

**I. COURSE INFORMATION**

- A. Early Childhood Education 103 Child Health, Safety, and Nutrition
- B. 3 credit hours
- C. Sorte, Daeschel, and Amador. *Nutrition, Health and Safety for Young Children: Promoting Wellness*. 4<sup>th</sup> ed. Boston: Pearson, 2021
- D. Prerequisites: None

**II. COURSE DESCRIPTION**

The student will develop an understanding of the basic factors which affect the health, safety and nutrition of young children. Current state regulations and national standards will be examined.

**III. LEARNING OUTCOMES** (CDA1-30 hours, CDA2-5 hours, CDA4-5 hours, CDA5-5 hours)

- A. Design and implement educational experiences which demonstrate principles of health, safety, and nutrition for young children
- B. Identify and apply current nutritional and food safety guidelines for young children
- C. Identify and apply current safe sleep and sleeping guidelines for young children
- D. Describe the signs of child abuse and neglect, including abusive head trauma, and identify the information needed and methods required in reporting instances of abuse to appropriate authorities
- E. List and describe the environmental elements that contribute to the physical and psychological well-being of children
- F. Describe management and prevention methods to reduce chronic and communicable illnesses and biological hazards
- G. Discuss the elements of emergency preparedness
- H. Identify strategies to increase family awareness of the health, safety and nutritional needs of children

**IV. MAJOR CONTENT AREAS**

- A. Promoting children's health: healthy lifestyles and health concerns
- B. Keeping children safe
- C. Foods and nutrients: basic concepts
- D. Nutrition and the young child

**V. ASSIGNMENTS** (may include but are not limited to)

- A. Reading assignments
- B. Application assignments
- C. Discussions
- D. Quizzes and exams

**VI. EVALUATION METHODS** (may include but are not limited to)

- A. Attendance and participation
- B. Assignments
- C. Discussions
- D. Quizzes
- E. Projects