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)
    - 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.

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<th>IPTS</th>
<th>ECE Competencies</th>
<th>NAEYC PSCECE</th>
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<tr>
<td>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</td>
<td>HSW2, HSW3, CPD3, CPD4, FCR1</td>
<td>1a, 1b, 1c, 2a, 2b, 2c, 4a, 4b, 4d, 5a, 5b, 5c, 6b, 6c</td>
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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.

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<td>1D, 1L, 2N, 3O, 4I, 8Q, 9J</td>
<td>HSW2, HSW3</td>
<td>1b, 1c, 2a, 2b, 2c, 4b, 6b</td>
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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.

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<td>HSW2, HSW3</td>
<td>1b, 1c, 2a, 2b, 2c, 4b, 6b</td>
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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.

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<td>HSW1</td>
<td>1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 6b</td>
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5. Identify and describe first aid procedures, the proper use of first aid items, record-keeping, and communication to parents and co-workers.

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<td>HSW1, HSW6</td>
<td>1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 4b, 6b</td>
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6. Identify strategies supportive of making food preparation and mealtime a developmentally appropriate learning experience for children.

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<td>HSW2, HSW3, HSW5, HSW6, IRE3</td>
<td>1b, 1c, 2a, 2b, 2c, 4a, 4b, 4c, 5a, 5b, 5c, 6b</td>
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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.

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<td>HSW1, HSW2</td>
<td>1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 6b</td>
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8. Provide examples of effective health and immunization record-keeping system.

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<td>HSW3, OA3</td>
<td>1b, 1c, 2a, 2b, 2c, 3b, 4b, 6b, 6c</td>
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9. Identify and describe necessary screening and referral procedures to assess children’s developmental and health status.

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