

Syllabus

Health, Safety & Nutrition

CDV K215 (3 credits)

Three Rivers Community Technical College
Mohegan Campus
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Office Hours

Mon. 9-10; Tues. 5-6; Wednes. 1-2 & Friday 12:30-1:30
and by appointment.

 **BETASERON**
[Interferon beta-1b] 

SAME as
FA 1998
FA 2000
1999

CDV215 Health Safety and Nutrition

The focus of this course is on Child's health status, the safe, but challenging learning environment and proper nutrition. These subject areas will be examined along with the additional factors of poverty, inequality of medical care and pollution.

Objectives: 1) An understanding of health issues as applied in the classroom and in parent communication. 2) Awareness of safety factors in classrooms and outdoors, and students can establish criteria for safe environment based on children's developmental needs. 3) Basic knowledge of good nutrition practices with children. 4) Identify numerous illnesses and stresses suffered by children & identify the caregiver's role.

Assignments:

- 1) **Notebook**- Reflects over all knowledge of the 3 areas: Health, Safety and nutrition. Includes theory, class notes, highlighted articles, policies, activities, resources, classroom health plan, lesson plans, recipes, webs AND A RESOURCE SECTION WITH BROCHURES, PAMPHLETS ETC FROM VARIOUS AGENCIES: child abuse assistance, eating disorders, prenatal care, Husky Plan info....Organization, neatness, user friendliness & TABLE OF CONTENTS necessary. 150 pts
 - 2) **Activities**- Create 3 3-dimensional activities which you will try directly with children & demonstrate in class. The 3 topics health, safety & nutrition. (100 pts each). 300 pts
 - 3) **3 Quizzes**- Health, Safety and Nutrition. 75 pts each 225 pts
 - 4) **Project**: 1 research project which provides information on relevant topic which you will creatively present to class. (Poster, video which you created, guest speaker & hand out, class activity or game, parent handout.... 100 pts.
 - 5) **Snack**: Each student will create and bring in one snack with recipe that meets a specific nutritional need which will be assigned. REQUIREMENTS: NO PROCESSED SUGAR; NO OR LIMITED WHITE FLOUR; NO CHEMICAL PRESERVATIVES (ascorbic acid okay); NO ARTIFICIAL FOOD COLORING (beta carotene okay.); Low in fat and sodium; Inexpensive; and likely to be popular with the children. 75 pts.
 - 6) **Field Trip**: A field trip to an agency, health facility which has a program for children, prenatal care facility, trauma program servicing children after accident, seat belt safety demonstration..... 50 pts.
 - 7) **Class assignments, attendance and participation**: (also 3 lates constitute one absence) 100 pts.
- TOTAL 1000 pts

Health, Safety & Nutrition

CDV k215

Method of Evaluation

The following numerical grade system will be used:

<u>Grade</u>	<u>Equivalent</u>	<u>Quality Points</u>
A	94-100	4.0
A-	90-93	3.7
B+	87-89	3.3
B	83-86	3.0
B-	80-82	2.7
C+	77-79	2.3
C	73-76	2.0
C-	70-72	1.7
D+	67-69	1.3
D	63-66	1.0
NC		0.0

Required Text:

Health, Safety & Nutrition, Marotz, Cross & Rush

Other Texts & References:

Introductory Video Health & Safety

The Wellness Book

Numerous Articles and Handouts.

Withdraw policy:

Students may withdraw in writing through the registrars office for any reason before _____. A student may withdraw from classes with instructors or advisors signature until _____.

Disabilities Statement

If you have hidden or visible disability which may require classroom or test taking modifications, please see me as soon as possible. If you have not already done so, please be sure to register with Carol Kaszubski, who is coordinating services to students with disabilities, or John Perch, Disabled Student Counselor.

Assignment Schedule/Health and Safety

Fall 1999

- Sept. 3: first class
- 10: Project topic & preliminary plan. (Approximately a paragraph & calendar.)
- 17: 1st Activity due: health. (3 dimensional with activity sheets.)
- 24: Health licensing policy
- Oct. 1: Quiz I-Health
- 8: 2nd Activity due: safety. (3 dimensional with activity sheets.)
- 15: Project plan
- 22: Notebook Check
- 29: 3rd Activity: nutrition. (3 dimensional with activity sheets.)
- Nov. 5: Quiz II/Safety +Personal Safety
- 12: Field trip
- 19: Project presentations
- 26: No Class
- Dec 3: Notebook due
- 10: Quiz III-Nutrition
- 18: Project presentations

Plus sign in for one nutritious snack assignment.

Sign up for project presentations.

BASIC NUTRITION

Energy:

Energy is defined as the ability to do work: (1) moving the body, (2) building new tissues, (3) maintaining body temperature, and (4) digesting, absorbing and metabolizing food. Energy is required for all body functions. In terms of survival, the need for energy is second only to the need for oxygen and water. The amount of potential energy in food is expressed in a unit called calories e.g., swimming for 30 minutes expends about 150 calories.

There are 3 classes of nutrients that supply energy: carbohydrates (4 calories per gram) , fat (9 calories per gram) and protein (4 calories per gram).

Energy requirements vary from person to person. These requirements are determined by: basal metabolic rate (BMR), physical activity, and energy spent to release energy from food (dietary thermogenesis).

*Refined carbohydrates create energy very quickly and burn out very quickly like paper or kindling in a wood stove. And this fire diets out immediately, causes crashes and bad moods.

*Complex carbohydrates burn a little more slowly like soft wood logs.

*Complete Proteins burn very hot and very slow and very steady like hard wood in a wood stove.

*Fats burn the slowest like coal.

Nutrients that promote growth:

Proteins:

Complete Proteins: meats, fish, poultry, soybeans, eggs and dairy.

Combined Proteins: grains, legumes, vegetables.

Minerals:

Calcium & phosphorus - bones & teeth. Iron - blood.

Water:

Constituent of ALL body tissues, 75% percent of body weight. REQUIRED FOR ALL OTHER FUNCTIONS.

Nutrients for body functions:

Vitamins: See chart.

Minerals: See chart.

Proteins: See chart.

Water: for assimilating, transport, dissolving, absorbing all nutrients and removing waste. No other systems function fully without water.

HEALTH, SAFETY & NUTRITION
Snack Assignment Sign -up Sheet

REQUIREMENTS: NO PROCESSED SUGAR; NO OR LIMITED WHITE FLOUR; NO CHEMICAL PRESERVATIVES (ascorbic acid ...okay); NO ARTIFICIAL FOOD COLORING (beta carotene... okay); Low in fat and sodium; Inexpensive; and likely to be popular with the children. 75 pts.

- 9/3 calories for energy_____
- 9/10 slow burning protein/ non meat_____
- 9/17 high calcium + complimenting nutrients/ non meat_____
- 9/24 antioxidant_____
- 10/1 infant ideal_____
- 10/8 toddler heaven_____
- 10/15 preschooler balance_____
- 10/22 S. America_____
- 10/29 mineral rich_____
- 11/5 Africa_____
- 11/12 FIELD TRIP
- 11/19 Asia_____
- 12/3 Europe_____
- 12/10 vitamin rich _____
- 12/17 Australia_____

INCLUDE HANDOUT WITH ACURATE INFO AND RECIPE.

Health Plan (Policy) Check List
Health, Safety and Nutrition

- 1) Read State Regulations.
- 2) Plan should include, but not be limited to the following:
 - Medication Policy
 - Exclusion Plan
 - First Aid Supply List
 - Plan for handling Blood & Vomit
 - Dish Washing Plan
 - Cleaning Plan (remember VOCs, Microscopic organisms & particulate)
 - Recording Plans (Meds, Accidents, Incidents, Observations, communications...)
 - Hand Washing Plan
 - List of Curriculum Topics
 - Emergency Plan
 - Abuse & Neglect Check List

Health, Safety & Nutrition Notebook

Should include but not be limited to:

- Table of Contents
- Introduction (in narrative form with your overview of a well rounded Health Program at least one page/type)
- Lesson Plans
- High lighted Articles
- Class Notes
- Bibliography (Books for yourself, parents and the children/annotated)
- Resource List
- Recipes
- Check List for Symptoms of Abuse & Neglect & Plan of Action
- Basic Nutritional Guidelines

Dialectical Notebook

The use of a dialectical notebook involving students in collaboratively making sense of reading assignments through the exchange of written comments was outlined by Berthoff (1988). The steps involved in this strategy are as follows:

- 1) Individual students read the assignment (chapter, article, etc.) using their usual highlighting and margin note techniques.
- 2) Three to six noteworthy excerpts and their page location are selected by the student from the reading and entered into the first of five columns drawn across two notebook pages:

PS 1			PS 2		
A	B	C	D	E	
page number	excerpt #1	student commentary re B	partner commentary re B and C	student commentary re D	
page number	excerpt #2	student commentary re B	partner commentary re B and C	student commentary re D	
page number	excerpt #3	student commentary re B	partner commentary re B and C	student commentary re D	

- 3) The student enters personal commentary about the quoted selection into the next column.
- 4) The notebook is exchanged with another student. Having similarly read the assigned reading, the partner draws on his/her understanding and notes regarding the text and responds to the partner's comments.
- 5) The notebook is returned to its owner who reads the entries across (page number, excerpt, comment, partner response) and enters a 'final' response (in the last column) to the partner's comments.

About Me

My general style is friendly and informal, however due to my style and personality, students sometimes hand in poor quality work, get casual about attendance, get talkative to peers while I am teaching, or use humor which is on the edge of sarcasm and hurtful. My goal is to have a class which is lively, participatory and interesting, yet professional and respectful.

Grading Procedures

Many assignments will be graded using this system of checks:

- _____ = B+ or 88% (You have met requirements)
- _____ = A or 100% (Exceeded requirements w/ excellence.)
- _____ = C or 75% (Have partially met requirements).

(Less than that I will record a percent. You usually have the opportunity to resubmit.) Some papers, quizzes and other assignments may have a specific numerical grade or percent.

Attendance Policy

More than 3 absences = deduction on attendance grade.

3 lates or early departures = 1 absence

Please choose 2 buddies to collect handouts for you when you are absent and from whom you can get notes.

Participation is noticed and reflected in attendance points.

Classroom Policy

1). Respect is expected & shared by ALL children and adults & from ALL children and adults.

2). All students, parents, staff etc. have the Right to and Responsibility for a rich, safe & cared for environment.

3). This is a community and each of us is responsible for our choices, behaviors, learning and richness of experience. And we will allow this right of each other.