

CHLD 144: HEALTH, SAFETY AND NUTRITION FOR YOUNG CHILDREN

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

This course provides an overview of laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in early childhood settings. Includes prevention strategies, nutrition, and meal planning for various ages and planning educational experiences to teach children positive health, safety, and nutrition habits. Key components that ensure physical and mental health and safety for both children and staff will be identified. Emphasis will be placed on the importance of collaborating with families and health professionals. 54 lecture hours.

Course Objectives

- Identify health, safety and environmental risks in early childhood education programs
- Recall standards, regulations, laws, policies and procedures related to health, safety and nutrition in support of young children, staff and families
- Define collaboration with families and the community around health, safety and nutrition issues and understand roles for supporting healthy and safe environments for children
- Design strategies to maximize the mental and physical health of children and adults, both parents and staff, in early childhood settings in accordance with cultural, linguistic and developmentally sound practice
- Analyze the nutritional needs of infants and toddlers, preschoolers and school age children.
- Evaluate the relationship between healthy development and nutrition.
- Plan economical and nutritious meals and snacks based on the age and individual needs of children.

Major Course Content

1. Interrelationships between health, safety, and nutrition
 - a. Defining physical and mental health
 - b. Defining safety
 - c. Defining nutrition
2. Laws, codes, regulations, and policies
 - a. Fire and health codes
 - b. Title 22
 - c. Title 5
 - d. Emergency Medical Services Authority
 - e. Municipal requirements
 - f. Food programs
 - g. Child abuse and neglect
 - i. Mandated reporting
 - ii. Prevention strategies
 - iii. Community resources
3. Safety management
 - a. Safe environments
 - b. Prevention and care
 - c. Emergency preparedness response and recovery
 - d. Car seats
4. Health management
 - a. Universal precautions
 - b. Food safety
 - c. Communicable diseases
 - d. Infectious process
 - e. Illness and exclusion policies
 - f. Sleeping and napping
 - g. Diapering and toileting
 - h. Daily health check
 - i. Health assessment tools
 - j. Staff safety and well being
5. Common health issues such as pink eye, lice, runny nose
6. Chronic and acute illnesses such as allergies, mental health, obesity
7. Teacher as role model of best health, safety, and nutrition practices
8. Collaboration between teachers and families to promote health and safety
 - a. Communication
 - i. Families
 - ii. Other health professionals
 - b. Community resources
9. Meals and snacks
 - a. Nutrition guidelines
 - b. Diet analysis
 - c. Mealtime policies
 - d. Menu planning
 - e. Budgeting
 - f. Culture, traditions, and family choices
 - g. Sanitary food handling
10. Planning learning experiences in health, safety, and nutrition
 - a. Developmentally appropriate practices
 - b. Cultural, linguistic, and developmental differences of families, teachers, and children
 - c. Integrated into daily routines
 - d. Physical fitness
11. Adjustments and accommodations for

- a. Various ages
 - i. Infants and toddlers
 - ii. Preschool
 - iii. School age
- b. Children with special needs
- c. Medical needs

Suggested Reading Other Than Required Textbook

The following web link provides useful additional information: <https://www.choosemyplate.gov/>

Examples of Required Writing Assignments

Example #1: Develop a pamphlet of nutritional guidelines for parents of young children.

Example #2: Develop age-appropriate health and safety curriculum for use with preschoolers and/or early school age students.

Examples of Outside Assignments

Example #1: Observe and evaluate health and safety practices at a local preschool/daycare.

Example #2: Observe and evaluate the emergency preparedness practices of staff at a local preschool/daycare.

Instruction Type(s)

Lecture, Online Education Lecture