COURSE INFORMATION FORM

DISCIPLINE: Child Growth and Development  
COURSE TITLE: Child Health, Safety and Nutrition  
CR.HR: 3  LECT HR: 3  LAB HR: ______  CLIN/INTERN HR: ______  CLOCK HR: ______

CATALOG DESCRIPTION
The Child Health, Safety and Nutrition course covers basic factors that affect children’s health, safety and nutrition. Subject matter includes feeding habits, nutritional needs, health routines, hygiene, growth patterns, childhood diseases, first aid, CPR, safety and implications for children. The guidelines of Kansas and Missouri Core Competencies for Early Care and Education Professionals and the National Association for the Education of Young Children (NAEYC) standards are followed in this course.

PREREQUISITES
ENGL 30 or appropriate placement test score

EXPECTED STUDENT OUTCOMES IN THE COURSE
Upon completion of this course, the student will be able to:

1. Demonstrate basic pediatric first aid and CPR
2. Identify health hazards in meals (choking, allergies, etc.) and applies this knowledge to prevent dangerous situations.
3. Identify and explain procedures for fires and other emergencies, including safety for children with special needs.
4. Describe how to maintain a safe environment, including equipment and toys, to prevent and reduce injuries.
5. Outline appropriate hand washing techniques, safe food handling and general sanitation guidelines to appropriate situations.
6. Outline signs of child abuse and neglect and describe their role as a mandated reporter
7. Identify and explain appropriate food, snacks and cooking experiences for young children
8. Produce and evaluate menus as it relates to diverse cultures, healthy food choices and nutritional value.
CLASS-LEVEL ASSESSMENT MEASURES

Student accomplishment of expected student outcomes will be assessed using the following measures. (Identify which measures are used to assess which outcomes.)

- Oral and written reports # 2-4 and 6-8
- Classroom presentations #2-8
- Classroom, Francis Child Development Lab School, worksite and/or community demonstrations #2-8
- Examinations (Practical and Written) #1 and 5-7
- Implementation Plan/CDA Competency Statement 1 (1-8)
- CDA Resource File Items 1, 2, 3, 13 (1, 3, 4, 6, 7)

Artifacts:
First Aid Certification (CDA Resource Item #2)
Health, Safety and Nutrition Fair

PROGRAM-LEVEL OUTCOMES ADDRESSED

General Education Outcomes
Specify which general education outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes and assessment measures.

Occupational Program Outcomes
Specify which occupational program outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes to assessment measures.

The student will demonstrate the ability to:
1. promote child development and learning
2. build family and community relationships
3. develop and maintain professionalism in the field of early education
Individual instructors may order this outline as fits the needs of their individual courses. In addition, they may place more emphasis on some areas than on others. What is assured is that this particular list is covered in the course. Other topics may be added to a course as the instructor sees fit, and as time and interest allow. An *asterisk can be used to mark an item as optional.

I. Introduction of Health, Safety and Nutrition
   A. Health, Safety
   B. Nutrition: Introduction
   C. Interrelationship of Health, Safety, and Nutrition

II. Health of the Young Child: Maximizing the Child’s Potential
   A. Promoting Good Health
   B. Health Appraisals
   C. Health Assessment Tools
   D. Conditions Affecting Children’s Health
   E. The Infectious Process and Effective Control
   F. Communicable and Acute Illness: Identification and Management

III. Safety for the Young Child
   A. Creating a Safe Environment
   B. Safety Management
   C. Management of Accidents, Injuries and Emergencies
   D. Child Abuse and Neglect
   E. Educational Experiences for Young Children
   F. First Aid and CPR

IV. Foods and Nutrients: Basic Concepts
   A. Nutritional Guidelines
   B. Nutrients That Provide Energy (carbohydrates, fats and proteins)
   C. Nutrients That Promote Growth of Body Tissues (proteins, minerals, and water)
   D. Nutrients That Regulate Body Functions (proteins, minerals, water and vitamins)

V. Nutrition and the Young Child
   A. Infant Feeding
   B. Feeding the Toddler and Preschool Child
   C. Planning and Serving Nutritious meals
   D. Food Safety Handling, Sanitation and Economy
   E. Nutrition Education Concepts and Activities