

**COURSE NAME:** Health, Safety and Nutrition

**COMMON COURSE NUMBER:**

**CREDIT:** 3 Semester Hours

**PREREQUISITES:**



**COURSE DESCRIPTION:**

The purpose of this course is to enable students to become aware of the health, safety and nutritional needs of young children. Students will become familiar with Connecticut Licensing regulations and NAEYC standards. Emphasis will be placed on recognition and measurement of normal growth patterns, principles of good nutrition, hygiene, health maintenance and illness prevention, and the importance of physical activity. Safety practices as they apply to early childhood settings are also studied including playground safety, poisons, fire safety and violence prevention. Understanding cultural issues and special needs of individual children are addressed as aspects of health, safety and nutrition.

**COURSE OBJECTIVES:**

Students will:

- develop their knowledge of health, safety and nutrition within the birth through age eight learning environment. (NAEYC 1b, 1c)
- develop resources to assist families with health, safety or nutritional needs. (NAEYC 2a, 2b and 2c)
- develop foundational skills as a professional: including communication, team-work, ethics, and professional expectations and behaviors. (NAEYC 6a, 6b)
- be exposed to current issues and research in the field of Early Childhood (NAEYC 6d)

**KEY LEARNING GOALS:**

1. To be able to recognize and measure normal growth patterns in children from birth to age eight. (NAEYC 1a, 1b, 1c, 3c, 3d)
2. Develop and understanding of the principles of child nutrition, including feeding schedules, formula preparation, healthy meals and snacks and the Food Guide Pyramid. (NAEYC 1a)
3. Learn about issues of safety, including designing a safe play space for young

children, avoiding poisonous substances and plants, preventing injuries and fire safety. (NAEYC 1c, 5c, 6c)

4. To learn to recognize and report child abuse. (NAEYC 1a, 3c, 3d, 6b, 6e)
5. To learn about disease prevention through basic hygienic practices including using universal precautions. (NAEYC 1c, 6 b)
6. To understand the importance of physical activity in keeping children healthy. (NAEYC 1a,1c, 5c, 6c)
7. To learn how to communicate and work with families to understand cultural differences and special needs when including health and safety activities in the early childhood curriculum. (NAEYC 2a, 2b, 2c, 4a, 4b, 4c, 5c)
8. To explore ways to help parents learn about health, safety and nutrition issues pertaining to young children. (NAEYC 1b, 2a, 2b, 2c, 4a, 4b, 4c, 5c)
9. To discuss and apply NAEYC standards as they relate to health, safety and nutrition and the early childhood environment. (NAEYC 6a, 6b, 6c, 6d,)
10. To understand the CT Department of Public Health regulations as they apply to health, safety and nutrition and the early childhood environment. (NAEYC 6a, 6b, 6c)

## REQUIRED TEXT

Safety, Nutrition and Health 4<sup>th</sup> Edition.

Cathie Robertson. 2010.

ISBN# 10-1-4238-5293-7

In addition, students are asked to bring a 3 ring binder and loose leaf paper to create a resource portfolio.



## ASSIGNMENTS

### • Attendance and Participation (100 total points)

Students are expected to attend class regularly, arrive on time and participate in class discussions and activities. Class discussions and activities may require use of the course text. Please bring text book to class.

### • 3 Original Works (300 total points; 100 pts each)

Students are expected to create, write up and present 3 original works: 1 health

lesson, 1 safety lesson and 1 nutrition lesson.

**• Common Illness Report (100 points)**

Students will research and present information on a common illness.

(Topic assigned in class)

**• Health, Safety and Nutrition Policies (300 total points; 100 pts each)**

Using NAEYC standards, students will be assigned a criteria to create a health policy, safety policy and a nutrition policy.

**• Healthy Snack (50 points)**

Each student will bring in a healthy snack to share with the class. The snack must be an “activity” for preschool aged children. The activity must be typed.

**• Reaction Paper (50 points)**

Students will read and react to a journal article. Using information from this article and knowledge learned in class, students are to submit a typed reaction to the journal article. Students are expected to demonstrate critical thinking and writing abilities along with personal and professional opinion.

**• Resource Portfolio (100 points)**

Throughout the semester, students will collect and organize class notes, class handouts, as well as ten (10) additional resources collected by the student (website,

information, handouts, brochures, newspaper articles, etc.)



**COURSE EVALUATION**

	<b>Grades Equivalent</b>	<b>Quality Points</b>
A	940 -1000	4.0
A-	900 - 939	3.7
B+	870 – 899	3.3
B	830 – 869	3.0
B-	800 – 829	2.7
C+	770 – 799	2.3
C	730 – 769	2.0
C-	700 – 729	1.7
D+	670 – 699	1.3
D	630 – 669	1.0
D-	600 – 629	0.7
F	0.0 -	

## **COLLEGE WITHDRAWAL**

### **POLICY**

Students may withdraw, in writing at the Registrar's Office, for any reason until the end of the 10<sup>th</sup> week of classes. From the 11<sup>th</sup> week through the end of the 13<sup>th</sup> week, a student may withdraw with the signature of the instructor or advisor.

## **CLASS ATTENDANCE AND PARTICIPATION**

**All missed classes and LATE assignments work against your grade.**

Part of your college experience is to develop professional skills. You should treat this class as you would a job- please show up on time, prepared and ready to learn. **CELL PHONES ARE NOT PERMITTED.** If you have a problem, please contact me immediately.

## **SPECIAL NEEDS/DISABILITIES STATEMENT**

If you have a hidden or visible disability or special circumstance which may require my attention or classroom or test taking modifications, please see me as soon as possible. If you have not already done so, please consult with Chris Scarborough, Disabilities Student Counselor or speak to me during the **FIRST WEEK OF CLASS.**

## **COLLEGE RESOURCES**

In order to pursue a career in teaching, you **MUST** be literate. If you need help with your writing skills, please utilize the writing center- it will give you the resources to improve your writing. Please **UTILIZE** this service; it is an investment of time that will help you tremendously.

## **REVISION TO SYLLABUS**

The information contained in the syllabus is subject to revision at my discretion. I will inform the class of any changes that are made.

