DEPT. Early Childhood Education          COURSE NUMBER: EDUC 1268

NUMBER OF CREDITS: 1    Lecture: 0    Lab: 1    OJT 0

Course Title:
Health, Nutrition & Safety Lab

Catalog Description:
Health, Nutrition & Safety Lab examines how to provide a healthy and safe environment and provide proper nutrition to young children. It sets high-quality expectations regarding policies, procedures, healthful environments, sanitation standards, and preventative care. The emphasis is on application of theory in a variety of early childhood settings. This course also examines the responsibilities of a mandated reporter of child abuse and neglect.

Prerequisites or Necessary Entry Skills/ Knowledge:
Must be taken concurrently with EDUC 1267

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)
<table>
<thead>
<tr>
<th>Subject</th>
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<tr>
<td>Safe and healthy environments</td>
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<td>Health appraisals</td>
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<td>Communicable diseases</td>
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<td>Management of accidents and injuries</td>
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<td>Child abuse and neglect</td>
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<td>Educational experiences for children</td>
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<td>General nutrition</td>
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<td>Infant, toddler and preschool nutrition</td>
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<td>Food safety</td>
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**Student Learning Outcomes**

1. Understand how a healthy early childhood program can lay a foundation for future healthful habits.
2. Develop methods to promote preventative health habits.
3. Describe ways to inform parents of program policies.
4. Implement procedure for proper hand washing.
5. Evaluate play activities which carry health risks.
6. Describe sanitary food handling procedures.
7. Demonstrate proper diapering procedures to prevent the spread of disease
8. Describe methods to prevent injuries.
9. Develop and conduct safety checklists indoors and outdoors.
10. Demonstrate familiarity with required childhood immunizations.
11. Formulate dental health curriculum
12. Develop menu plans reflective of nutrition guidelines.
13. Understand responsibilities as a mandated reporter of suspected child abuse and neglect.

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

*If yes, please list the competencies below*

Revised Date: 9/2020