSE OUTLINE

DIVISION: Humanities, Fine Arts, and Social Sciences

COURSE: ECE 1005 Health, Safety and Nutrition

Date: Fall 2022

Credit Hours: 3

Complete all that apply or mark "None" where appropriate:

Prerequisite(s): None

Enrollment by assessment or other measure? Yes No

If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): None

Consent of Instructor: Yes No

Delivery Method: **Lecture** **3 Contact Hours** (1 contact = 1 credit hour)
 Seminar **0 Contact Hours** (1 contact = 1 credit hour)
 Lab **0 Contact Hours** (2-3 contact = 1 credit hour)
 Clinical **0 Contact Hours** (3 contact = 1 credit hour)
 Online
 Blended
 Virtual Class Meeting (VCM)

Offered: **Fall** **Spring** **Summer**

CATALOG DESCRIPTION and IAI NUMBER (if applicable):

This course provides an overview of the health, safety and nutritional needs of young children and early childhood practices to ensure children's well-being in group settings. Content includes roles and responsibilities of adults in meeting children's needs, the promotion of healthy lifestyle practices, understanding common childhood illnesses and injuries, meeting health, nutrition, and safety standards, and planning nutritionally appropriate meals.

ACCREDITATION STATEMENTS AND COURSE NOTES:

Content and assessments aligned to Gateways ECE Competencies.

COURSE TOPICS AND CONTENT REQUIREMENTS:

Interrelationship of Health, Safety and Nutrition

Health of the Young Child: Maximizing the Child's Potential; Promoting Good Health; Health Appraisals; Health Assessment Tools; Conditions Affecting Children's Health; The Infectious Process and Effective Control; Communicable and Acute Illness: Identification and Management

Safety for the Young Child: Creating Quality Environments; Safety Management; Management of Injuries and Acute Illness; Child Abuse and Neglect; Planning for Children's Health and Safety Education

Foods and Nutrients: Basic Concepts; Nutritional Guidelines; Nutrients That Provide Energy; Nutrients That Promote Growth of Body Tissue; Nutrients That Regulate Body Functions

Nutrition and the Young Child: Infant Feeding; Feeding the Toddler and Preschool Child; Planning and Serving Nutritious and Economical Meals; Food Safety; Nutrition Education Concepts and Activities

INSTRUCTIONAL METHODS:

Class discussions

Class presentations

Video, articles, readings

EVALUATION OF STUDENT ACHIEVEMENT:

Personal reflections

Development of learning plans

In-class presentation

Research Health Fair Presentation Gateways ECE Competency Assessment – HSW1-HSW6)

Completion of Mandated Reporter Training

INSTRUCTIONAL MATERIALS:

Textbooks

Health, Safety, and Nutrition Textbook (Open Educational Resource)

Safety, Health, and Nutrition in Early Childhood Education. Version 1.0. Jennifer Paris. OER Publication by College of the Canyons. 2020

Resources

Gateways ECE Competencies and Suggested Roles

Illinois DCFS Part 407 Licensing Requirements

Illinois Professional Teaching Standards (2013)

Council for Exceptional Child (CEC)/Division of Early Childhood (DEC) Standards

NAEYC Professional Standards and Competencies for Early Childhood Educators

Abused and Neglected Child Reporting Act (online training)

LEARNING OUTCOMES AND GOALS:

Institutional Learning Outcomes

1) Communication – to communicate effectively;

- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- 4) Responsibility – to recognize how personal choices affect self and society.

Course Outcomes and Competencies

1. Demonstrate knowledge of basic physical, mental health, nutritional and safety needs of individuals and environmental and curricular policies and procedures supportive of meeting each young child’s needs.

IPTS	ECE Competencies	NAEYC PSCECE
1A, 1B, 1C, 1D, 1E, 1H, 1L, 2A, 2B, 2C, 2D, 2E, 2F, 2G, 2I, 2J, 2N, 2P, 2Q, 3A, 3C, 3D, 3G, 3J, 3K, 3L, 3M, 3O, 3Q, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 4J, 4K 4L, 4M, 4N, 4O, 4P, 4Q, 5A, 5B, 5C, 5D, 5E, 5F, 5I, 5J, 5K, 5M, 5N, 5P, 5S, 6B, 6E, 6J, 7B, 7L, 8A, 8B, 8D, 8E, 8H, 8I, 8J, 8O, 8P, 8Q, 8T, 9I, 9J	HSW2, HSW3, CPD3, CPD4, FCR1	1a, 1b, 1c, 2a, 2b, 2c, 4a, 4b, 4c, 4d, 5a, 5b, 5c, 6b, 6c

2. Demonstrate skills consistently implementing basic health, safety, and nutritional practices and articulate strategies for helping children practice safe behaviors through daily routines and activities.

IPTS	ECE Competencies	NAEYC PSCECE
1D, 1L, 2N, 3O, 4I, 8Q, 9J	HSW2, HSW3	1b, 1c, 2a, 2b, 2c, 4b, 6b

3. Explain and identify ways to maintain a safe environment including: identifying hazards and risks; conducting regular health and safety assessments consistent with regulations and quality standards; and taking corrective action when necessary.

IPTS	ECE Competencies	NAEYC PSCECE
1D, 1L, 2N, 3O, 4I, 8Q, 9J	HSW2, HSW3	1b, 1c, 2a, 2b, 2c, 4b, 6b

4. Identify signs and symptoms and emergency treatment options of childhood diseases and those which might indicate physical, sexual and psychological abuse or neglect, and describe the impact of stress and trauma on children and their families.

IPTS	ECE Competencies	NAEYC PSCECE
1C, 1D, 4G, 4I, 4K, 8P, 9C, 9F, 9L, 9R	HSW1	1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 6b

5. Identify and describe first aid procedures, the proper use of first aid items, record-keeping, and communication to parents and co-workers.

IPTS	ECE Competencies	NAEYC PSCECE
1C, 1D, 2K, 4G, 4I, 4K, 8F, 8H, 8I, 8J, 8K, 8L, 8O, 8P, 8Q, 8R, 8S, 8T, 9C, 9F, 9L, 9N, 9R	HSW1, HSW6	1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 4b, 6b

6. Identify strategies supportive of making food preparation and mealtime a developmentally appropriate learning experience for children.

IPTS 1A, 1B, 1C, 1D, 1E, 1L, 2A, 2E, 2N, 3A, 3C, 3K, 3O, 3P, 4A, 4E, 4F, 4G, 4H, 4I, 4J, 4K, 4L, 4M, 4N, 4P, 4Q, 8G, 8H, 8I, 8K, 8Q, 8S, 9A, 9J	ECE Competencies HSW2, HSW3, HSW5, HSW6, IRE3	NAEYC PSCECE 1b, 1c, 2a, 2b, 2c, 4a, 4b, 4c, 5a, 5b, 5c, 6b
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7. Explain ways to plan culturally responsive, nutritionally sound meals and identify strategies supportive of collaboration with families and health professionals in meeting children’s individual nutritional needs.

IPTS 1C, 1D, 1L, 3O, 4G, 4I, 4K, 8P, 8Q, 9C, 9F, 9J, 9L, 9R	ECE Competencies HSW1, HSW2	NAEYC PSCECE 1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 6b
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8. Provide examples of effective health and immunization record-keeping system.

IPTS 1A, 1B, 1C, 1D, 1E, 2A, 2I, 2N, 4I, 7A, 7C, 7E, 7F, 7G, 7H, 7N, 7O, 7P, 7Q, 7R, 8B, 8F, 8P, 9I, 9J, 9L	ECE Competencies HSW3, OA3	NAEYC PSCECE 1b, 1c, 2a, 2b, 2c, 3b, 4b, 6b, 6c
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9. Identify and describe necessary screening and referral procedures to assess children’s developmental and health status.

IPTS 1A, 1B, 1C, 1D, 1E, 2A, 2I, 7A, 7C, 7E, 7F, 7G, 7H, 7N, 7O, 7P, 7Q, 7R, 8B, 8F, 8P, 9I, 9L	ECE Competencies HSW4, OA3	NAEYC PSCECE 1b, 1c, 2a, 2b, 2c, 3b, 6b, 6c
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