DEPT. Early Childhood Education  COURSE NUMBER: EDUC 1267

NUMBER OF CREDITS: 2  Lecture: 2  Lab: 0  OJT 0

Course Title:
Health, Nutrition & Safety

Catalog Description:
Health, Nutrition and Safety 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.

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

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)
Goal 1: Communication: __ by meeting the following competencies:

Goal 2: Critical Thinking: __ by meeting the following competencies:

Goal 3: Natural Sciences: __ by meeting the following competencies:

Goal 4: Mathematics/Logical Reasoning: __ by meeting the following competencies:

Goal 5: History and the Social and Behavioral Sciences: __ by meeting the following competencies:

Goal 6: The Humanities and Fine Arts: __ by meeting the following competencies:

Goal 7: Human Diversity: __ by meeting the following competencies:

Goal 8: Global Perspective: __ by meeting the following competencies:

Goal 9: Ethical and Civic Responsibility: __ by meeting the following competencies:

Goal 10: People and the Environment: __ by meeting the following competencies:

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

Student Learning Outcomes

1. Demonstrate the skills of establishing and maintaining a safe and healthy environment for young children.
2. Identify age appropriate materials and activities for the healthy development of children within the home and center.
3. Recite the physical and psychological health, safety, and nutritional needs of young children.
4. Recite the interrelationship of health, safety, and nutrition.
5. Recite the aspects of safe environments for children using creativity and ingenuity.
6. Define basic child nutrition.
7. Identify ways to work with children with health issues.
8. Formulate and participate in interactive discussions.
9. Apply reading and writing through discussions, projects, and assignments.
10. Recognize the health, safety, and nutritional needs of young children that are critical to normal growth and development.
11. Demonstrate the skills necessary for working with children who have medical/health needs.
12. Demonstrate the ability to work effectively with parents from a variety of socioeconomical backgrounds.

Is this course part of a transfer pathway: Yes ☐ No ☒
*If yes, please list the competencies below

Revised Date: 9/2020