



Western Technical College

10307167 ECE: Hlth Safety & Nutrition

Course Outcome Summary

Course Information

Description	This 3-credit course examines the topics of health, safety, and nutrition within the context of the early childhood educational setting. Course competencies include: integrate strategies that support diversity, cultural responsiveness, and anti-bias perspectives; examine governmental regulations and professional standards as they apply to health, safety, and nutrition; plan a safe early childhood environment; plan a healthy early childhood environment; plan nutritionally sound menus; examine child abuse and neglect issues and mandates; describe Sudden Infant Death Syndrome (SIDS) risk reduction strategies, describe strategies to prevent the occurrence of Shaken Baby Syndrome (SBS); incorporate health, safety, and nutrition concepts into the children's curriculum.
Career Cluster	Education and Training
Instructional Level	A.A.S. - Associate in Applied Science
Total Credits	3
Total Hours	72
Prior Learning Assessment	Portfolio

Textbooks

No textbook required.

Learner Supplies

Lanyard with student ID. **Vendor:** To be discussed in class. Required.

Success Abilities

1. Cultivate Passion: Increase Self-Awareness
2. Live Responsibly: Embrace Sustainability
3. Refine Professionalism: Improve Critical Thinking

High Impact Practices

1. Industry Credential or Certificate: by the end of this course, you will develop the skills necessary to obtain an industry-recognized certificate or credential.

Program Outcomes

1. Integrate health, safety, and nutrition practices

Course Competencies

1. Integrate strategies that support diversity, equity and inclusion in the early childhood setting

Assessment Strategies

- 1.1. Oral, Written or Graphic Assessment

Criteria

You will know you are successful when you

- 1.1. follow the guidelines of "Anti-bias Education for Young Children and Ourselves" or a similar DEI (diversity, equity, inclusion) resource
- 1.2. recognize that health, safety and nutrition practices are based in your own cultural traditions and values
- 1.3. compare variations in health, safety and nutrition practices among different cultures

Learning Objectives

- 1.a. Define anti-bias terms.
- 1.b. Identify anti-bias language.
- 1.c. Identify personal culture.
- 1.d. Identify stereotypes.
- 1.e. Recognize personal biases and stereotypes.
- 1.f. Describe best practices in anti-bias curriculum.

2. Plan a safe early childhood environment according to regulatory requirements

Assessment Strategies

- 2.1. Oral, Written or Graphic Assessment

Criteria

You will know you are successful when you

- 2.1. assess environments for safety standards
- 2.2. demonstrate emergency procedures
- 2.3. employ established sanitary procedures
- 2.4. apply standard precautions for routine care activities

Learning Objectives

- 2.a. Analyze toys, furniture and equipment for potential hazards.
- 2.b. Examine federal, state and local safety regulations.
- 2.c. Summarize characteristics of safe indoor and outdoor environments.
- 2.d. Identify professional resources to aide in providing a safe environment.
- 2.e. Describe emergency procedures for: fire, natural disasters, violence, etc.
- 2.f. Identify first aide procedures related to early childhood programs.
- 2.g. Describe the use of various fire extinguishers.

3. Plan a healthy early childhood environment according to regulatory requirements

Assessment Strategies

- 3.1. Oral, Written or Graphic Assessment

Criteria

You will know you are successful when you

- 3.1. investigate physical and mental health issues affecting children and adults
- 3.2. describe required sanitary procedures
- 3.3. practice health assessments of children
- 3.4. describe standard first aid procedures
- 3.5. identify regulatory policies for sick or injured children and adults
- 3.6. describe universal precaution procedures

Learning Objectives

- 3.a. Explore aspects mental health for children and adults.
- 3.b. Describe stress management techniques.
- 3.c. Identify specific care-giving behaviors promoting attachment.
- 3.d. Explore aspects of physical health for children and adults.
- 3.e. Summarize prevention strategies to minimize health risks of children.
- 3.f. Examine procedures related to communicable diseases.

4. Plan nutritious menus according to regulatory requirements

Assessment Strategies

- 4.1. Menu Plan

Criteria

You will know you are successful when you

- 4.1. menu is based on CACFP guidelines and the nutritional needs of children
- 4.2. menu includes the importance of the social, cultural, and emotional aspects of feeding and eating
- 4.3. menu includes modifications for children with special dietary needs and restrictions
- 4.4. menu includes safety modifications of food choices for children of different ages and abilities
- 4.5. menu includes procedures for food safety, storage, preparation, and handling

Learning Objectives

- 4.a. Describe USDA and state guidelines related to nutrition.
- 4.b. Discuss budget concerns related to menu-planning.
- 4.c. Discuss the importance of color, texture, flavor, and form in menu planning.
- 4.d. Describe the nutritional needs of children.
- 4.e. Analyze your personal nutrition habits.
- 4.f. Summarize nutritional needs of children with special diets.
- 4.g. Describe the procedures for protecting the health of children when dietary restrictions are violated.
- 4.h. Discuss the importance of nutritional patterns related to the social, cultural and emotional aspects of feeding and eating.
- 4.i. Describe the procedures related to food safety.
- 4.j. Describe a teacher's role in facilitating meals and snacks that provide for social and emotional development of children.

5. Recognize child abuse and neglect issues and mandates

Assessment Strategies

- 5.1. Oral, Written or Graphic Assessment

Criteria

You will know you are successful when you

- 5.1. articulate mandated reporter responsibilities for child abuse and neglect
- 5.2. differentiate between the types and indicators of child abuse and neglect
- 5.3. identify community resources for family intervention and support
- 5.4. complete required training for child abuse and neglect

Learning Objectives

- 5.a. Assess the dynamics of child abuse and neglect.

- 5.b. Describe indicators of physical, sexual, and emotional abuse and neglect.
- 5.c. Classify consequences of child abuse and neglect.
- 5.d. List steps to document child abuse.
- 5.e. Describe mandatory reporting requirements.
- 5.f. List community resources for family intervention and support.

6. Identify Sudden Infant Death Syndrome (SIDS) risk reduction strategies

Assessment Strategies

- 6.1. Oral, Written or Graphic Assessment

Criteria

You will know you are successful when you

- 6.1. describe a safe sleep environment according to regulatory requirements
- 6.2. you demonstrate safe sleeping positioning
- 6.3. identify SIDS risk factors and prevention strategies
- 6.4. complete current required SIDS training
- 6.5. you pass SIDS reduction test with 100% accuracy.

Learning Objectives

- 6.a. Discuss risk factors related to SIDS.
- 6.b. Describe methods to prevent SIDS.
- 6.c. Identify resources for parents related to SIDS reduction.
- 6.d. Describe family and cultural choices related to sleep positioning.

7. Identify strategies to prevent the occurrence of Abusive Head Trauma (AHT)

Assessment Strategies

- 7.1. Oral, Written or Graphic Assessment

Criteria

You will know you are successful when you

- 7.1. describe the period of P.U.R.P.L.E crying
- 7.2. identify strategies for soothing a baby
- 7.3. list strategies for coping with frustration
- 7.4. complete the current required AHT training

Learning Objectives

- 7.a. Describe the risks and symptoms of AHT.
- 7.b. Identify resources for parents related to AHT.
- 7.c. Describe caregiver strategies to prevent AHT.

8. Incorporate health, safety, and nutrition concepts into the children's curriculum

Assessment Strategies

- 8.1. Oral, Written or Graphic Assessment

Criteria

You will know you are successful when you

- 8.1. design a play-based experience that promotes health
- 8.2. design a play-based experience that promotes safety
- 8.3. design a play-based experience that promotes nutrition
- 8.4. recognize how to use caregiving routines to reinforce health, safety, and nutrition concepts

Learning Objectives

- 8.a. Describe the importance guiding children in developing concepts, skills, and attitudes related to health, safety and nutrition.
- 8.b. Discuss the importance of planned curriculum related to health, safety and nutrition.
- 8.c. Identify strategies to teach health, safety, and nutritional practices to children.
- 8.d. Identify resources for teaching health, safety and nutrition to children.
- 8.e. List concerns related to using food in activities (in both nutrition and non-nutrition related activities) with children.
- 8.f. Differentiate between appropriate and inappropriate nutritional activities for children.

