**Outline of Instruction**

<table>
<thead>
<tr>
<th>Division:</th>
<th>Science/Mathematics</th>
<th>Area:</th>
<th>Early Childhood Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Number:</td>
<td>ECDV 150</td>
<td>Course Name:</td>
<td>Nutrition, Health &amp; Safety for Early Childhood Education</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>ENGL 090 and RDG 090 or qualifying scores on ACT or COMPASS tests</td>
<td>Corequisite:</td>
<td>NONE</td>
</tr>
<tr>
<td>Hours Required:</td>
<td>Class: 45</td>
<td>Lab: 0</td>
<td>Credits: 3</td>
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</tbody>
</table>

**Course Description/Purpose**

Best practices in health, safety and nutrition are presented. Students develop specific competencies in these areas including establishing and maintaining a healthy, safe child care program, planning nutritional meals and snacks and teaching children and their parents about health, safety, and nutrition. Communicable diseases, government-funded child/family food and nutrition programs, playground and toy safety and resources for the child care provider are included.

**Major Units**

- Infection Control and Sanitary Practices in Child Care
- Health Policies
- Creating Safe Environments Indoors and Outdoors
- Emergency Response Procedures
- Menu Planning
- Curriculum Planning for Safety, Health, and Nutrition

**Educational/Course Outcomes**

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

**Cognitive**

Each student will be expected to *Identify/Recognize* . . .

- common risks or potential hazards in the child care environment
- developmental delays, signs of abuse, disabilities, and other possible health problems
- assess a child’s health status using health appraisal tools
- signs and symptoms of infectious diseases and illness in children using common primary indicators
- plan of action for the isolation of children who might be contagious
- proper procedures for responding to emergencies
- promote good nutrition in child care
- nutritional policies to aid in menu planning, food selection and food preparation
Performance Each student will be expected to *Demonstrate/Practice*... 
- write safety policies based on licensing regulations to protect children from harm
- promote the use of safety practices in the child care environment
- anticipate, modify and monitor the environment to minimize risk
- knowledge of basic emergency response procedures
- the use of nutritional guidelines in providing adequate nutrition for growth and maintenance of health
- how to identify infectious diseases and know when to exclude children from care
- how to prevent the spread of infectious disease