Course Title:
Children’s Health, Safety, and Nutrition

Catalog Description:
Teaches how to promote good health, physical fitness and nutrition and to provide a safe environment for children. Topics include motor development, methods of teaching health and safety to children, recognizing symptoms of abuse, neglect, and common children's illnesses. Prerequisite: STSK 0095 or placement by multiple measures.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)
NONE.

Prerequisites or Necessary Entry Skills/Knowledge:
STSK 0095 or placement by multiple measures.

Topics to be Covered (General)
- Setting up and managing a safe environment
- Indoor safety
- Outdoor safety
- Emergency response procedures for child care
- Promoting good nutrition in child care
- Providing good nutrition in child care
- Menu Planning and food safety in child care
- Promoting good health for children
- Tools for promoting good health in children
- Infection control in child care
- Health care in child care

Student Learning Outcomes
Demonstrate the skills of establishing and maintaining a safe and healthy environment for young children
Identify age appropriate materials and activities for the healthy development of children within the home and center.

Recite the physical and psychological health, safety, and nutritional needs of young children.

Recite the interrelationship of health, safety, and nutrition.

Recite the aspects of safe environments for children using creativity and ingenuity.

Define basic child nutrition

Identify ways to work with children with health issues.

Formulate and participate in interactive discussions

Apply reading and writing through discussions, projects, and assignments.

Recognize the health, safety, and nutritional needs of young children that are critical to normal growth and development

Demonstrate the skills necessary for working with children who have medical/health needs.

Demonstrate the ability to work effectively with parents from a variety of socioeconomical backgrounds.

**Is this course part of a transfer pathway:** Yes  No  X

Revised 02/10/2020