

# HDEV 0007 - HEALTH, SAFETY, AND NUTRITION

## Catalog Description

Formerly known as HDEV 6 and 8

Hours: 54 lecture

Description: Laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in early childhood settings. Includes prevention strategies, nutrition, and meal planning for various ages and planning educational experiences integrated into daily routines designed to teach children positive health, safety, and nutrition habits. (C-ID ECE 220) (CSU)

## Course Student Learning Outcomes

- CSLO #1: Describe strategies used to promote health, safety, and nutrition of children and adults in early childhood settings.
- CSLO #2: Evaluate environments for both positive and negative impacts on children's health and safety.
- CSLO #3: Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in early childhood settings.

## Effective Term

Fall 2018

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

1. Define the broad concepts of health, safety, and nutrition.
2. Identify laws and regulations supporting health, safety, and nutrition in early childhood settings.
3. Identify health and safety risks in early childhood settings.
4. Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
5. Plan economical and nutritious meals and snacks based on the age and individual needs of children.
6. Plan learning experiences on the topics of health, safety, and nutrition.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: Students will discuss ways to prepare healthful meals for children, while considering their particular cultural backgrounds that influence eating habits.
- Essay Examinations
  - Example: Students will be given a specific topic in health, nutrition, and safety and asked to write to these topics. Instructor will develop a rubric including main points to be covered.
- Objective Examinations
  - Example: Objective exams will consist of multiple choice questions on topics of health safety and nutrition. Responses will be deemed correct or incorrect by instructor developed key. Example question: Which of the following are considered a more common health issue? A Pink Eye, B. Lice, C. Runny Nose
- Problem Solving Examinations
  - Example: Student will write a plan for how a lactose intolerant child can meet calcium needs. Rubric Grading.
- Projects
  - Example: Groups may be assigned one or more of the following topics for demonstration: the presentation of a lesson plan developed for children on making healthful snacks; a plan for emergency preparedness and evacuation; conducting a "health check" for children as they arrive at the site; ways to promote staff safety, including preventing lower back injuries; intervention strategies and procedures for breathing emergencies in infants and young children. Instructor rubric and class "critiques" used for assessment.
- Reports
  - Example: Students may visit a preschool site, evaluate the safety of the playground and write a report on their findings. Rubric Grading.
- Skill Demonstrations
  - Example: 1. Students will create a weekly menu plan for a vegan diet or other special diet; instructor uses a rubric to assess. 2. Create a daily meal plan for a daycare facility that incorporates vegetables that are rich sources of Vitamin A. Students brainstorm creative ways for staff to encourage children to eat these vegetables. Instructor rubric for assessment.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Instructor will present PowerPoint slides showing a cycle of menus from an early childhood program, and assist students in class as they modify menus to meet the state nutritional guidelines. Instructor will guide a whole class discussion as students share their menus.
2. Instructor will divide students into small groups and provide them with a handout on the Title V and Title 22 Dietary Guidelines for Preschool Children and instruct them to devise their own menus

that incorporate these guidelines, as well as make adjustments for children with allergies and for cultural consideration. As groups present their menus to the class, instructor will encourage commentary from the class, as well as provide his/her own feedback.

- Classic Textbook?:
- OER Link:
- OER:

#### Distance Learning

1. Instructor will post a lecture on the California Child Abuse & Neglect Reporting Law: Issues & Answers for Health Practitioners (State Dept. of Social Services, Office of Child Abuse Prevention) and create and distribute related real-life scenarios to students. Instructor will facilitate virtual discussion groups and ask students to determine if the scenario is a reportable incident.

**Other materials and-or supplies required of students that contribute to the cost of the course.**

## Typical Out of Class Assignments

### Reading Assignments

1. Read professional periodicals and other research-based sources and write recommendations for parents on ways to improve a child's diet in terms of calories, carbohydrates, protein, vitamins and minerals. 2. Read professional periodicals and/or internet sources on a variety of health and safety issues related to infants' and young children's experiences in child care settings. Be prepared to discuss Health and Safety issues and experiences.

### Writing, Problem Solving or Performance

1. Read professional periodicals and other research-based sources and write recommendations for parents on ways to improve a child's diet in terms of calories, carbohydrates, protein, vitamins and minerals. 2. Read professional periodicals and/or internet sources on a variety of health and safety issues related to infants' and young children's experiences in child care settings. Be prepared to discuss Health and Safety issues and experiences.

### Other (Term projects, research papers, portfolios, etc.)

1. Project: Students will be given a list of symptoms of an infectious disease and will develop a plan on how they would manage the disease, precautions they would take in communicating the outbreak to staff and families enrolled in the child care program, and determine if they would be required to report the incidence of the disease to the local social services department. 2. Develop a nutrition lesson plan for healthful eating for preschool children.

## Required Materials

- Nutrition, Health, and Safety for Young Children: Promoting Wellness
  - Author: Sorte, J, Daeschel, I., Amador, C.
  - Publisher: Pearson
  - Publication Date: 2014
  - Text Edition: 2nd
  - Classic Textbook?:
  - OER Link:
  - OER:
- Health, Safety & Nutrition for the Young Child
  - Author: Marotz, L., Cross, M.Z., & Rush, J. M.
  - Publisher: Thomson Delmar Learning
  - Publication Date: 2012
  - Text Edition: 9th