

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**CDF 80 - Health, Safety and Nutrition**

**3 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** Reading Level V; English Level IV; Math Level I

**Transfer Status:** CSU

51 hours Lecture

This course is an introduction to the laws, regulations, standards, policies, and procedures and early childhood curriculum related to child health, safety and nutrition. The key components that ensure physical health, mental health and safety for both children and staff will be identified along with the importance of collaboration with families and health professionals. This course will focus on integrating the concepts into everyday planning and program development for all children. (C-ID ECE 220).

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Assess strategies to maximize the mental and physical health of children and adults in programs for all young children in accordance with culturally, linguistically and developmentally sound practice.
- B. Identify health, safety, and environmental risks in children's programs.
- C. Analyze the nutritional needs of children at various ages and evaluate the relationship between healthy development and nutrition.
- D. Evaluate regulations, standards, policies and procedures related to health, safety, and nutrition in support of young children, teachers and families.
- E. Distinguish aspects of quality in programs for young children as related to health and safety, acknowledging the value of collaboration with families and the community.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction and review of course objectives	3.00
2. Promoting good health	2.00
3. Respecting the cultural, linguistic, and developmental differences of families, teachers and children	3.50
4. Health appraisals and screening tools including mandated child abuse reporting	2.00
5. Communicable and acute illness: Identification, the infectious process, and effective control	2.50
6. Creating safe environments (i.e., safety risks, assessment tools, policies and procedures)	2.50
7. Safety management (e.g., Title 22, Title 5 and fire code)	2.00
8. Injury prevention and care	4.00
9. Policies and prevention strategies related to child abuse and neglect	2.00

10. Common and current health issues (e.g., obesity, asthma, autism and allergies)	2.50
11. Planning for children's health, safety, and nutrition education.	4.50
12. Nutrition guidelines	2.00
13. Physical fitness and activity	2.00
14. Diet analysis	2.00
15. Meal time policies	2.00
16. Special considerations for infants and toddlers	2.00
17. Food safety	2.00
18. Menu planning	3.50
19. Responsibilities of teacher as role model of best health, safety and nutrition practices	2.50
20. Collaboration with health care professionals and families	2.50
Total Hours	51.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Group Discussions
- C. Guest Speakers
- D. Class Activities
- E. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- F. Discussion
- G. Demonstrations
- H. Multimedia Presentations

#### **V. METHODS OF EVALUATION**

- A. Exams/Tests
- B. Papers
- C. Oral Presentation
- D. Projects
- E. Class participation

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read a series of current professional articles on infectious diseases and be prepared to discuss in class.
  - 2. Read a series of current professional articles on topics such as feeding young children and/or menu planning and be prepared to discuss in the class.
- B. Writing Assignments
  - 1. Select a section of Title 22 pertaining to health issues and submit a summary of the the section you chose.
  - 2. View a set of videos which critiques routines related to health and including napping, brushing teeth and toilet learning and respond in writing to a series of reflective questions.
- C. Out-of-Class Assignments
  - 1. Develop a resource binder of community agencies and resources that are available in the community.
  - 2. Interview an early childhood administrator regarding nutrition, health and safety policies and procedures.

## VII. RECOMMENDED MATERIALS OF INSTRUCTION

### Textbooks:

- A. Robertson, A. Safety, Nutrition and Health in Early Education. 6th Edition. Cengage, 2016.
- B. Sorte, J. Nutrition, Health and Safety for Young Children. 2nd Edition. Pearson, 2014.

### Materials Other Than Textbooks:

- A. Manual of Policies and Procedures: Child Care Centers (Title 22)
- B. Handouts

**Created/Revised by:** Terri Hutton

**Date:** 02/23/2015